

TIMELESS SECRETS OF HEALTH & REJUVENATION



BREAKTHROUGH MEDICINE FOR THE 21ST CENTURY

Andreas Moritz

Also by Andreas Moritz

. . .

The Amazing
Liver & Gallbladder Flush
(Formerly: The Amazing Liver Cleanse)

Lifting the Veil of Duality
(Formerly: Freedom from Judgment)

It's Time to Come Alive
(Formerly: It's Time to Wake Up)

Sacred Santimony

Ener-Chi Art

Andreas Moritz



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**BREAKTHROUGH MEDICINE
FOR THE 21ST CENTURY**



Your Health is in Your Hands

For Reasons of Legality

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*"If it's never our fault, we can't take responsibility for it.
If we can't take responsibility for it, we'll always be its victim."
~ Richard Bach*

INTRODUCTION

Good health is the most valuable possession you could possibly have. This simple truth applies as much to a new born baby as to the elderly, a mother, a doctor, the common man on the street, or the president of a country. Whenever your body becomes sick or does not perform up to what you consider normal, you may experience a state of discomfort, fear or depression that can only be remedied by restoring your body's former health and vitality. To truly feel comfortable within yourself and in your surroundings, you must be able to relinquish *all* forms of "dis-ease."

You are indeed capable of healing yourself. Your state of health is but a reflection of how you perceive yourself and your world, which places the responsibility for your wellbeing where it belongs – in your own hands. Yet, once you have achieved good health, you have done much more than just feeling well. You have become "whole," perhaps, for the very first time in your life.

Timeless Secrets of Health and Rejuvenation can help unleash the tremendous power of healing that lies dormant within you and restore balance on all levels of the body, mind and spirit. This establishes a permanent comfort zone or continuous sense of satisfaction and, thereby, provides the basis for a creative, successful and rewarding life.

When ill health arises or when our body starts aging abnormally fast, we suddenly feel an inner urge to look for a solution that promises a quick relief. Today, there is a drug or treatment for almost every illness. It seems to be engraved in our belief system that if we suppress or eliminate the symptoms of a disease, we automatically eradicate the disease. Yet nothing could be further from the truth. Each time we remove a symptom without attending its cause we further distance ourselves from regaining the balance required for continuous health and vitality. Consequently, good health remains but a dream and we may resign to sayings such as, "Well, that's life!" or, "We all have to die of one thing or another!"

Regaining one's health is not about applying a magical quick fix, rather it is a reconstruction process that affects every part of one's life, i.e., creativity, job, relationships, emotions, happiness, etc. It would be very simplistic to assume that a few vitamin pills, a new wonder drug, an operation, or alternative treatments could, in the spur of a moment, undo the effects of many years of neglect. The body may have had to endure much strain from not receiving proper nourishment or sufficient sleep and exercise for years on end. *Timeless Secrets of Health and Rejuvenation* is about setting the preconditions for the body to do best what it knows best – creating and maintaining balance – regardless of age and previous health problems. The key to creating balance in every aspect of your life can be found when you start taking responsibility for your own health.

This book deals with the most down-to-earth issues of health, such as lifestyle, diet, nutrition, exercise, daily routine, etc., some of which I derived from Ayurvedic Medicine. Ayurveda, which literally means *Science of Life*, is the most ancient and complete system of natural health care. Apart from Ayurveda's time-tested insights into the secrets of healing and longevity you will also learn to how to apply a number of highly effective and profound cleansing procedures that can have no less than miraculous effects on your physical, emotional and spiritual well-being. The simplified scientific knowledge and common sense used in this book generate the motivation for "turning the key" of health and rejuvenation. The book also

sheds light on the most common diseases and misunderstood medical practices today of which everyone should be aware.

Concerning the improvement of personal health and well-being, we require a major shift in both individual and collective consciousness. We must move away from the pre-programmed expectations of illness and aging toward the anticipation of continual youthfulness and vitality. The old saying that everyone has to age and die seems to be a repeatedly verified belief doctrine that most people in the world follow blindly without even questioning its validity. Could it be possible, instead, that illness and old age occur *because* we believe they are an inevitable curse we all are subjected to and doomed to live with? If so, in order to fulfill the curse or belief, as it happens with any other self-fulfilling prophecy we are setting the stage for its execution. Although quite unaware of this drama, we actually allow ourselves to adopt the various methods of self-destruction, through derogatory diets, lifestyle and behavior. Right from childhood our parents, teachers, and society have sentenced us to the “fact” that the body has no choice but to deteriorate and eventually die from old age or an illness. This generally accepted belief generates a distinct feeling of being out of control, of being dragged down the dark corridor of time by a mysterious power called the aging process.

The feeling of not being in charge or control is one of the most common causes of physical and mental illness; most people call it “stress.” The idea of being vulnerable and unsafe generates fear, which in turn triggers profound biochemical changes in the body. These changes become the physical “reality” of ill health and aging. Through the intimate psycho-physiological (mind/body) connection, every thought and feeling, to a lesser or greater degree, alters your experience of health and well-being. A bout of depression can paralyze your immune system, and falling in love can boost it.

If you are convinced that aging is natural and cannot be avoided then this is the reality you are creating for yourself. Likewise, you can draw on the same force that causes destruction in the body and direct it toward healing and rejuvenation. You can prove to yourself that growing old and being affected by disease are merely the manifested projections of ignorance about the real nature of life. Disease and aging are *not* part of your body’s genetic design. Even the so-called “death-gene,” which is in charge of terminating the lives of cells in our body according to their various predetermined life spans, is the one that keeps us alive. Without this gene we would all die from cancer within weeks. In this sense, controlled destruction is the giver of life, and life that has gone out of control can be the harbinger of death. There is nothing in the normal original setup of our body that could indicate it is causing its own aging or diseases. But there is enough evidence to show that aging and illness originate in the combined effects of fearful, negative mental attitudes and emotions and excessive accumulation of toxic waste material in the body.

As a human race we are about to recognize the vanity of participating in the *hypnosis of social conditioning* that keeps our mind veiled in the cast shadows of illusion. Many of us have already begun to let go of the fears and doubts that keep us from realizing our tremendous powers that are patiently waiting on us to be put into action. To make a real difference in life we will need to employ our vast potential of energy, creativity, and intelligence for the truly essential issues in life and for generating a profound sense of happiness. One of the keys to unleash our endless potential is the body itself.

The body is constantly engaged in turning over its cells, which in itself is a miraculous and extremely complex process, unmatched by anything man has ever created (*please note that whenever I use the terms “man” or “mankind,” I am referring to both genders*). The numerous types of proteins that make up your genes and constitute the cells in your body are replaced within 2-10 days. Radioisotope studies show that 98 percent of the atoms that compose your body today won’t be there in a year’s time. The renewal process affects all parts of the body, including the blood, muscles, organs, fat, bones, nerves, and as recently confirmed, brain cells. With the continual replacement of your cells you should be able to have a

new body and consequently a new lease on life, at least once every year. In this book you will learn about the body's built-in mechanisms that can stop the clock of aging and make you younger and healthier the older you grow.

We are right in the middle of a tremendous global transformation that has already greatly influenced, if not shaken up, the very foundation of conventional medicine. The old division of body and mind into completely separate and independent entities is crumbling fast with the knowledge supplied by the more progressive wings of medical science such as *Psycho-Neuro-Immunology* or *Mind/Body Medicine*. Even though the artificial division of body and mind, which is based on the old and outdated paradigms of understanding human nature, has never really existed, it was nevertheless powerful enough, and still is to a certain extent, to make man believe he is essentially a physical being. Since the importance of the mind in the area of human health has been mostly ignored by those put in charge of taking care of it, this division of human life into physical and mental has also far removed any possibility for achieving a reasonably satisfying state of health. As it will become apparent from reading this book, instead of eradicating disease from the surface of the earth, the purely symptom-oriented approach to health care has immensely limited the success of medicine in treating disease and to a substantial extent even contributed to the occurrence of chronic diseases world-wide.

Only now are we beginning to recognize the inseparability of the body and mind. The breakthrough discoveries in the field of *Mind/Body Medicine* have already helped thousands of people regain their health. They show that mind and body never exist as separate or independent entities. A hand can never write a letter unless the mind orders the hand to do so. You cannot even move your eyes to read these words unless your mind has given you the definite instruction to follow their sequence. Our life is controlled by what could aptly be called "super intelligent body/mind." Without its supervising presence, the body's 60-100 trillion cells, with their over one trillion biochemical reactions per second each, would proportionally generate as much chaos and confusion as could be created in the case of the dissolution of the universe.

You can experience the intimate relationship between mind and body when you get a stomachache from feeling upset, or when you faint from receiving sudden bad news. Some people have literally turned gray overnight due to a traumatic event and others blush when they feel embarrassed. Heart attacks can be triggered by a single bout of anger or intense anxiety, regardless whether one's arteries are congested or open. All thoughts and feelings are readily translated into biochemical compounds within the brain and within every other part of the body, thereby altering physical appearance and performance. In fact, every bit of mental activity leaves us with a specific physical sensation, known as emotion. Emotions are composites of both mental impulses and physical effects and they express the totality of your health at any given time.

Your endocrine system, which produces hormones in response to your mental experiences, is indeed your personal drug store, and it comes free. Your inner pharmacy can make any drug you need and you are the pharmacist who writes the appropriate prescriptions. Depending on your emotional response or reaction to a particular event or problem, the drugs and their doses vary accordingly. They may be the stress hormones *adrenaline*, *cortisol* or *cholesterol*. When released into your blood stream in response to anger, fear or rejection, for example, the hormone secretions can save your life, but in the long term they may damage the blood vessels and impair the immune system. Your happy emotions, on the other hand, manifest as *endorphins*, *serotonin*, *interleukin* or other drugs that are related to the experience of pleasure and joy. If you produce enough of them you may even be able to arrest the aging process.

Carefully controlled studies have shown that you can reduce your biological age by 10-15 years within ten days, provided your interpretation of your life experience goes through sudden, positive changes. But

you also can put on 20 extra years within a single day if you enter a state of hopelessness and depression. Hormones can have extremely powerful effects, both in a positive and negative sense. Yet even more powerful than hormones are the thought intentions that trigger them.

For many years now, hospitals have been recording cases of what is generally known as “spontaneous remission.” A remission of cancer or other serious illnesses may occur when a person has experienced a state of sudden and unprecedented happiness. Others “fall” into the spontaneous emotion of laughter, which consequently may stop a terminal illness. Our physical makeup is capable of providing formerly unknown and extremely powerful chemicals in response to a newly adopted perception of reality. This intrinsic ability of the human mind/body system will evolve our endocrine system to a much higher level of efficiency and bestow abilities to our body beyond our current level understanding or imagination. The mind/body connection will be discussed at great length in this book because it forms an essential part of our endeavor to improve physical and mental health.

The journey of developing a permanent state of health and vitality is not so much about treating disease, which is the main concern of conventional medicine. True healing is more about reestablishing the flawless connection that exists between body and mind. The darkness in a room disappears when we switch on the light, and so does disease disappear by the act of generating healthy, life-supporting effects in our body and mind. Good health remains an unrealistic dream when the focus is on disease.

A basic natural law states that *energy follows thought*. If disease is your point of attention, or remains a point of reference and truth in your life, you are going to be stuck with it because disease thrives on negative energy. Over 90% of all diseases in our Western civilization are chronic by nature; for these there are no successful treatments available, at least not in the field of traditional medicine. The inadequacy of our modern medical system in successfully dealing with chronic disease is rooted in the collective conviction that we need to get rid of the symptoms of disease in order to get our health back. If we focused our attention on setting the preconditions responsible for creating and maintaining good health, health would return naturally. It is not disease that needs attention; it is the patient who requires love, care, nourishment, and the feeling of being complete again. The single most important experience that the unbalanced body/mind needs for healing is the experience of happiness, which results when a person begins to take his health in his hands and removes whatever congestion may exist in the body. This is a highly self-empowering process, which is pleasing to the heart, body and soul.

A fascinating study showed that happy people are the least likely to catch colds, regardless how often you expose them to a cold virus. Also people who are in love show a higher resistance to disease. To create a positive state of health can be a powerful happiness-generating event. Happiness returns spontaneously in a person who, suffering from a cold or a disease, starts to feel better again. Only happiness and health are attractive to us; disease isn't. Unhappy people can never be truly healthy, just as unhealthy people can never be truly happy. A person who suffers from cancer and learns to apply the methods of regaining his happiness described in this book may suddenly cure himself, but if he continues hating his mother, father or ex-spouse, then even these or similar therapies are bound to be unsuccessful in the long-term. By focusing on disease or negativity in life one remains trapped in unresolved cycles of anger and conflicts. This, in turn, will have a powerful immune-suppressive effect and prevent true healing from taking place. The focus on the destructive characteristics of a disease – widely known as symptoms of disease – cannot serve as a source of inspiration to procure a true healing response and bring about an ever-evolving state of health. There is, in fact, nothing to be gained from a fascination with disease. In contrast, there is everything to be gained from a fascination with health.

The human body has no built-in programs for sickness, but it has many programs to maintain a state of perfect equilibrium or balance. It is the nature of the human being to be healthy but it is up to us to set the

preconditions for these programs to work efficiently. Healing is absent when happiness is absent. Bereaved persons, whose sense of joy has virtually become non-existent, demonstrate this most clearly. Widows rank among the highest in the risk groups for cancer. Sadness, due to the loss of a beloved one, blocks a person's normal immune response to fight cancer cells, even though his or her T-cell count may be in the normal range. The latest studies on heart disease show that lack of happiness and job satisfaction are heading the list of risk factors for heart attacks; they are far more endangering to our health than animal fats, alcohol and even cigarettes.

The main purpose of life is to increase happiness. Any action that does not support this most basic principle of life is destined to fail or generate problems. This is as true for the field of health as it is for every other area in life. Most of the advice given in this book has an uplifting or a clarifying effect, thus providing a solid foundation for creating and maintaining good health. The *liver cleanse* described in chapter seven, which can remove hundreds of gallstones from the liver and gallbladder within a few hours, can by itself trigger waves of utter wellness and eliminate deep-seated anger and frustration. The clearing of severely blocked ducts and channels of circulation in the body can have truly blissful effects and most certainly change one's priorities in life. With the continued improvement of your health you may find yourself entering a state of completeness where the pieces of the puzzle of life will naturally show up in their designated places.

As you read about the various ways of improving your physical health, try to remember that this is closely tied to your mental and emotional well-being. Should you be suffering from a particular illness like cancer, heart disease or AIDS, apart from dealing with the physical aspect of the imbalance, you will also need to attend to its mental and emotional counterparts. Disease is not something that you just "catch." Instead, it is something you create by repeatedly setting up the same limitations and difficulties that prevent your body and mind from regaining their natural state of balance or health.

We don't need to have the permission from anyone to improve our health because this is our natural birthright. The advice given in this book is not meant for curing diseases because it is not disease that needs curing; it is the suffering person who needs to become whole, happy and vital again. You can never really cure a disease because disease only occurs when health is no longer being created, when you are no longer in tune with your inner purpose, your natural sense of joyful existence, and the outer world. But once you have allowed balance to return to your body and mind, disease will disappear by itself just as the darkness of the night disappears with the light of the day.

Most of the data and research that is mentioned in this book is based on what are generally considered "reliable" sources, such as published papers and scientific journals. But although I have cited scientific research studies throughout the book to clarify and illuminate basic insights, it is my opinion that research in itself cannot serve as a reliable source of truth and reality. The reason for this assumption is the fact that there can never be any kind of research that will remain unaltered by the changing factors of time and space, the unaccountable subjectivity of the researchers and those being researched, as well as the intended objectives of the research.

In my view, scientific research should not be used in an exclusive manner to formulate a particular truth in life since it is very easy to employ research studies as a means of manipulating opinions and beliefs. In the United States, the FDA withdraws about 150 pharmaceutical drugs from the market each year because of the harmful, dangerous side effects they generate in numerous consumers. These are the same drugs that the FDA had approved several years earlier, on the basis of the rigorous "scientific" testing procedures that are being employed in all clinical studies today. Take the example of the arthritis drug VIOXX, or other painkillers, including CLELEBREX, ALEVE, and BEXTRA. Isn't it simply astonishing that these poisonous, expensive drugs could have passed all the supposedly rigorous,

scientific safety tests and be sold to millions of unsuspecting arthritis sufferers, just to find out years later that it sharply increased the risk of heart attack and stroke? Could there be double standards for “rigorous testing” in the field of medical research, one for before and one for after introducing these drugs to the market? How many people needed to die (death dramatically raises the stakes for expensive law suits) before the drug producer Merck “volunteered” to withdraw the drug from the market? Likewise, how could powerful antidepressants be given to unhappy children, when it has been proved that these drugs increase the risk of suicide? These are questions that reflect the uncertainty principle that turns the use of medical drugs into a gamble with one’s life.

I am often asked to supply the exact references for those studies I sometimes refer to, but doing so would place too much credence and reliance on something that is so heavily flawed and unreliable. I suggest that you take any statement or argument you are not sure about into your heart and ask your body how it feels (there is a *body-testing* procedure in chapter one). You will receive a definite answer from your body, which will signal either weakness or strength, or any other form of discomfort or comfort; depending on the input. This book is about enhancing your intuitive and cognitive abilities rather than presenting mere book knowledge to satisfy intellectual needs. *The Key to Health and Rejuvenation* is not a foreign body of knowledge we need to introduce from outside. *You* are that key and this book is here to show you how to use it for your own benefit as well as that of mankind.

CHAPTER 1

The Mind/Body Mystery



Mind over Matter

The united force of your body, mind and spirit continually seeks to provide you with nourishment, vitality and happiness. The body uses food, water and air to renew and sustain itself, the mind chooses a task that keeps it creative and active, and the spirit looks for ways to expand by generating waves of love, peace and freedom and to share happiness with the world as a means of gaining fulfillment.

A delicious meal prepared by a loving parent or spouse can serve all three parts of you alike. Enjoying one's food can be a spiritual experience just as much as it can be a physical and a mental one. Being totally "present" while eating does not only trigger powerful pleasure hormones but also a sense of union between you, the food you eat and the process of eating. A beautiful piece of music soothes not only the spirit but also relaxes the mind and satisfies the body.

Everything that you experience, physically, mentally or emotionally, has a profound bearing on your entire being. Each one of your thoughts, feelings and emotions causes profound changes in your body, mind and spirit. Think of the consoling and loving words you once received from a dear friend while you felt desolate and low in yourself. Did you feel encouraged and uplifted by your friend's presence and his words? Did you notice how your body, first bent over, tired and tight, suddenly began to elongate and feel more relaxed and energized? The depressed look on your face turned into a grateful smile and you said: "Thank you, I feel so much better now." On the other hand, can you think of an instance in your life when you anticipated bad news of some kind, such as a loved one being involved in an accident? The fear that gripped you may have had a paralyzing effect on you. But then, seconds later, a friend brings you the blessed information that your loved one escaped unscathed and is well and healthy. All of a sudden, your paralyzed tense condition ceases and is replaced by a deep sense of relaxation, joy and increased physical strength. The sudden good news elevated your feelings and brought the smile back to your face. One split

second was enough to trigger a profound internal transformation that changed everything from within you. For a brief moment you experienced a state of perfect health.

The calm and reassuring words and loving care by a friend can trigger such powerful biochemical responses in your body that your posture changes, your physical expression relaxes and your mood improves. Research informs us that all of our thoughts, feelings, emotions, desires, intentions, beliefs, realizations and recognitions are instantly translated into *neuropeptides* or *neurotransmitters* in the brain. These hormones serve as chemical messengers of information.

Scientists have already located over a hundred different *neuropeptides* and many more are believed to exist. A nerve cell or neuron produces and uses these peptides to transmit information to another neuron. This form of transmission, which often is referred to as “firing,” magically occurs in each of the millions of neurons in our brain, and at the exact same moment. Immediately after the transmission ends, the peptides are neutralized by enzymes, erasing all physical evidence of that thought or feeling. Yet we have stored the information in our memory bank. If need be, we are able to recall or remember it.

This simple example shows that our brain is not the ultimate authority of our body. How do the millions of neurons know which type of neurotransmitter they need to make for each specific thought, right at the moment of its occurrence? What causes their simultaneous “firing” throughout the brain? And more stunning, how does one neuron know what the other neuron thinks when there is no direct physical connection between the two? The mystery is now becoming even more perplexing. In recent years, scientists have discovered that these chemical messengers are not only made by brain cells, but also by all the other cells in the body. This raises the question whether we think only with our brain cells or also with other cells in the body. There is indeed enough scientific evidence to show that skin cells, liver cells, heart cells, immune cells, etc. all have the same remarkable ability to think, emote and make decisions as brain cells.

The cells of our body are equipped with receptor sites for these peptides, which explains why every cell knows what every other cell does or thinks. There cannot be any secrets between cells. Every impulse somewhere is an impulse everywhere. By utilizing these biochemical pathways, the body can translate a strong emotion of fear into chemical messages that order your adrenal glands to trigger the secretion of the stress hormones *adrenalin* and *cortisol*. Once these hormones are released into your blood stream in sufficient amounts, your heart starts pounding and the blood vessels that supply your muscles with blood begin to dilate. This preprogrammed defense strategy of the body makes it physically possible for you to run away from a perilous situation or to avoid, for example, being run over by a car. However, this effect, known as the *fight or flight response*, constricts other important blood vessels in the body such as the major arteries in the internal organs and elevates the blood pressure. If such stress responses occur on a regular basis, they can cause considerable damage to the entire body.

Most people assume that only the adrenal glands secrete *adrenalin*, but this is not so. Each cell in the body produces this stress hormone, although in proportionally lesser quantities. After the initial burst of energy and physical strength resulting from an adrenalin shot, the cells may suddenly turn “jittery” and your body starts shaking. You may feel as if you have lost all your energy in the process. Without your conscious control you have actually practiced “mind over matter.”

Testing Your Mind/Body Response.

At this point, I would like to suggest that you learn to apply a simple muscle test derived from the healing method of *Behavioral Kinesiology*. This test will demonstrate to you that at each moment your thoughts, intentions, desires, etc. exert total control over your body. I will refer to this test throughout the book whenever it may be necessary to find out whether a particular food, medicine, beauty product, situation, environment, or even a particular desire is conducive to your health or not.

Everyone practices “mind over body” at all times. However, most of us do it unconsciously. The main purpose of this test is to bring this intimate relationship of the mind and body to the surface of your awareness and truly experience it in a very concrete and conscious way. Whenever you apply the muscle test, you will instantaneously reawaken the inner wisdom of your body and strengthen your natural instincts, trust and intuition. To conduct the test, find yourself a partner. Follow these simple steps for muscle testing:

1. Both of you need to stand. Your left arm should hang down relaxed by your side, while your right arm is extended in a horizontal position, with your elbow stretched. (If you are left-handed, use your left arm for testing.)

2. Next, ask your partner to stand in front of you. Look at a neutral place, such as a door or a wall, and try not to think of anything or anyone. Ask your partner to place his/her right hand on your left shoulder to keep your body posture in a stable position, and his/her left hand on top of your right arm, just over your wrist.

3. Now, ask your partner to press down on your arm, while you try to resist the pressure. Ask your partner to press down on your arm quickly and firmly, but not in a jerky manner, and not longer than about three seconds. The idea is to maintain the pressure only as long as it takes him/her to notice your arm’s strength of resistance. Pressing longer will make the muscle weak and produce a faulty test result.

4. Your arm muscle should be testing strong in this neutral state. (Please note that a particularly negative thought, an expectation, physical illness, or being under the influence of shock, alcohol, or drugs may substantially influence the outcome of this muscle test.)

5. Next, keep your right arm outstretched, while you try to think of a situation, person, past experience, etc., that would make you feel angry, nervous, or uncomfortable in any way. At the same time repeat Step 3. You will notice you will not be able to resist the pressure applied to your arm, and your arm muscle will immediately give in and become weak. Then try to think of someone you love or care about and ask your partner to test your arm muscle once more. Your arm muscle will be strong again.

You may repeat Step 5 of the test while listening to hard rock music, watching a violent movie, or looking at fluorescent light. To test whether a particular shampoo, toothpaste, medical drug or food item is suitable for you, place any of these items into one of your hands while you ask your partner to test the muscle of your other arm. Note: If you are left-handed, it is better to test your left arm and place the tested item in your right hand. If these items are not available, merely think of them as he tests you on these products, one at a time.

It may be necessary for you to experiment with this technique on each other for a while before it becomes second nature to you. It is necessary to have an open and innocent mind when you conduct the test. Don't try to influence or manipulate the outcome in any way, for this may lead to false results. Remember that every thought influences the body in a specific way. Ask any questions you may have that can be answered with a "yes" or with a "no." This may even concern important decisions you need to make, journeys to take, or foods to eat, etc. Once again: to test food items, it may be enough to just look at or think of the food while applying the test.

The body's own biofeedback system always works – it never lies. The muscles will respond to a particular stimulation either with weakness or with strength, so long as the test is conducted properly. Even if a so-called "health food" contains something that your body cannot process or digest properly, the feedback system will immediately inform you about it by sending your body cells the appropriate messages. A fearful thought, disruptive noise from the street, or the picture on the television news of a killed person is transmitted to your body cells, too. Your body's response is completely accurate and reflects the exact quality of the information passed on to you. Be aware that subconscious desires or aversions can change testing results.

The cells in your body can detect the frequencies of incoming substances and check whether they are useful or harmful for you. A cola soft drink gives off different frequencies than an apple. The concentrated phosphoric acid, artificial flavors and sweeteners, large quantities of refined sugar and other chemicals contained in cola soft drinks are very destructive for biological life forms. So the body's cells will consider them to be poisonous and go into a stress response. Their energy production, measured by the amount of ATP molecules, begins to drop abruptly as a result of this response. This practically means that the tissues in the body are increasingly cut off from the routes of energy supply and, hence, become weakened. In practical terms, this situation forces all the organs, glands, blood vessels, nerves and muscles to subsist on minimal energy, which *jeopardizes* the normal functioning of the body.

Note: you can obtain more detailed information on the procedure from a good book on "Applied Kinesiology." There is the opinion among some circles of Kinesiology practitioners that the arm-muscle-test is not accurate and cannot be used as a tool of measuring the mind-body response. This would, however, imply that the arm muscles are not directly influenced by the frequencies of information we generate or are exposed to. In other words, the arms muscles would not be included in the internal network of communication. This defies the very principles of mind/body medicine. Inaccuracies occur only when the rules of the test are not followed exactly and when hidden desires manipulate the results. Eventually, you would want to rely only on what your heart tells you. By putting your attention on your heart while asking it a question will usually give you a feeling, knowingness, or even a verbal answer. The first response or impulse is the one to go by.

Stress – And a Shrinking Thymus

The thymus gland, which regulates activation of *T-cells* (the white blood or immune cells), is the first organ that is affected by stress. *T-cells* help the body to identify and fight cancer cells and other invading agents. The weakening influence on the thymus gland caused by such factors as news of negative events, dehydration or consumption of nutritionally poor and processed foods or beverages, reduces *T-cell* activation by thymus hormones and leaves the body without sufficient defense against the spreading of cancer cells and other causes of disease.

The thymus gland shrinks when it is exposed to stress. It is well known that following a serious injury, surgery or sudden illness, millions of white blood cells are destroyed and the thymus gland shrinks to as little as half of its size. It may become very stressful for your thymus gland when you look at a photo of Adolf Hitler, a child abuser or a wanted terrorist. The next time you look through a magazine, ask a friend to test your muscle while you look at the different pictures. You will find that some of these pictures make your muscles strong, whereas others make them weak. (Of course, if your way of life were completely infused with love and compassion versus fear and judgment, you would not suffer such a stress response at all.¹)

Your thymus gland has to deal with massive amounts of negative influences, considering the almost daily exposure to radio, television, newspapers, junk foods, chemicals in foods and beverages, indoor and outdoor pollution, and people with negative attitudes, etc. Even advertisements that show people smoking cigarettes or drinking alcoholic beverages have a weakening effect on your thymus.

Most people are not aware how much of their life energy is drained by exposing themselves to stressful situations. Regularly spending time in unhealthy environments like smoke filled rooms, or experiencing energy-depleting influences such as driving at night or eating while tired can simply overwhelm the body. When there is no more energy left to function normally then one becomes nervous or begins to panic. The most common expression you can hear people say when this happens, is, “I feel so tense today.” But stress is nothing but an experience of constant exhaustion of the thymus gland caused by negative or weakening influences in life. Stress ceases to affect us when we stop exposing ourselves to such influences and correct the damage that has been caused by them in the past. You can positively strengthen and recharge your thymus and entire body through uplifting and encouraging activities, eating nutritious foods, and spending more time in nature than indoors or in front of the television. Whether you weaken or strengthen your body, in both cases you are practicing “mind over matter.”

Placebo – The True Healer?

The placebo effect works in a similar way. *Placebo* is a Latin word, which translates as “I shall please.” If something pleases you, it automatically triggers the release of pleasure hormones in your body, which means that in the event of an illness, you are likely to experience a healing response. In the field of medicine, the placebo effect is a phenomenon described as a measure for testing the efficacy of new drugs or therapies. There are three possible explanations why and how healing takes place (I want to mention at this point that shutting down or suppressing a symptom of disease has nothing to do with healing it).

1. A particular non-suppressive treatment has a curative value.
2. The healing power of nature is at work. This includes especially the immune system's natural response to stop and eliminate disease-causing factors. While this principle (of the body healing itself) applies to the majority of all medical cures, this “secret ally” of all doctors is hardly ever introduced to the patients. The human organism rarely receives praise for the extraordinary

¹ To learn how to develop such a life, please refer to the book *Freedom From Judgment* and the method of *Sacred Santémomy* by the author.

abilities it displays when dealing with infections and physical injury. The body's own remarkable healing ability is behind every success in the healing profession. In many instances, healing may even occur *despite* the side effects that so often arise from the use of medical drugs or invasive procedures. If the body's healing response remains absent, no medical technology or expertise will have any value.

3. The placebo effect triggers the healing response.

Orthodox medicine originally defined the placebo as an inert substance that, for psychological reasons only, is administered to satisfy or please a patient. However, this definition is no longer considered quite accurate or sufficient. The placebo effect can occur as a result of administering substances that are *not* inert, just as much as it can be triggered by procedures or pills that do *not* include medication. The placebo effect implies that the patient's belief in a "drug," which may just be a sugar pill or snake oil, has the power to stop pain and even cure a disease. A basic feeling of trust in a particular treatment or even the doctor can also act like a placebo. A research study is not considered valid or scientific unless it includes a placebo that is applied to a control group.

When the success rate of the drug or treatment is higher than the success rate of the placebo, then the drug has passed the test for effectiveness. In the past, the placebo has even been used to study coronary bypass techniques and cancer radiation treatments. In the case of bypass studies, the surgeons open the chests of the heart patients in the placebo group and immediately stitch them back together again, *without* actually performing a bypass operation. After surgery, all the patients are informed that their operation was a success. Some of the placebo group patients confirm that they have relief of chest pain. A number of the heart patients who received the actual bypass surgery also report relief of pain. If the number of "successes" in the group actually having had the bypass procedure is higher than that of the placebo group, then the bypass operation is considered to be an effective method to relieve chest pain.

An early carefully controlled study with patients suffering from Angina pectoris showed that 5 out of 8 patients, who had genuine surgery, and 5 out of 9 patients, who only received a sham operation, felt much better afterwards. Two of the patients with sham operations even experienced a remarkable increase in physical stamina and endurance. A group of highly skeptical researchers repeated the same experiment with another group of 18 patients. Neither the patients nor the examining cardiologist knew who actually received the surgery. The results were that 10 out of 13 patients with real surgery and 5 out of 5 patients with the sham operation had improved significantly. This experiment demonstrated that the placebo together with the body's healing system might actually be the real power behind successful surgery. Surgery, just like every other treatment, can work as a placebo for the patient; and it seems to have no significant advantage over the placebo. It would, however, be very unwise to have a sham operation and continue with a detrimental lifestyle. The survival rate with sham operations is not more than two years, and with a normal operation not much longer either, unless the patient makes major changes in his diet, lifestyle, etc.

When the Placebo Becomes Medicine

The mechanics of placebo healing is centered in the belief of the patient that a drug, an operation, or a treatment program is going to relieve his pain or cure his illness. Deep trust or a sure feeling of recovery is all that the patient has at his disposal to initiate a healing response. Utilizing the previously described

powerful mind/body connection, the patient may release natural *opioids* (morphine-type painkillers) from areas of the brain that are activated by certain thought processes. The corresponding *neurotransmitters* for pain relief are known as *endorphins*. *Endorphins* are about forty thousand times more powerful than the strongest heroin.

A patient who suffers from a cancerous growth may produce extra amounts of *Interleukin II* and *Interferon* to destroy malignant tumor cells. Being products of the DNA, the body can make anti-cancer drugs in every cell and eradicate cancer in a moment (spontaneous remission), provided the patient knows how to trigger their release. The triggers are trust, confidence and happiness, and are the same triggers that can cause a placebo response. To buy these drugs on the pharmaceutical market, you may have to spend up to \$40,000 per course of treatment. The “success” rate with these drugs is less than 15 percent and their side effects are so severe that they can destroy the immune system and sow the seeds for future diseases (see section on “Cancer -- Who Makes It?” in Chapter 10).

Your body is capable of manufacturing every drug that could possibly be produced by the pharmaceutical industry. Synthetically derived drugs only “work” because the cells of the body have receptors for some of the chemicals contained in the drugs. This also means that the body is capable of making these chemicals, too, otherwise these receptors wouldn’t exist. However, the body makes them with the utmost precision, in the correct dosage, and perfectly timed. The body’s own drugs cost us nothing and they have no harmful side effects. Pharmaceutical drugs, on the other hand, are very expensive and much less specific and accurate. It is estimated that 35-45% of all prescriptions have no specific effect on the disease for which they are prescribed. The majority of positive results are directly caused by the body's own healing response or triggered by the placebo effect and have nothing to do with the treatment itself.

The Placebo in Action

Medical doctors have the status and power to infuse in their patients the confidence to believe that, for their condition, they are receiving the most suitable and best treatment available. The hope to find relief and to get better may be the main motivation behind a patient’s visit to the doctor. Also, the doctor is likely to believe that his prescription will produce the desired effect, that is, relieve his patient’s symptoms. The belief of the doctor in his treatment and the trust of the patient in his doctor combined can produce a “medicine” that is capable of transforming even a useless treatment or a non-specific drug into a dynamo of healing. This can very well lead to a definite improvement of the treated condition, and in some cases, to a complete cure. This medicine is nothing more than the placebo effect.

If the doctor himself is completely convinced that the treatment he recommends to his patient will be successful, the patient’s perception of the doctor’s confidence is much more likely to produce a placebo response than if the doctor were doubtful about his approach. Dr. K. B. Thomas from Southampton, England has shown that a doctor doesn’t even need a prescription to help his patients. Dr. Thomas selected 200 patients who were suffering from such various symptoms as headaches, stomach pains, back pains, sore throats, cough and fatigue. First he divided the patients into two groups. The patients of group one received a clear diagnosis and a “positive” consultation during which he assured them that they would soon recover. He told the second group that he wasn’t completely sure what was wrong with them and asked them to come back again in case there was no improvement. Then he divided each group into two subgroups of which one received a prescription, which was a placebo. After two weeks, 64% of the

patients with the “positive consultation” had improved considerably compared to 39% of the patients who received uncertain advice. Of those patients who received a prescription (placebo), 53 percent had improved, whereas among those without a prescription, 50 percent had improved. This experiment demonstrates that a medical doctor can have a more powerful healing effect on his patient than a prescription drug.

This may also explain the phenomenon of why doctors who really believe what they do is best for their patients -- even though it may defy the logic of scientific understanding -- achieve much better results and their patients do well. If a doctor can inspire a patient to believe that he is going to improve, he has done a much better job than any sophisticated treatment may be able to accomplish. A leading article in the medical journal *Lancet* asked why it should be wrong to give a placebo when the essential modern therapeutic means have no better effects than placebos. It should be the primary aim of medical training to produce a warm-hearted, honest and optimistic doctor who listens to his intuition and who feels both compassion and love for his fellow human beings. The medical students should be tested for these basic human characteristics. Those students who are unable to pass this test should be prohibited from practicing medicine. The doctor’s very presence can work as medicine. What kind of therapy he uses may, indeed, be of secondary or complementary value. Thus, the doctor as a living placebo can be more powerful than his treatment, and there won’t even be any harmful side effects.

The current trend by large proportions of the population to seek alternative practitioners is not so much based on *what* they offer to a patient but *how* they make the patient feel. The very fact that alternative therapists use natural methods and compounds for their treatment modalities makes natural therapies more acceptable to the patient than medical treatments. It also makes them more humane and potentially more powerful as placebos.

We all have a pre-programmed natural instinct, although subdued in many people. This gut feeling senses a healing effect from pure, fresh foods, healing herbs and other natural remedies. A herb from the Himalayan mountains or a piece of ginger are more likely to trigger a placebo response in us than the synthetic fat “Olestra” or a chemical drug used to reduce blood pressure. Natural things are naturally pleasing to the body and mind. A naturopath has become a symbol for natural healing. Even if his methods may not be very effective, the symbol may still be a powerful enough trigger for a good placebo response.

The placebo is known to be directly responsible for a considerable amount of success in every medical treatment. This is being confirmed by the results of every controlled study. If there were any other treatment in the system of conventional medicine just as effective and consistent as the placebo effect, it would have most certainly been heralded as one of the biggest medical breakthroughs of all times. However, the placebo effect is not at all or only rarely mentioned in the medical textbooks. This is unfortunate because the placebo plays at least as an important a role in the process of healing and recovery as an expensive drug or sophisticated medical machinery.

A typical example for this is the drug *digitalis*, which has been used by doctors for over 200 years to treat heart disease, despite the fact that its long-term benefits and safety have never been proven. A major three-year double-blind control study (1997, New England Journal of Medicine) conducted by *The Digitalis Investigation Group* showed that out of 3,397 heart patients who received *digitalis*, 1,181 patients had died by the end of the study period compared with 1,194 out of 3,403 patients who had received a placebo. The study makes *digitalis* no better than a sugar pill in preventing death through heart disease, yet it is the preferred treatment (over the placebo).

During medical training, every would-be doctor has to face the unpleasant fact that drugs themselves cannot induce a healing response. A drug may work in only 35% of the people who receive it. The rest of

them may either have no results or become worse because of the drug's side effects. Doctors also know that a patient has a much greater chance of improving with a certain drug if *they guarantee* an improvement. They have learned that a patient can get better by merely looking at a medicine. However, this effect depends more on the imaginative power and the trusting nature of the patient than it does on the medicine itself.

The Miracle of Spontaneous Healing

Although modern medicine has virtually stumbled over the healing mechanism of the body, it still has not recognized it as such. Almost all of the scientific research conducted on the thousands of drugs and therapies applied by medical doctors throughout the world has included the "placebo effect." Placebos have somewhat made it possible for medical research to be considered objective and reliable. It is not the placebo effect or healing mechanism, though, that has been the subject of research. All the attention has been on testing drugs or medical procedures as potential candidates for the treatment of disease. Drugs by themselves cannot inspire true healing *without* acting as a placebo and can, therefore, only be of secondary value, if any at all (considering the fact that suppression of symptoms has nothing to do with cure).

Moreover, it is erroneous to assume that the positive change of symptoms following a particular treatment must necessarily be the result of that particular therapy. Treatments have no healing powers of their own and remain ineffective unless they are able to work as triggers for the placebo effect or healing response. In addition, treatments that are geared toward merely getting rid of the symptoms of disease with disregard to its causes have nothing to do with real healing. Bringing temporary relief to the symptoms may be very desirable for the patient, but in the long term, such an approach makes it increasingly difficult for the body to heal itself. If true healing does take place, it is due to the existing mind/body connection and the body's own inner healing power.

The body's powerful healing mechanism was clearly revealed by a study on three groups of patients, all of whom suffered from bleeding ulcers in their stomachs. The patients in each group were informed that they would be testing a new drug that could stop the bleeding of their ulcers. One group received the new drug, the second group was given a drug that increases bleeding, and the third group was given inert placebo pills. Most of the patients were desperate individuals who hoped that the new drug would help them get rid of their agonizing problem. The results astonished the researchers. The bleeding stopped in patients from all the groups, even in those who received the drug that was supposed to increase the bleeding. Could the belief in the new wonder drug have been powerful enough to override the high toxicity of a bleed-inducing drug?

Obviously, in response to their thoughts and feelings of hope and trust, the patients' bodies did not only produce special drugs that could effectively stop the bleeding of their ulcers, but also neutralize the poisonous substances contained in the drug that was meant to trigger bleeding.

There are thousands of different studies that tell of the amazing effects of the placebo response. In one classic study conducted in 1950, pregnant women who were suffering from severe morning sickness were given syrup of *ipecac*, which is an effective compound to induce vomiting. The women were told *ipecac* was a powerful new cure for nausea. To the amazement of the researchers, the women ceased vomiting.

Another intriguing experiment was conducted with the help of medical students. Fifty-six students received either a pink or a blue sugar pill and they were told that the pills were either tranquillizers or

stimulants. Only 3 out of the 56 students reported that the pills had no effects on them. Most of the students who received the blue pills assumed that they were tranquilizers and 72% of them felt sleepy. Furthermore, the students who took two blue pills felt sleepier than did those who took only one pill. By contrast, 32% of the students who ingested the pink placebo pills reported that they were less tired and one third of the students stated that they had side effects ranging from headaches, numbness, watery eyes to stomach cramps, intestinal pains, itching in the extremities and staggering walk. All responses by the students, except for three of them, were caused by their imaginative beliefs.

The implications of these and similar experiments could have revolutionized the entire medical approach to disease. Unfortunately, the law prohibits the sale of “drugs” that contain nothing but inert substances. Without such a law, many people could have become their own best healers, using only their trust in a drug that in reality isn’t one. On the other hand, if placebo sales were made legal, anyone could make a dummy drug and sell it as a real one. But then who is to decide which one is more effective? A former president of the Royal College of Physicians in London once estimated that only 10% of all diseases could be manipulated effectively by modern methods of treatment, including the administration of drugs. Disease manipulation does not necessarily mean that drugs have a curative effect. Actually, most of them merely suppress symptoms, and they are costly. By contrast, a placebo is very cheap or even cost-free. And it has no harmful side effects.

Healing Depends On the Patient

Most medical researchers know that depression, anxiety, negative stress, trauma, emotional crisis, etc., can make the crucial difference whether an administered drug or treatment program is effective or not. This fact may explain why drugs have only such small success rates, on average 35%. The majority of people find no improvement with drugs, and many report strong negative side effects. Any drug experiment that tests a drug against a placebo, or anyone taking such a drug should, therefore, incorporate or consider the following four crucial points:

1. Are there fewer subjects who suffer from depression, anxiety or trauma in the experimental group than there are in the placebo group?
2. Would the experiment have ended differently if the control group had received the drug and the experimental group the placebo?
3. Would the results of the experiment be the same if the researchers, who were assigned to administer the drug to the different groups, were asked to switch groups?
4. Would any pharmaceutical company risk repeating the same experiment, but with different subjects, if this could lead to significantly altered or even contrary results?

It is important to emphasize at this point that a particular drug or treatment may produce different results in different people and can, therefore, not be considered objectively testable for efficacy. A drug may not work for a particular patient unless he allows it to work. The patient’s state of mind, his subconscious acceptance or resistance, and his emotions play the main role in determining how successful a therapy is for him. The type of therapy he receives may, in fact, be secondary. The renowned researcher Dr. Herbert Benson from Harvard University stated once, “Most of the history of medicine is the history of the placebo effect”. The ability to cure a disease remains solely with the patient.

An existing or past trauma, sadness, depression and anger can all lead to unconscious programming of the patient's cells to shut down their receptor sites to both internal and external drugs. This may render any medical intervention useless, if not harmful. It is well known that if a patient is in shock, for example, he cannot be treated or undergo surgery. The same principle applies, although to a lesser degree, to a patient's subjective condition when he receives a particular treatment. With a general drug failure rate of 65% it is obvious that drugs *don't* do the trick. Rather, is the recipient of the drugs who determines whether healing takes place or not. True healing requires hope, trust and a profound belief that one "deserves" to be healed. Once the body receives the go-ahead signal from his host, which I would like to call "*body/mind*," it will trigger a healing response and take care of the necessary details.

The dissimilar levels of trust and belief that different patients place in the potency of a drug can trigger a wide range of responses. A higher degree of trust can actually increase the placebo effect from 25% to 75%! For example, the healing rate for duodenal ulcers among the placebo groups in controlled clinical studies range from 20% to 70%. It is very unpredictable who will respond to a placebo positively. Some patients report relief of pain after they have been injected with sterile water. An average 3 to 4 out of 10 surgery patients with serious wounds (caused by ulcers) experience significant pain reduction after they have been injected with a salt solution. There are no reliable methods in modern medicine that can determine or guarantee which ones of the patients will or will not respond to a placebo. It is equally impossible to predict how well a patient will respond to a real drug treatment or surgery. The subjective state of the patient plays indeed a major, if not the most determinant, role in curing an illness.

It is well known that wounds may or may not produce pain, depending on whether the wounded considers it a "good" or "bad" wound. Soldiers who were injured during the war often did not even require painkillers when they felt that their wound would help them get into the safety of a hospital and then back home. On the other hand, a serious wound acquired in civil life through an accident can cause tremendous pain and trauma if it is associated with a loss of health, mobility and financial resources.

Is Today's Medical Practice Trustworthy?

To conduct double blind control studies in order to establish whether a particular drug or treatment is useful is a highly dubious and misleading practice. Because of the highly elusive and undetermined, subjective state of the tested patients, these studies, which are considered the backbone of medical science, may in fact produce very unrealistic and contrived results. Yet they are presented to the public as "proof" for the reliability of scientific research and medical applications.

There is more reason to be cautious about taking medical research too seriously. In 1994 and 1995 researchers at the Massachusetts General Hospital surveyed more than 3000 academic scientists and found that 64% of them had financial ties to corporations. According to the report, which was published in the *Journal Of The American Medical Association* (JAMA), 20% of the 3,000 researchers actually admitted that they had delayed publication of research results for more than 6 months, to obtain patents and to "slow the dissemination of undesired results. "Sometimes if you accept a grant from a company, you have to include a proviso that you won't distribute anything except with its OK. It has a negative impact on science," says Nobel-prize- winning biochemist Paul Berg.

Furthermore, a major research report by the Office of Technology Assessment (OTA), an arm of the United States Congress, came to the most startling conclusion of all. The 1978 report stated: "Only 10 to 20 percent of all procedures currently used in medical practices have been shown to be efficacious by

controlled trial.” In its October 1991 issue, the British Medical Journal confirmed this report by stating that about 85% of all medical procedures and surgeries are scientifically unproved. In other words, 80 to 90 percent of the common medical treatments available to the general population have no scientific backing and it is doubtful whether they are justified at all. These findings fall in line with WHO statistics, which conclude that 90 percent of all diseases prevalent today are not treatable with orthodox medical procedures.

However, it would be erroneous to generalize these findings. There are very successful methods in modern medicine which are unmatched by any other form of treatment. They concern mainly acute problems that are caused by accidents, including burns, fractures, heart attacks, as well as matters of hygiene. The high success rate of medical treatment in this field is a truly remarkable and exemplary achievement.

For the other 90 percent of diseases that are considered chronic in nature, modern research techniques have so far failed to produce any breakthrough results. Chronic disease is a combined effect of one or several causal factors that are rarely, if ever, considered in the treatment programs of conventional medicine. With regard to a chronic illness it is simply not enough to attempt to fix its symptoms. Conducting reliable studies on chronic diseases is therefore virtually impossible, unless of course, these factors (diet, lifestyle, state of mind, emotions, existence of conflict, etc.) would be incorporated in the testing procedures.

It seems that none of the researchers even consider the fact that the healing mechanism, which is triggered by a patient's strong belief in a drug, does not only take place in the placebo control group but also in the experimental group. It is not very scientific to declare that a drug produces a higher rate of improvement than a placebo when the placebo effect -- the patient's trust in the drug -- is at work in both these groups. The very fact that the placebo effect has to be included as an essential part of every study shows that the subjective state of the patients in both groups remains the major determining factor in the outcome of the experiment. If the placebo group has a success rate of 35% and the drug group has a success rate of 40%, it is obvious that at least 35% of the drug group's success is attributable to the placebo effect and the drug itself causes only 5%. Its true success rate of perhaps 1-3% (after eliminating other factors of influence such as mental and emotional states) does not justify giving the drug to millions of unsuspecting patients, yet it is nevertheless advertised and sold as an effective treatment of disease. All of this makes it very obvious that medical research cannot be considered objective or scientific.

Why Some Heal and Others Don't

There is no simple or magical method to make a patient believe in the treatment he receives. The success of the placebo response depends mainly on the individual's state of heart and mind and whether he has a good reason to believe in his doctor. The following three paragraphs describe three major categories of personality, which may determine your success or lack of it in overcoming a serious or life-threatening illness:

1. You feel depressed about everything in your life. You blame others and circumstances for your suffering. You are not happy when others are satisfied and joyful because they reflect to you and even intensify the sense that something is missing in your own life. So seeing other people being happy makes you feel worse. You lack enthusiasm and self esteem and your outlook on life is rather dismal. You get angry even without having to have a specific reason. Many times you feel you don't like yourself or even put yourself down in front of others. You frequently say things like, “Whatever

I try doesn't work for me," or, "I knew it from the beginning that the medicine wouldn't be able to help me." You were unhappy most of your life and you try not to remember your past. You give up easily and justify your failure by saying, "It's too difficult," or, "Nobody cares about me anyway." You feel life has not much to offer and you see no real purpose in living. You prefer to hang out with friends who also feel as depressed as you do.

2. You are a fighter and you are not willing to give up. Your determination gets you through periods of pain and agony. You desperately want to live and you frequently say something like, "I am going to beat it" or "I am not allowing this to get me down." However, deep inside, you are scared and you are afraid of not being successful. You often feel lonely and create doubts in your mind.

3. You are easygoing and relaxed. You feel that your disease is not a coincidence or even a reason to become angry. You interpret illness as an important sign or lesson that may enforce major changes in your life that you were not willing to make before. You are not in a desperate hurry to get rid of the disease and prefer to go through the rough periods consciously. Your attitude to the disease is not a negative one even though it makes you feel uncomfortable and suffer. You listen to the "messages" your body is sending you and you learn from them. You accept responsibility for having created this situation yourself but you don't have feelings of guilt. The idea that you give meaning to everything in your life -- positive or negative -- is not a theoretical concept but a practical way of life for you. You are grateful to yourself and others for having arranged your life the way it is at this present moment. You believe in a higher purpose in life and trust that you are taken care of in one way or another. Each and every moment is a precious opportunity for growth and learning about life and self-empowerment. Death is not a frightening issue for you because you know that there is a special purpose in dying as well. You are involved in spiritual practices such as meditation, visualization, and bodywork. You feel that the disease will disappear by itself once you have learned the accompanying lesson(s) and are ready to embrace the necessary changes in your life.

As you may have guessed, persons who are in category 3 or have similar personality traits are better candidates for the placebo effect or for healing themselves than those in categories 1 and 2. A person in category 3 has no reason to believe that a medicine or a treatment would not work, he simply knows within himself that in one way or another he is going to get better. If one approach of healing does not work for him he won't feel disappointed but will have enough motivation to look for alternative solutions. If nothing from the outside seems to heal his illness he is likely to realize that he has to do it from inside. He will eventually know that the ultimate healer lies within.

While a person in category 2 has a good chance of recovery due to his positive attitude, he may nevertheless undermine the placebo effect by reserving a slight doubt in the back of his mind, "just in case...." Trying to think positive is basically motivated by fear and is, therefore, not good enough to trigger a healing response. He may be sending out two contradictory signals to his *body/mind*: "Yes, I am going to get better with this new drug!" and "But what am I going to do if it doesn't work for me?" The positive attitude is cancelled out by the fear-based doubt. Doubt or fear is a form of energy. If fear motivates or drives your action, this fear is manifesting exactly what you are afraid of.

A person in category 1 has hardly any self-esteem and spends all his energy accusing others or blaming fate for his deplorable situation. He is not capable of triggering the placebo response. Hence he may remain chronically ill unless he begins to value himself and re-evaluate his life. Many times disease manifests as a test to find out how much we value ourselves. You can only have as much faith in a drug, a

medical treatment or even God as you have in yourself. A low self-esteem lacks in self-trust. And trust in oneself is the necessary element to trigger the placebo response, which is needed to cure any disease.

This connection works also when the healing response is caused by an outer source such as another person, such as a therapist or a healer. The success that hands on healing or praying can have for a sick person is the result of a two-way process but largely depends on the patient's receptivity, self-esteem, and deserving ability. If he believes that he deserves to be healed, his body and mind become more receptive for the healing energies. For an increasing number of people, natural forms of healing are much more likely to trigger a placebo or healing response than standard medical procedures, which explains the current tremendous interest in alternative or complimentary forms of medicine.

The Paradigm Shift

There is a definite shift that is taking place among medical doctors in the United States and other industrialized nations from the specialized areas of practice toward a more holistic approach to health and healing. Many MD's are becoming disillusioned with their limited field of expertise, which mainly consists of conducting blood tests, giving EKGs, or using pills or scalpels. A significant number of US medical schools are now adding courses on holistic and alternative medicine, subjects that were considered taboo in medical circles not long ago. Modern high-tech medicine cannot be applied to chronic diseases. It is indispensable during situations of crisis when organs have failed, when injuries caused by accidents require surgery or when someone is fighting a life-threatening infection. The vast majority of illnesses, however, are chronic in nature. They include high blood pressure, heart disease, Multiple Sclerosis, rheumatoid arthritis, diabetes, depression and other acute disorders that become chronic such as cancer and AIDS.

Patients are becoming increasingly disenchanted with the endless high-tech scans and tests of modern medicine. They offer none of the personal care and encouragement which are so badly needed when you are ill, when you need a placebo. This feeling of alienation and helplessness drives many into the hands of alternative practitioners who spend more time with their patients and offer them approaches that include self-help programs like meditation, yoga, dietary advice, and natural remedies. Americans are already spending approximately \$30 million a year on alternative methods of healing. In Australia, 50 percent of all patients opt for exclusively alternative treatments. In addition, a daily increasing number of medical practitioners are turning "alternative." (Going "alternative" does not necessarily mean you are better off than using conventional methods of therapy. Up to 30% of people who visit an alternative practitioner claim to be "very dissatisfied" by the treatment they receive and up to 24% of people using an alternative treatment have reported some adverse reaction to their treatment.)

Consumer demand and the economic crisis of the medical system are probably the most influential reasons that motivate increasing numbers of medical practitioners to turn to the low cost treatments and even to prayer and spirituality. Particularly in the United States, where the insurance fees for malpractice are very high, physicians are increasingly interested in attending to their patients' spiritual needs. By building a more personal relationship with the patients, as a bonus to the doctors, they are less likely to be sued by their patients. This may also restore the doctor's image as an infallible caretaker, a role that used to be the rule rather than the exception. The doctor's role as a friend and guide during the difficult times of sickness can in fact be a very crucial element in leading a patient to his recovery.

The shift from a conventional doctor to an alternative doctor or to one who really cares, however, may not be sufficient to invoke a healing response. Exercising your will and desire to take your health in your

hands and to take responsibility for everything that happens in your life is perhaps the most powerful method of healing there is. It tackles the original cause of almost every illness, that is, feeling inadequate, unworthy or powerless. So the most profound and continuous guarantee for good health is the taking of responsibility for one's health. This implies the search for and application of natural ways to improve the body as much as avoiding those factors and influences that cause it harm. Once we know what causes disease we will be able to rectify the situation and lay the foundation for optimal health. The following chapters provide an in-depth understanding in what ways we may be contributing to our own ill health, aging and disabilities and how we can stop and reverse this process for good.

CHAPTER 2

The Laws Behind Sickness and Health



Disease is Unnatural

The main conclusion that can be drawn from the study of health and healing is that there is a natural way of living that can prevent disease from arising. Illness results when we deviate from this way of life. It manifests when the body attempts to neutralize and eliminate accumulated harmful substances and fluids. To restore health, we have to remove these toxins first. A nutrient-rich diet and a natural program of health care will prevent them from accumulating again.

Disease is the occurrence of a toxicity crisis. The crisis occurs when toxins in the body have reached a certain level of concentration, which, in this context, I will be referring to as “tolerance.” The body signals pain or other forms of discomfort in order to stimulate the immune system into defensive action. The resulting immune response includes the mobilization of immune cells and antibodies that help to reduce the level of toxicity to below the limit of tolerance (see illustration 1). During the reactive stage of the toxicity crisis you may feel weak and worn out because the body utilizes every ounce of energy it can get to clear itself of the toxins. Under normal circumstances, physical strength, appetite and good mood will begin to return several days after the immune response. This may give you the impression that your health is back to normal, whereas in many cases you may have only passed the symptom level of the toxicity crisis.

Unless we first eliminate the factors that have led to the build-up of toxins, they (the toxins) are likely to accumulate again and eventually cause another toxicity crisis. Since immunity becomes progressively weaker with each new crisis, the likelihood of fully recovering one's health and vitality diminishes too. The final outcome of repeated cycles of toxicity crisis is chronic illness.

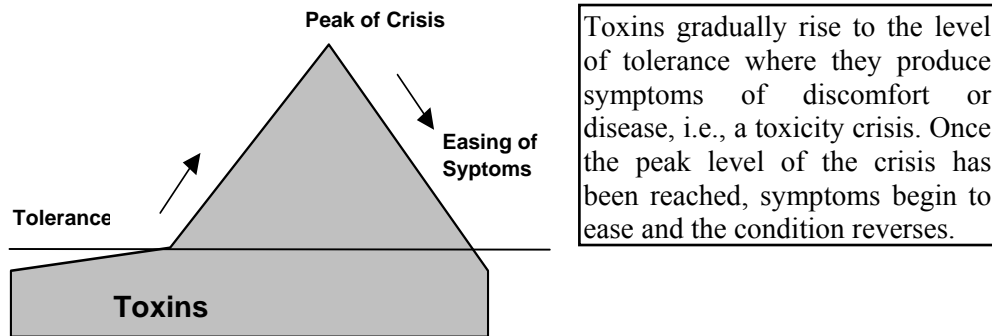


Illustration 1: The Toxicity Crisis

Over one hundred years ago chronic diseases were rare. At the beginning of the 20th century only 10 out of 100 people suffered an ongoing illness. Today, chronic diseases make up over 90 percent of all health problems. Nowadays, the general population and the doctors alike tend to believe that it is both correct and beneficial to get rid of the symptoms of a disease by any means possible. In most cases, the methods used consist of drugs and surgery. Although their application conveniently bypasses the need for having to detect and attend to the causes of these indicators of toxicity (symptoms), the net result of such an approach is depression of the vital organs and systems in the body. Since the body is thus denied the opportunity to remove the accumulated toxins, the toxicity crisis becomes extended in time. This causes further wear and tear of the immune system and makes a person susceptible to develop exacerbated forms of acute and chronic illness. The Well-known physician, Dr. Henry Lindlahr, made this profound and astute observation: “The greatest part of all chronic disease is created by the suppression of acute disease by drug poisoning.”

Most of us have made the collective “agreement” that once a sick person recovers after taking medicine, his improvement must “obviously” be the result of the medicine. However, this assumption may be highly deceptive. Healing always takes place *in* the body and is controlled *by* the body. If for any reason, the body can no longer heal itself, even the most powerful medicine will be not be able to accomplish what the body’s failing healing system was not able to do.

Disease manifests when the body’s natural healing responses are weakened or suppressed. The body has a constant tendency to return to its normal balanced state (equilibrium), which is perhaps the only real power of healing that exists. Sometimes, the belief in a particular treatment or medicine (placebo) can serve as a trigger for the body to restore equilibrium - an effect that is often (wrongly) attributed to the treatment rather than to the energies of trust or hope that it may be generating in the patient.

In the body, the ultimate law of maintaining perfect balance is seriously undermined by energy-depleting influences. A chain smoker, for example, who has developed arteriosclerosis (hardening of arteries) and heart muscle weakness under the constant exposure to carbon monoxide and nicotine, stands very little or no chance to be cured if he continues to smoke. If stockbrokers or gamblers experience constant shocks as part of their business activities, a factor known to cause heart disease, what else can help but giving up the gambling business? Taking them into a hospital, away from their jobs, is often enough to help them regain their health. The idea that the applied medical treatment is responsible for their improvement, however, is more than misleading.

The Symptom of a Disease Isn't the Disease

Although you may think that you have found the best medicine there is for your particular health condition, you are unlikely to become truly healed unless you stop generating or maintaining its causes. You may succeed in stopping the symptoms of illness, but such an act only forces your body to transfer the toxic substances to “deeper” structures of the body, including the tissues of the organs, joints and bones. Since suppressing toxins makes them “disappear” from the network of general circulation, the body’s ability to tolerate toxicity seems to “improve” temporarily. This, of course, gives you more leeway to hold on to even more toxins without developing any obvious signs of ill health. If the first lines of the body's defense system would still be intact, the body would naturally deal with this build-up of toxins by manifesting a cold, a fever or an infection. You would feel quite ill. If none of these occur, however, you may in fact believe that you are doing quite well, health-wise, and you are able to get on with your life in the usual manner. But suddenly, without much warning, an even larger wave of toxicity is released. A typical example for such a crisis is the sudden heart attack or stroke. Many victims of such an attack claim that they have always been “perfectly healthy.”

Most of the serious and life-threatening diseases usually begin with minor problems, such as a simple **irritation** of the mucus lining in the stomach, which can be caused by overeating, abrasive foods and beverages, or emotional turbulence. Unable to digest the food, the stomach passes some of its hydrochloric acid upward into the esophagus, which gives rise to the sensation of “heartburn.”

Contrary to common belief, acid reflux or heartburn is not caused by too much stomach acid, but by too little stomach acid. Food stays in the stomach undigested for too long, causing stomach upset. When it gets pushed up into the delicate esophagus, it causes your heartburn. You can easily test whether *your* digestive problems are caused by too little acid. Take a tablespoon of apple cider vinegar, fresh ginger with a pinch of salt, or cayenne pepper before you eat (All these stimulate acid production.) If that doesn't help, a common acid supplement called *betaine hydrochloride* (HCl) may be helpful, unless you suffer from an ulcer. If any of these methods improve your symptoms, you will know that your problem was too little acid. To improve digestive functions, including low stomach acid, cleanse your liver and intestines. When food isn't digested properly, vitamins and nutrients aren't absorbed, leaving you open to a host of degenerative and other diseases.

If the irritation occurs more frequently, caused by regular consumption of such things as coffee, cokes, sugar, chocolates, meat, nicotine, alcohol, drugs, etc., it may turn into a fully developed **inflammation**. Unless the irritating habits are discontinued, an **ulcer** will form. Incapable of removing the daily amounting metabolic waste, cellular debris and toxic food particles from the scene of the ulcer lesions, the stomach cells may no longer be able to sustain their normal behavior while being in such an unnatural and toxic environment. This may alter the genetic program of the affected stomach cells through what is known as “cell mutation.” Cells that have “gone out of control,” seem to be no longer aware of being an integral part of the body. This *symptom of disease* is called **cancer**, which is just another name for constant irritation and poisoning of cells. Thus, stomach cancer is but the final result of continuous irritation of stomach cells.

Most of the currently used treatments only target the symptoms of disease as if they were the disease. The idea is to remove the symptoms in the hope that the disease will disappear as well. In many cases, the use of sophisticated diagnostic tools can precisely identify the symptoms of a disease, which could be a stomach ulcer, stones in the gallbladder or a tumor in the uterus. The “treatment” may consist of cutting out the “culprit,” often *along with* the inflicted organ. The patient is sent home under the impression that

he has been cured. But not being aware of what has caused his problems in the first place, his body may turn into a living time bomb. To date, the purely clinical approach of diagnosis has not been able to identify the causal factors for over 80 percent of all diseases. This is perhaps the biggest drawback in today's medical approach.

Yet we cannot blame the medical professionals for the current crisis in medical care. Doctors are often pressured by their patients to act like "legalized drug pushers" or "symptom hunters." Many patients practically demand from their doctor to remove the symptom by any means and fast so that they can get on with their lives, not realizing that this behavior drives them even closer toward another, even more intensified toxicity crisis. Added to this dilemma, the side effects that accompany most of the existing treatments are often so severe that it is questionable whether they are justified at all. This is even more so if they are used for relatively minor problems.

Miraculous Infection

Infection represents one of the body's most extraordinary processes of self-defense. During this rescue mission, the immune system fights off invading bacteria or viruses that have been "invited" by the host's weakened condition and presence of harmful waste material. Doctors usually try to combat bacterial infections with antibiotic drugs. They believe that bacteria involved in an infection are harmful, but this viewpoint is very limited. In reality the microbes are quite useful. They are automatically "called" to the scene of a weak organ or injured parts of the body where they help break down toxins, damaged tissue and cellular debris. Microbes would never go to areas that are clean and healthy, for there would be nothing there for them to live on. (Microbes only get out of control when the level of toxicity in the body is extremely high. In this case, short-term medical intervention would be justified. The treatment should, however, be accompanied by cleansing the body from the toxins and waste material.)

Infection is one of the body's most effective means to get over a toxicity crisis unless the immune system has already been impaired to a point of no repair, as was common during the Middle Ages when the plague killed millions of immune-deficient people. Trying to suppress an infection with drugs can have severe consequences that sometimes may show up years later as heart disease, rheumatism, diabetes, or cancer. The same applies to the use of painkillers -- the most commonly used medication in the civilized world.

Painkillers – The Beginning of a Vicious Cycle

"Drugs never cure disease. They merely hush the voice of nature's protest, and pull down the danger signals she erects along the pathway of transgression. Any poison taken into the system has to be reckoned with later on even though it palliates present symptoms. Pain may disappear, but the patient is left in a worse condition, though unconscious of it at the time." ~ Daniel. H. Kress, M.D.

Taking painkillers, unless it is absolutely necessary for extremely painful conditions, is an act of suppressing and destructing the healing intelligence of the body. When ill, the body may require pain signals to trigger the appropriate immune response for the removal of toxins from a localized area and to

prevent the individual from further harming himself. Pain is *not* a disease and should therefore not be treated as one. Pain is the body's natural response to congestion and subsequent dehydration and malnourishment of cells and tissues. It occurs in the presence of toxic material and is often accompanied by infection. In most cases, a pain signal occurs when one of the brain's emergency hormones called *histamine* is secreted in large amounts and passes over the pain nerves near or along a congested area.

The body also uses *histamines* to reject foreign materials such as viral particles or toxic substances and to direct other hormones or systems in the body to regulate water distribution. The latter function of histamine is very important, for where there is a build-up of toxins there is also an acute water shortage (dehydration). When the pain signal becomes suppressed, however, the body is confused over how it to deal with the congestion and build-up of toxicity. It also is prevented from learning about the progressive condition of dehydration of some of its cells. In addition, in order to process painkillers, the cells of the body have to give up even more of their cellular water.

We can assume that, under normal circumstances, the intensity of pain rises with the concentration of toxins. The brain produces the perfect amount of natural painkillers, known as *endorphins*, in order to keep the pain tolerable but also strong enough to maintain a strong and active immune response. Synthetically derived painkillers, on the other hand, cause an electric short circuit of the pain signal. The brain and the immune system, though, need to receive this signal to be able to attend to the endangered area. The sudden suppression of pain can be likened to cutting the wires of an alarm system that is protecting a house. When a burglar enters the house, nobody will notice it.

Painkillers do not only keep the body ignorant about a particular physical problem, they also sabotage its healing efforts. The regular use of painkillers suppresses *endorphin* production in the brain and thereby causes drug dependency. This also lowers the body's tolerance level for pain, making even minor problems of congestion very painful. Some people have abused their bodies in this way to such an extent that they suffer from excruciating chronic pain, although the causal problem may actually be only a minor one. When painkillers are no longer effective enough, some people may even wish to take their lives to get the desired relief.

If you have been on painkillers for arthritis or other pain conditions but now know that taking regular painkillers such as Vioxx, Aleve, Celebrex, Aspirin, etc. dramatically increase your risk of heart attack and stroke, you may need to rely on natural alternatives until you have eliminated the root causes of the pain (as this book recommend you to do). According to the New England Journal of Medicine, "anti-inflammatory drugs (prescription and over-the-counter, which include Advil, Motrin, Aleve, Ordus, Aspirin, and over 20 others) alone cause over 16,500 deaths and over 103,000 hospitalizations per year in the US." Even the smallest amount of aspirin triggers at least some degree of intestinal bleeding. Regular use of aspirin has serious consequences. Nearly 70% of those taking aspirin daily show a blood loss of ½ to 1 ½ teaspoons per day, and 10% lose as much as two teaspoons per day. The following list provides you with alternative solutions to pain management, without interfering with the body's own effort of healing itself:

- **Boswellia (*Boswellia serrata*).** It can alleviate pain and improve mobility in people with arthritis. Dosage: 1,200 to 1,500 mg of a standardized extract containing 60% to 65% boswellic acids two to three times daily.
- **Bromelain,** an enzyme derived from pineapple stem, has anti-inflammatory effects. Dosage 500 mg three times daily between meals.
- **Cayenne (*Capsicum annuum*) cream.** For pain relief, apply to the affected area two to four times daily.

- **Devil's claw (*Harpagophytum procumbens*)** may improve knee and hip pain. Dosage: 1,500 to 2,500 mg powdered extract daily, or 1 -2 ml of the tincture three times a day. Do not take devil's claw if you have a history of gallstones, heartburn or ulcers.
- **Evening primrose, black currant and borage oils** reduces joint inflammation. Dosage: Up to 2.8 g of GLA daily. Avoid any refined oils or margarines.
- **Fish oils** to reduce joint inflammation and promote joint lubrication. Dosage at least 1.8 mg of DHA and 1.2 mg of EPA.
- **Ginger (*Zingiber officinale*)** tea made with fresh ginger. Eat fresh ginger before and with meals, or take 1 g to 2 g of ginger powder in capsule form two or three times daily, or use 1 ml to 2 ml of the tincture two or three times daily.
- **MSM (Methylsulfonylmethane) – organic sulfur** – has natural anti-inflammatory properties. Dosage 2,000 mg to 8,000 mg daily. Start on a small dosage and build up gradually.
- **SAM-e (S-adenosylmethionine)** prevents the loss of water in cartilage, which keeps the joint more flexible. Dosage: 600 mg to 1,200 mg daily for two months, followed by 400 mg to 800 mg daily as a maintenance dosage.

Caution: If taking any of the above, make sure to avoid NSAIDs to avoid adverse reactions.

Besides taking supplements, there of course, other options of pain relief you may wish to explore. These include diet, exercise, physical therapy, stress management, massage therapy, acupuncture, acupressure and yoga.

Stimulants Make Strong People Weak

All stimulants are “sweet” when taken but “bitter” in their effect. You can become addicted to them without even recognizing your dependency. If you are used to drinking a few cups of coffee a day, try this: Go on a “coffee fast,” which means having no coffee for an entire day, and observe how you feel as the day goes on. After a few hours you may notice a dull sensation in your head and a feeling of weakness and lack of energy throughout the body. Some people develop headaches in the afternoon; others yawn and feel downcast due to the weakening effect of the coffee on the heart. You may argue, “but drinking coffee is normal, everyone does it.” Most people in the industrialized nations fall seriously ill at some stage in their lives, which is now considered to be an almost “normal” experience, too.

Stimulants, as contained in coffee, tea and cigarettes, seem to be welcome and fast-acting substances for those who feel the need for a boost of energy, to wake up their mind or to feel more buoyant and alive. But since these substances have no real energy on their own, just stimulants, where then is the stimulated energy coming from? Obviously, the body is providing it. Stimulants are nerve toxins that trigger a powerful defense reaction in the body. This immune response is what you experience as a boost in energy when you drink a cup of coffee or smoke a cigarette. So in reality, the experienced increase of physical energy is but an energy loss for the body.

There are also other causes of energy depletion, such as eating food. Natural food, although it has a stimulating effect, provides balanced doses of physical energy and helps to maintain all the functions in the body. This kind of natural stimulation maintains physiological balance or homeostasis. Eating too much of any kind of food, on the other hand, causes overstimulation and so does regular snacking.

Excessive sexual activity, overworking, stress and fear can also be causes of continuous overstimulation. Overstimulation occurs when the body, in its attempt to deal with the increased demand and its consequences, begins to over-secrete its own stimulants. They are the stress hormones *adrenalin*, *cortisol*, *cortisone*, *endorphins*, *prolactin*, *etc.*, which are needed to sustain the body's most essential activities. Yet abusing the stress response and wasting the body's energy resources take their toll.

One of the undesirable side effects of excessive *adrenalin* secretion, for example, is a constriction of important blood vessels, including those that supply the intestinal tract. This greatly cuts down the body's ability to digest food and eliminate toxic waste products. Consequently, abnormal amounts of toxins are withheld there, which even forces some of them to enter the blood stream. Toxins have a very strong stimulating influence on the body, which may drive a person into a mode of hyperactivity. The body's energy reserves become depleted even further, which gradually leads toward a toxicity crisis or an acute illness. The toxicity crisis can weaken the body to such an extent that it is literally put to rest so as not to waste any more energy. This in turn helps the body to save energy. It uses the saved energy to break down the toxins and eliminate them from the afflicted area. If the energy-depleting causes are discontinued, the body will regain its balance, but if they are not, the body may enter one crisis after another until it falls seriously ill. Through constant over-stimulation, even a strong and healthy person may eventually become weak, frail and sick.

Our Constant Need for Cleansing

The body is continually involved in a process of self-renewal. Each day in your life, the body is challenged to construct 30,000,000,000 new cells (anabolism), but in order to maintain homeostasis it also must destroy the same amount of old cells. The breaking down of old cells naturally leaves behind a massive amount of cellular debris, which is instantly taken up and removed by the lymphatic system. The waste can only be removed if there is enough water available to transport it through and out of the body. However, if the body has been weakened, for example, through constant overstimulation, overeating or sleep deprivation (all of these have dehydrating effects), the cleansing process becomes inefficient and toxic remnants begin to accumulate in the lymph vessels. These toxins could eventually seep into the blood stream and cause blood poisoning. To avoid that and keep the blood as pure as possible the body tries to dump the toxins wherever it can, which leads to a build-up of noxious deposits in the connective tissue (the fluid surrounding the cells of the body). When the connective tissue cannot accommodate any more toxins, they begin to invade the blood vessels and also the cells of organs. The first cell tissue to become saturated with toxins is the also the first one to be deprived of regular supplies of water, oxygen and nutrients, and hence the first one to produce a toxicity crisis.

Although only one organ or part of the body may have developed a symptom of disease, such as an ulcer, an occluded blood vessel or a localized tumor, in reality, the whole body has fallen ill. To deal with the situation, all the systems and organs team up and try to fight for the body's life. They do this by diverting energies from the digestive system, muscles and other areas toward the afflicted part and the immune system. This concerted action provides the immune system with enough energy to counteract the threat of life imposed on the body through the high level of toxicity. Consequently, during the course of the immune response, the afflicted person may feel very weak, tired and ill. This, however, should *not* be the time to interrupt the body's healing efforts or to stimulate it in any way (through drugs, food, TV, excitement, etc.).

During a toxicity crisis most people tend to panic and go to a doctor who tends to suppress the symptoms of the body's healing response, which mistakenly is called disease. After a few such interventions, which usually consist of medication, the condition may begin to turn from being acute to becoming chronic.

The incidence of chronic illness dramatically increased with the onset of medical intervention when doctors began to interfere with the body's own healing responses through drugs, surgery, radiation, etc. Although medical intervention has saved many people's lives afflicted with acute illness such as a stroke or heart attack, it has had little impact on chronic diseases. These diseases are likely to remain chronic unless the mainly *symptom oriented* approach of treatment becomes *cause oriented*.

Symptoms of Disease are Like Sand in the Hand

Symptoms of disease are highly changeable, if not unpredictable. The causes of disease remain obscure to most medical practitioners and their patients. A stomach catarrh, for example, may initially show up as an irritation and then become an ulcer. After that it may be perceived as a hardening of tissue and eventually be diagnosed as cancer. The course and intensification of pathological symptoms (signs of disease) may vary from person to person and only a few people develop the cancer stage. But the previous stages can be equally life threatening. As a matter of fact, there are many more people who die from acute food poisoning and acute digestive problems than from chronic diseases such as cancer and coronary heart disease.

A stomach catarrh may be accompanied by various kinds of complaints, including stomach upsets, nausea, vomiting, gastritis, and cramping of the stomach. In truth, there can never be two people suffering from gastritis who have exactly the same symptoms. One of them may be a very nervous person and his symptoms (of gastritis) may include headaches and insomnia. The other one may suffer an epileptic attack. As the stages of the disease become more pronounced, some, but not all, of the afflicted patients develop anemia as a result of ulceration and putrefaction of cell protein. A number of people form hemorrhoids when stomach ulcers begin to occur, and some suffer stomach congestion where the food simply is retained and is thrown up every second or third day.

Modern medicine views almost each of these various symptoms as different types of disease, each of which requires a separate approach or treatment by different specialist. This makes the whole approach of medical diagnosis and treatment so complex that even doctors are confused as to what measures to take. Since each new disease produces different symptoms that may vary from person to person, the specialists are unable to identify the common cause of all these various complaints. Since they haven't been trained to look for the cause of the complaints they merely tend to deal with the various symptoms, as if they were separate diseases. To them, the initial stomach pain seems to have no connection with the inflammation of the catarrh; the thickening of the stomach lining is dissimilar to a stomach ulcer; and the ulcer is certainly not (yet) a malignant tumor.

A physician may be able to stop an initial pain in the stomach with an antacid or a painkiller, and when the catarrh occurs he may give anti-inflammatory drugs. As the developing ulcer becomes unbearable, a surgeon may decide to cut it out. When the cancer appears, an oncologist may prescribe chemotherapy, radiation, or surgical removal of the tumor as well as whole parts of the stomach. Yet none of these symptoms are diseases in themselves, they are all caused by something else, and without dealing with that something else the disease will continue to appear in other, seemingly unrelated, forms and variations. Symptoms are like sand in the hand. They are fleeting and inconsistent. Hence they cannot reveal the true

nature of disease. It is therefore in the best interest of the patient *not* to receive treatment for the symptoms of his disorder.

Searching for the Cause

Not many people try to find out why their stomach becomes irritated or in what ways they may actively have contributed to developing the symptoms of their illnesses. By removing the final stage of the symptom of disease, which in the above case is a cancerous tumor, the physician has done nothing to remove the cause of the first symptom of disease, which is pain. Eating irritating foods, bottled salad dressings or having too much salt or hot chili may have caused the pain. Others causal factors may include feeling emotionally upset, smoking, drinking too much alcohol, regular coffee intake, soft drinks, artificial sweeteners, overeating, liver congestion or not drinking enough water.

The latter is probably the most common, yet the least known cause of stomach problems and many other illnesses (I am using the example of stomach disorders to describe the basic mechanisms leading to disease). Most stomach pains are signals of advanced dehydration of the mucus lining. Consisting of 98 percent water and 2 percent water-holding “scaffolding,” the mucus layer serves as a natural buffer of protection. The cells below the mucus layer secrete sodium bicarbonate, which is trapped there to neutralize any of the hydrochloric acid that may pass through the mucus lining. The resulting chemical reaction between the two chemicals produces salt from the sodium bicarbonate, and chlorine from the hydrochloric acid. Consumption of foods that require secretion of large amounts of hydrochloric acid, such as meat, fish, eggs, cheese, etc., thus causes high salt production. This considerably alters the water-holding properties of the “scaffolding” material of the mucus lining. Regular consumption of such foods in large amounts leads to an intensified acid neutralization, and subsequently, to an accumulation of salt deposits in this layer. This causes “erosion” which will allow the acid to reach the stomach wall; the result is the well-known pain of *dyspepsia*.

As long as the mucus barrier is well hydrated through regular water intake, and protein and fat consumption is moderate, the salt deposits are back-washed. In addition, sodium bicarbonate is retained and the hydrochloric acid is neutralized before it even has the chance to penetrate the mucus layer. Thus, there can be no better acid barrier to the stomach wall than water. Yet the stomach pain, which in most cases is rather a thirst pain, is usually combated with antacids and other medications. The drugs, however, do not offer efficient protection against the (natural) action of the acid. Most people with stomach ulcers and severe abdominal or dyspeptic pain experience an almost instant and total relief of pain after drinking a glass of water or two. Caffeine containing beverages such as cokes, tea or coffee, on the other hand, have a diuretic effect, and draw water out of the protective stomach lining. One cup of coffee or an alcoholic drink can easily bring on a pain attack.

The stomach pain is the first signal to tell a person that something is wrong and needs to be changed. The suppression of the first symptom through drugs may prevent the patient from finding out what is causing it. Thus the lack of knowledge about the mechanism of water metabolism -- mistaking the thirst pain for a disease (misdiagnosis) -- might very well be responsible for the suppression of the initial symptoms that eventually could become a chronic illness such as cancer. Most cancers are the result of repeatedly suppressing mild symptoms of illness such as a cold, pain, an infection, a headache, etc., and treating them as if they were diseases.

The purely clinical approach of treatment focuses on each of the progressive stages of pathological symptoms and keeps producing new findings that promise a cure of each of these problems. Recently,

scientists have identified one particular bug, *H pylori*, which is now considered to be the major cause of gastric ulcers. Yet this stomach bug may just as well be a "by-product" of ulceration rather than being its cause. The antibiotic drugs *omeprazole* and *amoxycillin*, now prescribed for stomach ulcers, destroy the bug and the ulcers disappear, bringing great relief to many sufferers. However, once the drug intake is discontinued, the bug and the ulcer return.

This raises the question why the stomach bug returns after the ulcer has been "cured". In reality, the drugs have no curative effects at all because the afflicted person depends on their continual intake. What they *do* "accomplish", however, is to destroy all kinds of bacteria in your gut, including those that help you to break down the toxins which have accumulated in your stomach. The *H pylori* bacteria naturally return to the gut when the antibiotics are no longer there to destroy them. They are attracted there and tend to overpopulate the stomach because there is presence of large amounts of toxins (food for them) that haven't been removed yet.

These bugs can be found everywhere and in everyone, yet only few people develop stomach ulcers. Why does *H pylori* "cause" a gastric ulcer in one out of 20 people and not in the other 19, although the bacterium is found in all of them? Similarly, a trapped nerve can be seen as a cause of disease in the body but not every trapped nerve results in disease. Instead of looking for an external culprit for such a problem, wouldn't it be far more important to find out *why* some trapped nerves produce pathological changes and others don't? Why does the same frightening situation cause a panic attack or an infarct in one person and not in another? Could it be possible that these external "causes" of disease may simply serve as a trigger to ignite the high toxicity bomb present in a person's body, thus leading to a toxicity crisis, which is known as "disease?"

Note for sufferers of stomach ulcers: Licorice has traditionally been applied as an excellent medicine for peptic ulcer. However, the licorice compound, glycyrrhetic acid has been found to elevate blood pressure in some persons. Hence, a procedure was developed to remove this compound from licorice and form deglycyrrhized licorice (DGL), resulting in a very successful anti-ulcer agent without any known side effects.

According to numerous studies, DGL stimulates and/or accelerates the protective factors that protect against ulcer formation including increasing the production of mucin--the protective coating in the stomach and intestines. have found DGL to be an effective anti-ulcer compound. In several head to head comparison studies, DGL has been shown to be more effective than either Tagamet, Zantac or antacids in both short term treatment and maintenance therapy of gastric and duodenal ulcers. DGL also has been effective against *H. pylori*, perhaps, because of the removal of toxic harmful compounds feeding these germs.

DGL must mix with saliva to be effective in healing peptic ulcers. DGL may promote the release of salivary compounds that stimulate the growth and regeneration of stomach and intestinal cells. Don't use DGL in capsule form, as this has not been shown to be effective. DGL is available through most supplement suppliers.

Defying a Hopeless Prognosis

Jenny was only 25 years old when she came to me with progressive Crohn's disease, a chronic inflammatory condition of the alimentary tract. There was chronic patchy inflammation with edema of the full thickness of the intestinal wall, causing partial obstruction of the lumen. She had been told that her

condition was irreversible and would eventually lead to her death. Jenny was heading toward internal suffocation. Despite the many various treatments she received, all of which consisted of painkillers, antibiotics and strong anti-inflammatory drugs, including cortisone, her condition worsened progressively. Since there were no signs of improvement, her doctors increased the dosage of the drugs at regular intervals. Her face and body were covered with spots that she scratched to bleeding point during the night. She had several other symptoms, including strong menstrual cramps, headaches and severe lower back pain.

After examining Jenny through the methods of Ayurveda Pulse Diagnosis and Iridology and listening to her medical history, I pointed out to her that her intestinal troubles were caused by what she ate. Jenny consistently consumed highly acid-forming foods and beverages that had a highly irritating effect on the intestinal lining and led to a major blockage of the liver's bile ducts with intrahepatic stones. In addition, the strong prescription drugs interfered with her body's attempt to rid itself of the build-up of inadequately digested and, therefore, toxic foods. Apart from impairing the immune system, the poisonous compounds of the drugs had also removed large quantities of minerals and water from the tissues and cells. Without enough water, which is the principle means of transport and healing in the body, the body faces a situation of crisis, namely, body drought or dehydration.

The severe congestion of her liver and intestinal tract, and the general dehydration of Jenny's body caused most of her chronic complaints, including the pain in the head, back and lower abdomen. The drugs led to a massive build-up of toxins and harmful bacteria in the intestines as they wiped out almost the entire population of her gut's friendly, probiotic bacteria. Being a lively young person and living in a nightlife society (Cyprus) she had very little sleep during nighttimes. Her irregular sleeping habits and subsequent chronic fatigue made it difficult for her digestive system to cope with any type of food, which further increased the toxicity in the intestinal tract.

I suggested a series of cleansing and re-hydration procedures together with a diet that corresponded to her natural body-type and physical condition as well as a number of changes in her daily routine that would help rebalance her disturbed biological rhythms. In addition, I advised her to have emotional clearing sessions to deal with the underlying patterns of fear and insecurity she had experienced since early childhood.

One month later, a checkup with her doctor revealed that the disease had "disappeared" and so had all her skin problems and other symptoms. Nine years later she is still as healthy and radiant as can be. She is now married and has two beautiful, healthy children. What I have learned from this and similar cases is a simple understanding of healing that can be applied to almost every disease. I have summarized this in the following words:

A disease is not its own cause and, therefore, cannot be cured by merely removing its symptoms. The most effective way of dealing with disease is to remove any energy-depleting factors that may impede the body's ever-present effort to return to its natural state of balance or equilibrium. Overeating, poor nutrition, lack of sleep, not drinking enough fresh water, use of pharmaceutical drugs and stimulants, etc., deplete the body's energy reserves and render it susceptible to disease-causing factors such as bacteria, viruses or toxins. On the other hand, cleansing the body from accumulated waste material, and establishing a healthy diet and lifestyle set the preconditions for the body to heal itself.

Trusting in the Nature of Your Body

Almost every so-called disease is a toxicity crisis that results from accumulating toxins to the level of intolerance. The body is left with no other choice but to find an outlet for the toxins. A toxicity crisis may be accompanied by various symptoms such as a headache, a cold, joint pain, skin rash, bronchitis or any other infection. All of these indicate the body's attempts to rid its most congested parts of harmful toxic substances. Once the immune system has lowered toxicity to below the level of tolerance which may differ from person to person, the symptoms begin to disappear again. One of the unfortunate side effects of medical intervention is that it prevents this natural response of healing from taking place. This is how the well known physician Henry Lindlahr poignantly summarized this basic medical truth: "The greatest part of all chronic disease is created by the suppression of acute disease by drug poisoning." By being satisfied with merely suppressing symptoms we are left with so many diseases today for which the causes remain in the dark.

If a simple cold is not allowed to take its natural course, the next time you suffer a cold and try to suppress it, it may turn into a chronic catarrh. Further interference with the body's healing efforts can turn the catarrh into pneumonia. Pneumonia can be fatal if the elimination of toxic secretions is undermined through suppressive drugs. Likewise, a recurring migraine may one day become a mental breakdown, high blood pressure can turn into a heart attack and a stomach catarrh may develop into a cancer.

If we were to allow a toxicity crisis to go through its natural stages of development and stopped depleting the body's energy resources, disease would rarely arise nor would it become necessary to fight it. A toxicity crisis may, however, lead to serious complications if you prevent the body from successfully clearing out any waste products or noxious substances that have congested the eliminative organs or systems. These include the liver, colon, kidneys, lymphatic system, skin and lungs.

Patients who took the seemingly more effective, fast and convenient "shortcut" of medical intervention to restore their health may remember their illness with apprehension and may continue to live with a subconscious fear of a possible recurrence. But those who were cured by their body's natural healing powers are most likely to recall their illness as an experience of great emotional relief and physical release, which greatly increased their self-confidence and well-being. Having recovered their health by trusting and supporting their body's own healing ability, they may also have made a quantum leap in personal development. Many patients report that their natural recovery from an illness has led to major improvements in their attitude towards life in general and their relationships with others.

A toxicity crisis can be a unique opportunity to balance out old *karma* and bring about positive changes on the physical, emotional and spiritual levels of life. By entrusting your own body with the healing process, a new sense of freedom begins to dominate your awareness, and old fears and anxieties start to dissipate. The tactic of *fighting a disease until the end* is not only unnecessary but also reinforces the (false) belief system that true healing occurs only rarely or is a matter of *luck*. Research has confirmed quite the contrary: Over 80% of all illnesses disappear completely on their own.

To assist the body's healing efforts while going through a toxicity crisis, it is important to take a natural purgative or an enema each day to release accumulated toxic waste in the intestinal tract. It is also good advice to keep one's feet warm, take complete rest, and avoid watching television (due to its stimulating and dehydrating effects). Eating food during the crisis interferes with the healing process, since this uses up the energy the body tries to direct towards eliminating toxins. But drinking plenty of warm water helps with the much-needed cleansing and re-hydration process in the body. Also recommended is a warm bath before bedtime and, in case there is pain, a hot bath as often in the day as is comfortable. To aid the healing process, regular exposure of one's body to fresh air and natural sunlight

can be very beneficial too, as both have strong immune-stimulating effects. These and similar measures greatly help the body in overcoming a toxicity crisis within the shortest possible time.

All serious diseases are “innocent” in the beginning. Most of them start off as simple colds, headaches, stomach pains, indigestion, intestinal cramps, fatigue, stiffness of joints, skin trouble, etc. These minor, seemingly “insignificant” complaints eventually turn vicious when “cured” too quickly. They can never really be cured by symptom-oriented approaches of treatment because each minor toxicity crisis that is suppressed adds more toxins to the system and depletes constitutional strength and vitality. In addition, if the causes of these relatively small complaints are not removed on time, more serious impairment of the body’s functions may result. This may be the starting point of a long-lasting illness. The following section deals with the four most common factors that contribute to the development of a more intensified toxicity crisis or disease.

CHAPTER 3

The Four Most Common Causes Of Disease



1. Gallstones In The Liver

The liver is the largest gland in the body, weighing up to three pounds. It is suspended behind the ribs on the upper right side of the abdomen and spans almost the entire width of the body. The liver is an extremely active organ that has to perform hundreds of different functions. With its dazzlingly intricate labyrinth of special cells, veins and ducts, it resembles an entire city for the variety of its activities.

Because the liver is responsible for processing, converting, distributing, and maintaining the body's "fuel" supply – energy and nutrients – it directly affects the health and vitality of every cell in the body. The liver also influences the secretion of digestive enzymes and produces many hormones that affect the way the body functions, grows, and heals. It makes new amino acids and converts existing ones into proteins which serve as building blocks for cells, hormones, neurotransmitters, genes, etc. This vital organ also breaks down old cells and recycles iron. It stores blood and important vitamins and nutrients.

Apart from breaking down alcohol, the liver makes powerful enzymes that detoxify noxious substances, bacteria, parasites and certain drug compounds. All in all it filters more than a quart of blood each minute. The liver keeps the body warm, provides the energy for sexual performance, maintains good eyesight and keeps the mind clear and efficient.

One of the liver's most important functions is to produce bile, about 1 - 1½ quart per day. Bile is a viscous, yellowish-green fluid that is alkaline (versus acidic) and has a bitter taste. Most food cannot be properly digested without bile. For example, to enable the small intestines to absorb fat and calcium from the food you eat, the food must first be mixed with bile. When fat is not absorbed properly, it indicates that bile secretion is insufficient. The undigested fat remains in the intestinal tract. When the fat reaches the colon along with other waste products, bacteria break down some part of it into fatty acid components, or else it is excreted with the stool. Since fat is lighter than water, it may make the stool float. If fat is not absorbed, then calcium is not absorbed either, leaving the blood in a deficit. The blood subsequently takes its extra calcium from the bones. Most bone density problems actually arise from insufficient bile secretion and poor digestion of fats rather than from not eating enough calcium.

Apart from breaking down fats contained in our food, bile also removes toxins from the liver. One of the lesser known but extremely important functions of bile is to de-acidify and cleanse the intestines. If gallstones in the liver or gallbladder have critically impeded bile flow, the color of the stool may be tan, orange-yellow or pale as in clay, instead of the normal greenish-brown. Gallstones are one outcome of an unhealthy diet and lifestyle. If gallstones² are still present in the liver even after all other disease-causing factors are eliminated, they still pose a considerable health risk and may lead to illness and premature aging. For this reason, the subject of gallstones has been included here as a major risk factor or cause of disease. The following sections describe some of the main consequences that gallstones in the liver have on the different organs and systems in the body. By removing these stones, the body as a whole is able to resume its normal, healthy activities.

When Your Liver's Bile Ducts Become Obstructed...

The most common but rarely recognized health problem today is blockage of the liver's bile ducts through gallstones (see illustrations 2a, 2b, 2c).

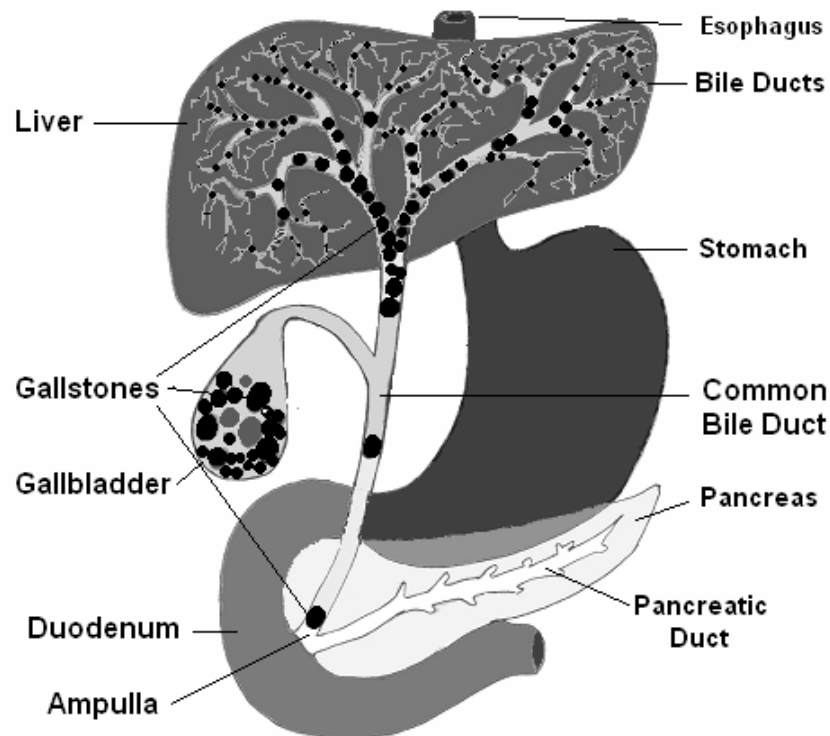


Illustration 2a: Gallstones in the Liver and Gallbladder

² When I refer to gallstones in the liver I am fully aware of the fact that traditional medicine refers to gallstones (calcified) only in connection with the gallbladder. The stones that occur in the liver are known as intrahepatic stones. However, since the same stones (made of bile constituents) found in the liver are also found in the gallbladder, for practical purposes, I shall call them gallstones (made of gall or bile).



Illustration 2a&b: Gallstones in the Liver and Gallbladder



Illustration 2c: Gallstones in the Liver and Gallbladder

Obstructed bile flow can directly and indirectly impair the functions of every part of the body and eventually lead to death. If you suffer any of the following symptoms or similar ones, you are likely to have numerous gallstones in your liver and gallbladder:

- Low appetite
- Food cravings
- Digestive disorders
- Diarrhea
- Constipation
- Clay-colored stool
- Hernia
- Flatulence
- Hemorrhoids
- Dull pain on the right side
- Difficulty breathing
- Liver cirrhosis
- Hepatitis
- Most infections
- High cholesterol
- Pancreatitis
- Heart disease
- Brain disorders
- Duodenal ulcers
- Nausea and vomiting
- A 'bilious' or angry personality
- Depression
- Impotence
- Other sexual problems
- Prostate diseases
- Urinary problems
- Hormonal imbalances

- Menstrual and menopausal disorders
- Problems with vision
- Puffy eyes
- Skin disorder
- Liver spots, especially those on the back of the hands and facial area
- Dizziness and fainting spells
- Loss of muscle tone
- Excessive weight gain or weight loss
- Strong shoulder and back pain
- Pain at the top of a shoulder blade and/or between the shoulder blades
- Dark color under the eyes
- Morbid complexion
- Tongue that is glossy or coated in white or yellow
- Scoliosis
- Gout
- Frozen shoulder
- Stiff neck
- Asthma
- Headaches and migraines
- Tooth and gum problems
- Yellowness of the eyes and skin
- Sciatica
- Numbness and paralysis of legs
- Joint diseases
- Knee problems
- Osteoporosis
- Obesity
- Chronic Fatigue
- Kidney diseases
- Cancer
- MS and FMS
- Alzheimer's disease
- Cold extremities
- Excessive heat and perspiration in the upper part of the body
- Very greasy hair and hair loss
- Cuts or wounds that keep bleeding and don't want to heal
- Difficulty sleeping, insomnia
- Nightmares
- Stiffness of joints and muscles
- Hot and cold flushes
- Sudden graying of hair

Persons suffering with chronic illnesses have hundreds if not thousands of gallstones congesting the bile ducts of the liver and gallbladder. The liver is able to return to its natural efficiency once the stones have been removed through a series of liver cleanses. And by maintaining a healthy diet and lifestyle most, if not all, symptoms of discomfort in the body will soon begin to subside. Many allergies will disappear, back pain will come to an end and energy and well-being will improve dramatically. In my experience, cleansing the liver bile ducts from gallstones is one of the most important and powerful means to improve your physical, mental and spiritual health.

Gallstones – A Constant Source Of Disease

Gallstones in the bile ducts of the liver, medically known as intrahepatic stones, consist of mostly *cholesterol* (60-90%). The rest is made up of other bile constituents as well as toxins, bacteria, and parasites. Relatively few are made of organic matter from food. They are “invisible” to X-rays because they are not calcified. The gallbladder may have larger stones that *are* calcified and *can* be detected. Ultrasound technology can spot non-calcified fatty deposits in the liver only if they occur in very large quantities (many thousands of stones). The diagnosis of this condition is often referred to as “fatty liver.”

The gallstones found in the liver come in all shapes and colors. Most of them are bright or dark green, yet some others can be white, red, black or tan colored. They result from overeating, an unhealthy diet and lifestyle, as well as stress and repressed anger. As the stones grow in size and become more numerous the liver cells are compelled to reduce bile production. Normally, the liver produces well over a quart of bile

each day. This is the required amount to properly digest food in the small intestine. When the major bile ducts are blocked, barely a cup or even less will find its way to the intestinal tract. The restricted bile production does not only impair digestion, but also prevent the liver from excreting toxins and propelling the stones out of the bile ducts. All this affects the blood circulation in the liver. The walls of the liver's blood vessels (sinusoids) become increasingly clogged up. This, in turn, prevents *Low Density Lipoproteins* (LDL and VLDL, also called *bad cholesterol*) from leaving the blood stream, hence the rise in blood serum cholesterol.

Since gallstones are porous, they can pick up or absorb toxins, bacteria, viruses, parasites and cysts that are passing through the liver, like fishing nets collect fish. The stones can become a constant source of infection, supplying the body with an ever-increasing number of fresh bacteria. The attempt to permanently cure intestinal bloating, cystitis, Candida, stomach ulcers, infectious diseases or any of the above conditions is likely to fail if the bacteria-harboring gallstones are not removed from the liver.

On occasion, one or several gallstones get stuck in the *cystic duct* - in the vessel that links the common bile duct with the gallbladder - or in the *common bile duct* itself. In this case, the wall of the duct undergoes strong spasmodic contractions in order to propel the stones onwards. The contractions of the duct wall can cause excruciating pain, throughout the abdomen, in the back and also in the legs and arms.

When the gallbladder is packed with gallstones, it too may go into extremely painful, spasmodic muscle contractions, a condition known as gallbladder attack. Gallstones can trigger strong reactions of irritation and inflammation of the walls of the gallbladder and the cystic and common bile ducts. There may be superimposed microbial infection. Today, over 20 million Americans suffer gallbladder disease and each year about one million of them opt for an expensive gallbladder operation.

If a person has his gallbladder removed surgically, he may feel tremendous relief from the acute pain attacks and his digestion is likely to improve for a short while. This is due to comparatively more bile being available for the digestive process. The disadvantage is, however, that that bile comes in small trickles throughout the day rather than in large amounts when it is needed to digest a meal. Bile causes injury to the intestinal walls unless it is mixed with food. In addition, since the patient still has all the stones left in his liver, the digestive troubles are most likely to return and get worse. Other existing health problems such as pain, asthma, bursitis, heart disease, arthritis, etc. become intensified as well.

If gallstones become stuck in the *ampulla of the bile duct*, where the common bile duct from the liver and gallbladder joins the pancreatic duct, jaundice and acute pancreatitis usually develop. This condition can eventually lead to tumors in the pancreas and to a number of other diseases.

Gallstones of any kind, size and number can be easily and safely removed through the Liver Cleanse described in *Employing Nature's Healing Powers*, Chapter 7, or in my book *The Amazing Liver Cleanse*. The first positive effects that are commonly noticed soon after the cleanse are pain relief and regained or enhanced energy, vitality and general well being. Although the Liver Cleanse can be done by people of any age, including children above 10 years (many children today have gallstones in the liver) and the elderly, it is recommended to do the cleanse only after having followed the general guidelines for creating a healthy body for at least four to six weeks, as is described in the following chapters. The colon and kidney cleanses outlined in Chapter 7, *Employing Nature's Healing Powers*, are an ideal preparation for a liver cleanse, too.

During a series of liver cleanses, I passed about 3,000 small pea-sized green stones, hundreds of chickpea sized and a dozen large ones of 2centimeters in diameter. A recent cleanse showed that my liver was completely clean. The effects of each cleanse were often dramatic and added more and more benefits to the previous one(s). The overall results were that my energy and vitality increased by at least three-fold, all discomfort, stiffness and pain in the body, particularly in the back, ceased and digestion and

elimination normalized. Speaking for myself, the liver cleanse is the best thing I have ever done for my physical and mental well-being.

You may wonder why in mainstream medicine there is no medical knowledge or reference that deals with gallstones in the liver. The reason for this extremely important missing link is that the theories of modern medicine tell you that gallstones can only be formed in the gallbladder, and not in the liver. The “experimental evidence” supporting this theory is mainly based on taking X-rays or ultrasound scans, which can detect only the few stones in the gallbladder that may have grown to a certain size and are calcified (mineral stones). The current diagnostic tools are unable to recognize the hundreds or thousands of non-calcified hardened bile deposits in the liver as gallstones. Ultrasound scans can reveal fatty deposits in the liver only when there is an excessive number of oversized stones (20,000 or more) congesting the liver bile ducts (fatty liver). And even if early deposits are recognized, there is no effective therapy in conventional medicine that can remove them.

The presence of gallstones in the liver can easily be verified by anyone suffering from a chronic illness, especially if his/her gallbladder has been removed. By performing a liver cleanse, the body will release plenty of non-calcified, bile-coated stones. These stones are identical to the green non-calcified stones found in a surgically removed gallbladder. When cut through their middle part, both these “types” of gallstones bear typical age marks, similar to those seen in cut tree trunks. Proper analysis would reveal their age and the kinds of toxins, chemicals and bacteria the body had or has to deal with most. Sweeping the liver clean eliminates thousands of bits of poisonous substances that have helped form the stones and plague the thousands of liver bile ducts. Cleansing the liver bile ducts from gallstones is one of the most important and powerful procedures to regain or improve your health.

For further details on how cleansing of the liver and gallbladder can make all the difference when it comes to treating disease or improving your health and vitality, please refer to *The Amazing Liver Cleanse*. In Chapter 1 you will find a detailed explanation as to why the presence of gallstones in the bile ducts, both inside and outside the liver, can be considered to be the greatest health risk and cause of most major or minor illnesses. In Chapter 2 you will be able to identify the signs, marks or symptoms indicating the presence of stones in your liver or gallbladder. Other sections of the book detail the possible causes of gallstones and how to prevent new ones from developing. *What Can I Expect from a Liver Cleanse* covers some of the possible health benefits of this profound, self-help program. Also, find out what others have to say about their experiences with the liver flush. The question and answer section deals with many queries you may have about this procedure and its implications for your health. To reap the maximum benefit from the liver cleanse, I would like to encourage you to read the entire book.

2. Dehydration

The human body is composed of 75 percent water and 25 percent solid matter. To provide nourishment, eliminate waste and regulate all the functions in the body, we need water. Most modern societies, however, no longer stress the importance of drinking water as the most important “nutrient” among nutrients. Entire population groups are substituting water with tea, coffee, alcohol and other manufactured beverages. Many people don’t realize that the natural thirst signal of the body is a sign that it requires pure, plain drinking water. Instead, they opt for other beverages in the belief that this would satisfy the body’s water requirements. This is a false belief.

It is true that beverages such as tea, coffee, wine, beer, soft drinks and juices contain water but they also contain caffeine, alcohol, sugar, artificial sweeteners or other chemicals that act as strong

dehydrators. The more of these beverages you consume, the more dehydrated your body becomes because the effects they create in the body are exactly opposite to the ones that are produced by water. Beverages containing caffeine, for example, trigger stress responses that at first have strong diuretic effects, leading to increased urination. Beverages with added sugar drastically raise blood sugar levels. Any beverage that provokes such a response coerces the body to give up large quantities of water. Regular consumption of such beverages results in chronic dehydration, which is a common factor in every toxicity crisis.

There is no practical or rational reason to treat an illness (toxicity crisis) with synthetic drugs or even with natural medications and methods unless the body's need for hydration has been met first. Drugs and other forms of medical intervention can be dangerous for the human physiology largely because of their strongly dehydrating effects. Most patients nowadays are suffering from "thirst disease," a progressive condition of dehydration. Some parts of the body may be dehydrated more than others. Unable to remove toxins from these parts due to insufficient water reserves, the body is faced with the consequences of their destructive effects (toxicity). The lack of recognition of the most basic aspects of water metabolism in the body more often than not becomes a "diagnosed" illness, when it is really the body's urgent cry for water.

Recognizing Dehydration

Those who have lived for many years without proper water intake are the most likely to succumb to the build-up of toxins in the body. Chronic disease is always accompanied by dehydration and, in many cases, caused by it. The longer a person lives on a low water ration and/or on a high ration of stimulating beverages or foods, the more severe and long-lasting will be the toxicity crisis. Heart disease, obesity, diabetes, rheumatoid arthritis, stomach ulcers, hypertension, cancer, MS, Alzheimer's, and many other chronic forms of disease are precipitated by years of "body drought." Infectious agents such as bacteria and viruses cannot thrive in a well-hydrated body. Drinking enough water is, therefore, one of the most important disease-prevention measures you can take.

People who do not drink enough water, or unduly deplete their body's water reserves through overstimulation for a period of time, gradually lower the ratio of the volume of water that exists inside the cells to the ratio of volume of water that is found outside the cells. Under dehydrated conditions, the cells may lose up to 28% or more of their water volume. This certainly undermines *all* cellular activities, whether these relate to cells of the skin, stomach, liver, kidney, heart or brain. Whenever there is cellular dehydration, metabolic waste products are not removed properly. This causes symptoms that resemble disease, but they are really just indicators of disturbed water metabolism. Since more and more water begins to accumulate outside the cells, the dehydration may not be apparent to the afflicted person. He may, in fact, notice that he is actually beginning to retain water in his legs, feet, arms and face. Also his kidneys may begin to hold on to water, markedly reducing urinary secretion and causing retention of potentially harmful waste products. Normally, cellular enzymes signal to the brain when cells run out of water. Enzymes in dehydrated cells become so inefficient that they are no longer able to register the drought-like condition, and subsequently fail to push the "thirst alarm button."

Demetria, a 53-year-old Greek woman, consulted me to find relief for a painful condition of gallbladder disease. Her skin was dark gray, indicating a high concentration of toxins in her liver and throughout her body. Seeing how dehydrated (and swollen) her body was, I offered her a glass of water. She said: "I never drink water, it makes me sick!" I told her that her natural thirst signals were no longer working due to cellular dehydration, and that without drinking water again her body could not return to balance. It was obvious to me that any water she would drink would instantly be used to remove some of

the toxins lurking in her stomach, giving rise to nausea. In her case, any therapy *other than drinking water* would have been a waste of time and money. Demetria's difficult situation required her to begin sipping small amounts of hot, ionized water every half hour to help remove these toxins until she was able to drink larger portions of regular water.

A dehydrated person may also be suffering from lack of energy. Due to the shortage of water inside the cell, the normal osmotic flow of water through the cell membrane becomes severely disturbed. Like in a stream coming down a mountain, the movement of water into the cells generates "hydroelectric" energy which is subsequently stored in the form of ATP molecules (the main source of cellular energy). As a rule, the water we drink keeps the cell volume balanced and the salt we eat maintains the balanced volume of water that is kept outside the cells and in circulation. This generates the right osmotic pressure necessary for cellular nourishment and energy production. During dehydration, this basic mechanism begins to fail, leading to potentially serious cell damage.

The Pain Connection

Another major indicator of dehydration in the body is pain. In response to an increasing shortage of water, the brain activates and stores the important neurotransmitter *histamine*, which directs certain subordinate water regulators to redistribute the amount of water that is in circulation. This system helps move water to areas where it is needed for essential metabolic activity and survival when facing such a shortage, as it happens during a drought. When *histamine* and its subordinate regulators for water intake and distribution come across pain-sensing nerves in the body, they trigger strong and continual pain. These pain signals may manifest, for example, in rheumatoid arthritis, angina, dyspepsia, low back problems, neuralgia, migraine and hangover headaches. They are necessary to alert the person to attend to the problem of a widespread or localized form of dehydration.

Taking analgesics or other pain-relieving medications such as *antihistamines* and *antacids* can cause irreversible damage in your body. They not only fail to address the real problem (which may be dehydration), but they also cut off the connection between the neurotransmitter *histamine* and its subordinate regulators, such as *vasopressin*, *Renin-Angiotensin (RA)*, *prostaglandin (PG)*, and *kinins*. Although the action of the pain-killing drugs can relieve local pain for a while, it also precludes your body from knowing the priority areas for water distribution. This can greatly confuse your body's internal communications systems and spread chaos throughout the body. *Antihistamines* – oftentimes referred to as allergy drugs – effectively prevent the body's *histamines* from ensuring balanced water distribution.

The problem worsens after your body has reached a certain pain threshold. In addition to jeopardizing the water-regulating mechanisms, these painkillers become ineffective because the brain takes over as a direct center for monitoring pain perpetuation (unless, of course, the body is properly hydrated again). If your body produces pain naturally for no apparent reason (not caused by an injury), before drawing any other conclusions you should interpret this as the body's cry for water and its attempt to remedy an unbalanced condition. Prescription pain medication suppresses this primary signal of chronic and local dehydration in the body. It "short-circuits" the body's emergency routes for water supply; sabotages waste elimination, and sows the seeds of chronic illness.

There is enough documentation to show that pain medication can have fatal side effects. It can cause gastrointestinal bleeding which kills thousands each year. The morphine-type compounds these legal drugs contain can also lead to serious, life-altering addictions. When the famous radio host Rush Limbaugh announced on his radio program that he was addicted to pain medication his life was in

shambles. But he is not alone in this. There are millions of people who initially started off by taking an “innocent” Advil for the occasional headache, but ended up being unable to live without strong painkillers. Once you start using dehydrating medications like these, you will mostly likely develop the same kind of pain over and over again, or even worse pain.

The most recently documented and widely popularized side-effects of pain killers such as Vioxx, Celebrex and the over-the counter drug Aleve (Naproxen) should tell you that there are no safe painkillers out there. These drugs were found to increase the risk of heart attacks and stroke by at least 50%. Aspirin and other “innocent” drugs belong to the same class of painkillers as the above three. Today we have millions of heart disease sufferers who out of ignorance and misguided trust in the medical system, FDA and drug industry believed that taking a little pill won’t do them any harm. The revelation that this little pill can destroy your heart or damage your brain if you take it for more than 10 days may be no less than shocking. But how many people listen to such warnings if all that matters to “get rid of that annoying pain.”

Taking a “harmless” drug that makes you feel better within a matter of minutes and allows you to get on with your life feels like the right thing to do. And, if the pain medicine tastes delicious, the “miracle drug” couldn’t possibly do you any harm, or could it? Tylenol Extra Strength “cool caplets,” the latest craze among painkilling medications, makes dangerous drugs appear harmless. It’s both a breath mint and a pain reliever. But is it really a sound idea to add the temptation of flavoring to a pain-reliever that, by the FDA’s admission, plays a role in at least 100 reported (a fraction of the real figure) unintentional deaths each year? Well, this may change now with the emerging scandals around drug approval and shoddy research. Yet, still if you asked people in the street if they considered acetaminophen to be a completely benign medication, they will respond with a “yes.” And that undeserved reputation may only be reinforced when mint flavoring is added to the mix.

Once you decide to end your drug addiction, life is not going to be easy. You will still need to deal with the underlying causes of the pain that led you to the addictive drugs, and, of course, the addiction itself. Those who are able to afford it can choose a rapid anesthesia detox at \$5,900. But the bottom line is this: The body’s natural pain signal is a perfectly normal response to an abnormal situation – simple dehydration. In many cases, the body’s blood vessel walls, bile ducts, lymphatic ducts, intestinal tract, etc. are so congested that chronic dehydration becomes inevitable. To restore your health, the body needs to be cleansed and nourished properly, which is the main theme of this book.

Of course, if the pain becomes simply unbearable, the use of painkillers may be unavoidable. At the same time, the pain-afflicted person should get on a re-hydration and cleansing program, as well as end any dehydrating influences in his life.

“Body Drought” – The Strongest Form of Stress

The human brain, working round the clock, requires more water than any other part of the body. Typically, it contains about twenty percent of all the blood that circulates through the body. It is estimated that brain cells consist of 85 percent water. Their energy requirements are not only met by metabolizing glucose (simple sugar), but also by generating “hydroelectric” energy from the water drive through cell osmosis. The brain depends greatly on this cell-generated source of energy in order to maintain its hugely complex processes and efficiency.

Water deficiency in the brain tissue cuts down the brain’s energy supply, and thereby depresses many of its vital functions – hence the word depression. With a lower than normal level of brain energy, you are

unable to meet your physical, personal and social challenges and subsequently succumb to fear, anxiety, anger and other emotional problems. You may feel drained, lethargic, stressed and depressed. Chronic fatigue syndrome (CFS), for example, is mostly a symptom of progressive brain dehydration that results from the holding of metabolic waste matter and cellular debris in the brain and the rest of the body. What patients refer to as “brain fog” is actually quite an accurate description of the congestion that occurs in this important organ of the body. CFS is not a vicious disease that somehow gets hold of a person for no apparent reason. It may disappear quite spontaneously when the afflicted person stops stimulating the brain with caffeine, tobacco, medication, animal products, etc., and begins a consequent program of cleansing and hydrating the body. For more information on Chronic Fatigue Syndrome and Fibromyalgia Syndrome (FMS), please see *Some Published Articles By Andreas Moritz* at the end of the book.

The Stress Response

When dehydrated, the body has to put up the fight of a lifetime – similar to the one experienced in a “fight or flight” situation. The body responds to such a crisis situation by mobilizing several powerful hormones, including *adrenalin*, *endorphins*, *cortisone*, *prolactin*, *vasopressin*, and *Renin-Angiotensin (RA)*. Endorphins, for example, help us to withstand pain and stress and allow the body to continue most of its activities. *Cortisone* orders the mobilization of stored energies and essential raw materials to supply the body with energy and basic nutrients during the crisis. In other words, this hormone allows the body to literally feed off itself, a situation that is warranted during a famine. However, it is also a very stressful and damaging situation for the body and is expressed by such emotions as, “I cannot cope anymore” or, “I feel this is eating at me.” Many patients with Rheumatoid Arthritis, MS or other degenerative diseases take *cortisone* drugs, which often give them a boost of energy and morale for a relatively short period of time. The “success” of the drug, however, only lasts for as long as the body can tap into any energy and nutrient reserves that may still be left. Once the body has used up its emergency provisions, the body will barely be able to function anymore and the symptoms of disease will worsen considerably.

Constriction of blood vessels

When the cells in the body are under-supplied with water, the brain’s pituitary gland produces the neurotransmitter *vasopressin*, a hormone that has the ability to constrict blood vessels in areas where there is cellular dehydration. During dehydration, the quantity of water in the bloodstream is reduced. *Vasopressin*, as its name suggests, squeezes the vascular system, i.e., the capillaries and arteries, to reduce their fluid volume. This maneuver is necessary to continue having enough pressure in the vascular system to allow for a steady filtration of water into the cells. This gives vasopressin a hypertensive property. High blood pressure is a common experience among people who are dehydrated (for more information on hypertension and heart disease, see Chapter 9). A similar situation occurs in the liver’s bile ducts which begin to constrict in response to water shortage in the body. Gallstone formation is a direct result of dehydration.

A person who regularly drinks alcohol suppresses the secretion of vasopressin and thereby increases cellular dehydration (if alcohol consumption is excessive, cellular dehydration may reach dangerously high levels). The typical “hangover” that occurs after alcohol abuse is nothing but an extreme state of dehydration of brain cells. To survive the “drought,” the body has to secrete ever more stress hormones, among them the addictive *endorphins*. With regular consumption of alcohol, that is, having a drink every day for several months or years, dehydration increases even further, and endorphin production becomes

an addictive event. This may lead to alcoholism, a disease that has devastating consequences on a person's personal and social life.

Water Retention and Kidney Damage

The *Renin-Angiotensin (RA)* system is activated when there is a water shortage in the body. This system is used to direct the body to hold on to water wherever possible. It instructs the kidneys to inhibit urination and tightens the capillaries and the vascular system, particularly in areas that are not as vitally important as the brain and the heart muscles. At the same time, it stimulates an increase in the absorption of sodium (salt), which helps the body to retain water. Unless the body returns to its normal level of hydration, the *RA system* remains activated. But this also means that the pressure of the blood against the walls of the blood vessels remains abnormally high, causing the damage that is known as cardiovascular disease.

Hypertension and the retention of urine in the kidneys lead to kidney damage. Conventional treatments for this condition consist mostly of diuretic (urine-forming) drugs and restricted salt consumption. Both can have severe drawbacks. Diuretic drugs, which are used to normalize blood pressure, as well as reduced salt intake, strongly undermine the body's emergency efforts to save the little water it has left for normal cellular activities. The resulting stress response causes a further increase in dehydration and the vicious cycle is complete. Many of the kidney transplants performed today are a result of chronic dehydration, which is caused by something as simple as not drinking enough water, consumption of alcohol, or over-stimulation of the nervous system.

The Caffeine and Alcohol Drama

The caffeine contained in such beverages as tea, coffee, cacao, soft drinks (Mountain Dew, Coke, Pepsi, etc.) and most power drinks not only stimulates and stresses the central nervous system and immune system, but also acts as a powerful diuretic. For every cup of coffee or tea you drink, you relinquish up to three cups of water that the body cannot afford to give up without suffering some sort of damage. The caffeine-containing cola beverages work in a similar way. Caffeine, being a nerve toxin, stimulates the adrenal glands to secrete stress hormones and trigger a strong immune response that may give you the (false) impression that this newly found energy and vitality was derived from the consumed beverage.

The secret behind these energizing stimulants is that the resulting immune reaction mobilizes enough energy for you to feel perked up and clear-headed, at least for as long as your body remains stimulated. To remove the nerve toxin caffeine from the blood, the body has to come up with extra water that it takes from its cells. Hence, there is an occurrence of cellular dehydration and a temporary thinning of the blood. (Unfortunately, caffeine is not the only culprit in soft drinks. Over the long term, the effects of the acidity, sugars, and artificial flavors and sweeteners contained in soft drinks can be devastating to the body. It would take 32 glasses of alkaline water at an alkaline pH of 9 to neutralize the acid from just one 12 oz. cola or soda. In response to ingesting a cola, apart from risking dehydration, the body will have to use up reserves of its own stored alkaline buffers, mainly calcium from the bones and DNA. This raises the body's alkalinity levels in order to maintain proper blood alkaline pH levels. Acidic blood levels are a leading cause death! There are enough acids in one soda to kill you if your body didn't possess a mechanism to neutralize them. How long it takes before your body succumbs to acidosis depends upon how soon your mineral buffers are depleted.]

Caffeine, which is a major component in most soft drinks, removes water from the body faster than the body can absorb it again, thereby generating constant thirst. People who frequently drink soft drinks are never able to really quench their thirst because their bodies continually and increasingly run out of cellular water. There are college students who drink as many as 10-14 cans of cola a day. Eventually, they confuse their bodies' never-ending thirst signal with hunger and they begin to overeat, causing swelling and excessive weight gain. Apart from its diuretic action and its addictive effects on the brain, regular caffeine intake over-stimulates the heart muscles, causing exhaustion and heart disease.

Alcohol has a similar diuretic effect on the body as the caffeine-containing beverages. For example, drinking one glass of beer results in the body forfeiting up to three glasses of water. As mentioned before, a hangover is the result of alcohol abuse, which causes the brain to suffer severe dehydration. If this occurs repeatedly, a large number of brain cells become damaged and die. As a result, many important brain functions slow down or become depressed. Recovery is possible to a certain extent if alcohol consumption is discontinued. To properly re-hydrate the body, please see directions in *Drinking Water – The Greatest Therapy*, Chapter 6.

Watch what kind of water you drink

Now that you may be convinced that water is perhaps the best beverage for your body, your next challenge is find a source of water that doesn't make you sick. Chlorine in your drinking water certainly would make you sick, according to a massive study in Finland of 621,431 individuals living in 56 towns. The researchers were able to determine that women who were exposed to chlorinated water had a 48 percent increased risk of bladder cancer, a 38 percent increased risk of rectal cancer, a 90 percent increased risk of esophageal cancer, and an 11 percent increased risk of breast cancer. Adding chlorine to drinking water causes a chemical reaction that results in the formation of a number of potential carcinogens.

Some of nature's most valuable and essential anti-cancer and disease-preventive phytochemical nutrients which are commonly found in food have been discovered to form deadly cancer-causing substances when consumed or combined with chlorinated tap water. This has recently been conformed by a joint study was undertaken in Japan by research scientists at the National Institute of Health Sciences and Shizuoka Prefectural University. These deadly compounds have been named MX, which stands for "unknown mutagen." The main problem is that high amounts of residues from these foods are now infiltrating our wastewater treatment and water recycling systems.

In addition, even the fresh plant foods we wash with chlorinated water create these toxins. Eating these foods and drinking chlorinated water at the same meal greatly exacerbates the situation. The deadly cancer-causing agents this combination produces are extremely toxic in infinitesimal amounts, and so only very little chlorine is required to bring about a powerful destructive effect. All this creates the need for implementing new water treatments for cities and households that do not use chlorine. You may not be able to get your government to switch over to a healthier and more effective water treatment system, but you can certainly do this for yourself and your family.

The H2O water treatment system is perhaps the most efficient and health-promoting, but it also is the most expensive one I know of. Its unique technology even removes pesticides and herbicides from the water and leaves your drinking water, shower water, and pool water as fresh and clean as pure mountain water.

The H2O Concept 2000 uses electrical impulses to break the calcium bicarbonate and the magnesium bicarbonate into calcium carbonate and magnesium carbonate with the by-product being CO₂. The CO₂ is

dispelled at the faucet in miniscule amounts. Calcium carbonate and magnesium carbonate are the soluble forms of these two minerals. In the soluble state these two minerals can not adhere to the inner surfaces of the pipes, the water heater coil, or the glass surfaces, faucets, etc.

The crystalline form is broken down and the minerals no longer have the ability to stick to things. Since the H2O system has changed the form of the calcium and magnesium it prevents the mineral build-up and formation of the scale. All of the water-using appliances have a longer and more efficient life span. The H2O Concept 2000 will significantly reduce any existing scale over time. Although quite pricey at the beginning, it saves money at the end (see *Product Information*). It is virtually maintenance-free.

Much less pricey, yet very effective and excellent for people who are not only interested in proper hydration, but also want to cleanse the body from toxins, are water ionizers (see Chapter 7 for details).

The most commonly used methods to remove chlorine and numerous other contaminants from your drinking water (and possibly shower water) are filtration and reverse osmosis. Although these can also be pricey, they are still an affordable option if you consider the cost of suffering through a bout of cancer. To help replenish some its lost minerals, you could add a few grains of Basmati rice to the water.

By oxygenating water and raising its pH with a Nikken Optimizer, for example, you will get a close to ideal water.

Distilled water, which is the closest to natural rainwater, is excellent for hydrating the body cells, but it is lifeless. Adding 3-4 grains of Basmati rice to one gallon of distilled water gives it plenty of minerals and vitamins, and exposing it to direct sunlight for an hour or placing a clear quartz crystal in the water for an hour helps reenergize it.

Prill beads are another form of water treatment. Although they cannot replace a water filter, they still cleanse it and make it “thinner.” This has a positive effect on the blood, lymph and basic cellular processes. Prill beads can be found on the Internet.

Of course, the old fashioned method of boiling your drinking water for several minutes causes the chlorine to evaporate.

Another inexpensive way to get rid of most chlorine in water is the use of vitamin C. One gram of vitamin C will neutralize 1ppm (part per million) chlorine in 100 gallons of water. This is particularly useful if want to lie in the bathtub without suffering the irritating effects of chlorine on your skin and in your lungs.

3. Kidney Stones

The kidneys truly are the body's "master chemists." They not only remove waste products and excess fluids from the body via the urine, but they also maintain a critical balance of salt, potassium and acid – not a small feat for such relatively small organs. The kidneys produce a hormone – erythropoietin or EPO – that stimulates the production of red blood cells. Other kidney hormones help regulate blood pressure and calcium metabolism. The kidneys even synthesize the hormones that control tissue growth. When the kidneys become damaged, other organs suffer as well.

The main responsibility of the kidneys is to keep the blood pure and healthy and maintain proper fluid balance in the body. To accomplish this enormously complex feat, the kidneys need to constantly monitor normal blood volume and filter out the right quantity of urine in order to keep it balanced. There are many potential influential factors that can disrupt this mechanism and cause congestion in the kidneys. These factors include over-stimulation, dehydration, fatigue, overeating, gallstones, blood pressure disturbance,

digestive disorders (especially constipation), medical or narcotic drugs, vitamin supplements (see more on these subjects in later chapters.), etc.

When the kidneys are not able to separate the necessary amounts of urine from the blood, part of the urine keeps circulating around the body, thereby depositing urinary waste products in the blood vessels, joints, tissues, and organs. This means that fluids and waste products begin to accumulate, ultimately resulting in extreme swelling and symptoms of uremia (an overload of toxic byproducts) or kidney failure. Many skin diseases, strong body odor, sweating of palms and feet, water retention, lymph congestion, abdominal swelling, rapid weight gain, weakness, high blood pressure, etc., are all indications of toxic blood caused, to a large degree, by the presence of obstructive sand crystals and stones in the kidneys.

Stones in the kidneys start off as tiny crystals and can eventually become as large as an egg. The tiny crystals are too small to be detected by X-rays and since they do not cause pain, they are rarely noticed. Yet they are big enough to block the flow of liquid through the tiny kidney tubules. Crystals or stones are formed in the kidneys when urinary constituents, which are normally in solution, are precipitated. Precipitation occurs when these particles occur in excessive amounts or when urine becomes too concentrated. The crystal particles or stones usually have sharp angles. Once released by the kidneys along with urine, they may cut and wear away the inner surface of the urinary canal (ureter) during their passage to the urinary bladder. This can cause severe pain in the loins or lower back. There may even be blood in the urine, pain running down the legs, numbness in the thighs and a difficulty in passing urine.

Most crystals or stones originate in the kidneys, although some may also be formed in the bladder. If a large stone enters one of the two ureters, urinary discharge becomes obstructed. This can lead to serious complications, such as kidney infection or kidney failure. Regardless where the blockage occurs, anytime the kidneys are prevented from removing and regulating water and chemicals, these delicate organs are likely to suffer injury. The kidneys' various functions may be affected separately, so urine output may be normal despite significant kidney disease.

The Types of Stones and Their Effects

The most common solutes involved in crystals and stone formation are oxalates, phosphates, urates, uric acid, and the amino acids cystine and cysteine. There are eight varieties of crystals or stones that can be formed from these solutes, for various reasons.

Foods or beverages that contain large amounts of oxalic acid cause oxalate stones. A cup of regular tea (not green or herb tea) contains about 20 mg of oxalic acid, which is far too much for the kidneys to excrete. Initially, the body uses calcium to neutralize the acid. By doing so, oxalic acid turns to calcium oxalate. If tea drinking becomes a regular habit, any excessive calcium oxalate in the kidneys becomes deposited in the form of tiny crystals. Chocolate, cocoa beverages and chocolate ice cream are also high in oxalates. Anyone who has consumed or consumes these foods on a regular basis can expect to have oxalate stones in the kidneys, especially children whose kidneys are still very small and delicate. Also, Vitamin C over 200mg/day is converted into oxalate and excreted in the gut and urine. Vitamin C is not as harmless as many believe it is.

Uric acid crystals make up another type of kidney stone. Uric acid is a waste product that is formed from purines in food. Foods with the highest purine content are:

- Tea
- Beef
- Bacon
- Calf tongue
- Carp
- Chicken soup
- Codfish
- Duck
- Goose
- Halibut
- Sardines, canned
- Liver
- Kidneys
- Heart
- Meat extract, broths,
- Salmon, canned
- Gravies
- Scallops
- Herring
- Smelts
- Roe
- Liver sausage
- Meat soups
- Perch
- Pike
- Pork
- Rabbit
- Mutton
- Shellfish
- Trout
- Turkey
- Veal
- Yeast
- Sweetbread
- Anchovies
- Lentils

As you can see from the list, protein foods derived from animals and fish make up the chunk of uric acid-generating foods. Once the proteins are broken down in the liver, the uric acid is passed on to the kidneys for excretion with the urine. If the kidneys are unable to remove all the uric acid, its concentration in the blood rises. As a result, excessive uric acid is deposited first in those areas of the body that have the poorest circulation and oxygen supply, i.e., the toes of the feet. The precipitation of uric acid and other harmful substances in the toes can make the joints rigid, stiff and unbending (check particularly the small toes of your feet, which show the condition of the bladder).

Naturally, wherever there are waste products inside or outside the body, there will also be specific bacteria to help break them down. Accordingly, any deposits of uric acid in the body attract destructive bacteria whose job it is to dispose of this waste product. If the bacteria feeding on the uric acid crystals invade the tissues in sufficient numbers, inflammation and pain result. Gout and arthritic conditions are the most common symptoms of this involuntary “cleansing response.” The uric acid crystals in the toes are essentially made from the same material as the uric acid stones in the kidneys.

A similar situation may occur in the heels. Heel spurs are due to deposits of uric acid and various phosphates. The uric acid invites bacteria, leading to pain, and the phosphates are responsible for causing rigid and hard structures. Swelling or edema around the foot or ankle, caused by poor kidney and adrenal functions, may accompany this condition.

As discussed earlier, the kidneys and adrenal glands regulate water and salt levels throughout the body. If their functions are subdued due to stones in the kidneys, your body may thus be holding water in the feet, legs, abdomen, face, arms, and organs.

Many kidney stones are formed as a result of insufficient water intake, and/or consumption of foods or beverages that have dehydrating effects, including meat, artificial sweeteners, sugar, alcohol, tea, coffee and sodas. Also, smoking cigarettes or watching television for too many hours have a dehydrating effect on the body and cause urine to become overly concentrated. This increases precipitation of urinary constituents.

Eating lots of strongly acid-forming foods, such as meat, fish, dairy products, cakes, candy, sugar, etc., forces the body to release many of its valuable minerals, thereby altering the pH (acid/alkaline balance) of the urine. This does not only cause mineral deficiencies in the body, especially in the bones and teeth, but also turns the normally acidic urine filtrate alkaline. In alkaline urine, some other substances may be precipitated, including phosphates.

Phosphate stones are formed in particular from eating too many foods that are high in phosphate and low in calcium, such as meats, cereals, breads, pastas, and nuts, as well as all carbonated beverages. To neutralize the highly acidic phosphate, which could easily burn the delicate kidneys, the body leaches extra amounts of calcium from the bones and teeth and uses whatever magnesium it can obtain from such foods as green vegetables. As mentioned earlier, it takes over two gallons of water to neutralize the acidity of one glass of cola. So be kind to your kidneys.

The presence of phosphates generates an acidic environment in the body, which literally dissolves bones, leading to osteoporosis and shrinkage of body frame. It also causes tooth destruction, coronary heart disease, digestive disorders, cancer and any other diseases that are related to calcium deficiency. A person who eliminates more than 150 mg of calcium a day (24 hours) with the urine – an emergency measure taken by the body to combat excessive acidity – is in the process of rapidly dissolving his bones. Some of the calcium combines with the phosphates, forming various calcium phosphate crystals, which can lead to hardening of arteries and common arthritis.

Please also be aware that excessive sodium chloride (table salt) in the diet predisposes to stones. This is primarily an issue for people who mostly dine on prepared foods, which are loaded with table salt. Unrefined salt does not have the same effect, though. For more information see section on unrefined salt in Chapter 7.

Why Do a Kidney Cleanse?

The kidneys make a tremendous effort in trying to keep the body clear of toxic substances such as lead, cadmium, mercury and other impassable pollutants. They also maintain fluid and electrolyte balance and regulate the pressure that the heart exerts to force the blood through their filtering system. Kidney stones greatly undermine these capabilities which consequently increase the amounts of heavy metals and raise the body's general level of toxicity. This may lead to infection, high blood pressure, heart disease, brain disorders, cancer and many other diseases.

The following signs indicate the presence of crystals and stones in the kidneys or bladder:

- A dark or whitish color under the eyes
- Puffy or swollen eyes, particularly in the morning
- Deep wrinkles under and around the eyes
- Tiny whitish, tan-colored or dark lumps under the eyes, which can be felt or made visible when stretching the skin outward towards the cheekbones
- Overlapping of the upper eyelid
- Chronic pain in the lower back
- Swelling of feet and legs
- Constant fear or anxiety

There are a number of herbs that can effectively dissolve kidney stones within a period of three to six weeks (see “The Kidney Cleanse” in Chapter 7: *Employing Nature's Healing Powers*). Regardless whether someone has been diagnosed with kidney stones or not, having a kidney cleanse once or twice a year has tremendous curative and preventive benefits. The kidney cleanse not only improves overall physical health, but also reduces stress, fear and anxieties.

4. Whatever Makes You Weak Also Makes You Ill

Flu epidemics were rare 100 years ago. When they did occur, only the very poor and frail became seriously ill. Now, there is a flu epidemic every year, and some of them may last all year round. The theory that the flu strikes only during fall is scientifically incorrect. If someone has the flu in April, he just calls it “a cold,” although the April and November flu versions share the same virus.

Today’s flu epidemics affect a lot more people and are accompanied by much stronger symptoms than ever before. The viruses from both these eras are still very much the same. What has changed dramatically among the general population, though, is the natural resistance to viral attacks. Today, our natural immunity to such microbes is many times lower than it was just 100 years ago. Tooth decay and depleted vision among young people are very common now. There are numerous new and rapidly growing epidemics, a phenomenon unheard of just two centuries ago. They include millions of people suffering from diabetes, heart disease, cancer, etc. The fact that our modern societies are plagued with so much chronic illness shows that there are entire generations with weak constitutions, caused mainly by stress, unhealthy diets and harmful lifestyles. People who lived a hundred years ago and enjoyed good hygienic conditions were much less prone to develop chronic illnesses than we are today. Heart disease, for example, which is today’s leading cause of death, rarely killed anyone at the beginning of the 20th century.

Our time is characterized by over-stimulation, which has a strong energy-depleting effect on the body. The following are but a few of the many possible factors that use up or deplete our physical energy:

- Watching television too often and for too many hours
- Emotional stress and trauma
- Time pressure
- Excessive noise, air, water and soil pollution
- Constant exposure to artificial lights
- Pharmaceutical drugs
- Coffee, tea, alcohol, sodas
- Sugar, sweets, chocolates
- Meat and junk food
- Overeating food
- Sleep deprivation
- An irregular lifestyle/daily routine
- Excessive sex
- Too little water intake

This list is by far not complete, but it gives you a sense about the wide range of weakening influences that we are generally exposed to in today’s modern world. All of these factors lead to retention of toxic waste in the body. Toxins are formed in the body when metabolic waste products and debris from old worn out cells (totaling over 30 billion cells each day) are no longer eliminated properly. If they remain in the body, they become subject to bacterial attack and/or are met with a dramatic increase of free radical activity. The resulting toxins that are generated by this act of self-preservation naturally act as stimulants. Once formed, they stimulate the body to eliminate them from the system. Under normal circumstances, that is, if the body’s life force or vital energy is strong and efficient, the body can do this without getting

overtaxed or harmed. Through balanced periods of rest and activity, it spontaneously returns to its equilibrium state. But when the body is exposed to too much stimulation and is unable to rebalance itself, its “batteries” can no longer be fully recharged. With “flat batteries”, the physical engine is unable to rid itself of all the metabolic and cellular waste generated minute by minute, day after day, and year after year. As a result, much of the waste and resulting toxins begin spreading throughout the body. Wherever they occur in extremely high concentrations, they provoke a toxicity crisis. A toxicity crisis indicates that the body’s resistance to disease (immunity) has dropped to a level of low efficiency.

When the body is forced to hold on to too many toxins, it is also more prone to infection. If an infection is treated through suppressive methods rather than supportive ones, chronic illness may result. Chronic illness predisposes one to accelerated aging and premature death. Each time an infection is suppressed, the subsequent congestion in the deeper lying structures of the body increases the workload of the heart, making it increasingly weak and stressed. Heart disease, which is the prevalent killer in most countries of the industrialized world, could largely be prevented if we didn’t suppress immune responses such as the common infection.

When a virus or bacterium that is normally rendered harmless by the immune system infects a person who is filled with toxins, this infection proves that the immune system was already compromised prior to the infection. For as long as an energy-depleting influence is maintained, and toxicity and dehydration continue to impair immunity, even the most powerful antibiotic drugs will not be able to permanently stop the infection. Microbes (bacteria) are not the real cause behind an infection, although this is what the patient is told. Microbes cannot thrive in a healthy, clean environment. For microbes to do their job, which is to dispose of waste and destroy dead or damaged cells, they need to be in a fertile environment, an environment that invites them in.

We have been led to believe that the most common and dangerous bacteria and viruses to humans are either already dwelling within our bodies or living in our immediate surroundings, e.g., in the foods we eat, the air we breathe, the bathrooms we use, the door handles we touch, the pets we cuddle, or the hospitals we visit. As long as the body is congested and unable to remove its toxic waste, these micro-organisms can strike repeatedly, at any time.

A patient who is trapped in the vicious cycle of infection-antibiotics-infection-antibiotics...can break it and prevent further episodes of infection through a program of cleansing and resting. Both of these are required to help the body eliminate accumulated toxic waste. Before starting on a cleansing protocol though, I encourage people to identify any existing sources of energy-depletion in their lives and to replace these with energy-increasing habits.

Today there are many young people suffering from chronic diseases, and unless they make some drastic changes in their lives, they will find it difficult to ever regain their health. The body cannot truly heal if it keeps accumulating new toxins faster than it can dispel them again.

A friend of mine, a physician at the general hospital on the Mediterranean island of Cyprus, was involved in a research study on 721 secondary school children in Cyprus. He told me that the majority of the children already had signs of hardened arteries. Another study showed that 52% of primary school children in Cyprus are overweight or obese and have elevated levels of blood *cholesterol*. The year these studies were conducted was 1995. This is quite a surprise, given the fact that not so many years before, the Mediterranean countries had some of the best health records in the world. This doctor also told me that almost every child in Cyprus had at least once or twice received a course of antibiotics to suppress an infection. Such practice had been unheard of in Cyprus before the 1970s.

Almost every modern country in the world is now reaping the deadly consequences of unhealthy habits combined with inappropriate medical treatments. The United States spends about 1.5 trillion dollars each

year for healthcare, and the projections are that it will double that amount in less than ten years. Retail pharmacies filled 3 billion prescriptions in 2000. But we don't get much for all this money and drug use. Instead, we wind up as the 17th healthiest nation in the world.

Almost all prescribed drugs have a suppressive effect, which means they interfere with the body's attempt to break down the very toxins that make it susceptible to disease-causing agents. To regain its balance again, the body has to create a toxicity crisis, or disease. The trend is towards chronic illness among today's youth, even in countries that have had excellent health records until recently. This trend is so pronounced today that should it continue unabated, the resources of future governments will be spent on "illness care." Unless, of course, people like you and I take responsibility for our health and begin to practice real, personalized "health care."

Illness is a Toxicity Crisis

A toxicity crisis, or toxemia, reflects a disease state caused by the presence of bacterial toxins or other harmful substances in the blood or tissues. It only occurs when the body has a pressing need to return to the state of balance, or homeostasis. The body has a built-in mechanism that allows it to remove toxic substances in a much shorter time than it takes to accumulate them. By interfering with this process, we disrupt the body's vital cleansing efforts and become vulnerable to external destabilizing agents. A vaccine or an infectious bacterium, for example, can readily become a trigger for damaging an organ or a system in the body. The weakest, most congested organ in the body is mostly likely to be the first one to malfunction. Any attempts to treat the diseased organ without removing the underlying causes will not only fail to fully restore the organ's health and vitality, but may actually contribute to further complications.

Further on in the book you will learn why it is a potentially dangerous practice, in most cases, to give blood transfusions to people with low hemoglobin levels, to treat the testicles for impotence, or to cut out ulcers and tumors. The use of pharmaceutical drugs, which have nothing in them to remove the toxins in the blood and tissues, may even kill a patient, for no doctor really knows for certain the toxicity level in the body. In an otherwise healthy person, the additional toxins that microbes generate during an infection normally remain in the body for only as long as the toxicity crisis lasts. Provided we support the body in its cleansing efforts by giving it plenty of rest and enough water to drink, this natural self-healing process, falsely called "infectious disease," naturally eliminates all traces or effects of toxicity that can result from the microbial activity.

As you would expect, you are only able to reap what you have *sown*, but you certainly have a choice in *what* you sow. Unless you live in an impoverished country or circumstances are highly non-supportive to living a healthy life, you do have choices when it comes to taking care of your most basic needs. More often than not, though, people are choosing not to let go of unhealthy habits or a detrimental lifestyle.

It is very difficult for the body to remain healthy when it is abused by over-stimulation of the mind, body and senses. Such constant strain can deplete energy resources faster than they can be replenished. The permanent energy deficiency that results from this overuse of resources is the main cause of discomfort and disease in the body. Although most people now know how unhealthy and potentially dangerous smoking cigarettes, overeating, drinking alcohol excessively, missing sleep, etc., can be for them, many seem unable to change their self-abusive ways. The inability to let go of a harmful addiction indicates that the blood carries large amounts of impurities and the liver is unable to remove these (mostly due to bile duct congestion). Both these conditions can be effectively dealt with through a series of liver

cleanses, as described in this book and in *The Amazing Liver Cleanse*. As the liver performs more efficiently again, the body's natural instincts begin to re-awaken and a sense of satisfaction and emotional stability returns. The enhanced well-being and vitality makes it much easier to quit smoking and working too many hours, or to stop eating junk foods and living on coffee.

Symptoms of ill health can occur in a variety of intensities and modifications. Trying to locate the cause of an illness in its effect or symptom is nearly impossible. Stomach ulcers, appendicitis, tonsillitis, arthritis, congested arteries, cancer and most other illnesses merely reflect various sources and degrees of toxicity. It is becoming more and more evident that congestion and acidity buildup in the body's fluids and tissue starves cells of basic nutrients, thus weakening and damaging them. The above so-called "diseases" all share one common element - an inflammatory response induced by the body itself. An inflammation is not something that just happens out of the blue, and it certainly is not a disease. It occurs only if and when the body decides that it is necessary to destroy weak or damaged cells. The body does not opt for an inflammatory response in order to destroy itself, but to save itself from acid death or septic shock leading to death. The poisons generated by rotting cells (flesh) inside the body would end one's life quickly. We blame the body for making the "mistake" (inflammation) of interfering with and preventing the uncontrolled decomposition of the body as a result of acidosis (extreme toxicity). Inflammation is the body's genuine effort of self-preservation and calling it a disease reflects the lack of understanding of how the human body functions.

To diagnose and treat any of the above as a separate disease may not only mislead the patient, but also cause further complications. Over eighty percent of the people who fall ill recover on their own and without any medical intervention. Accordingly, it is most likely that disease is nothing but a toxicity crisis that most people's bodies are able to resolve naturally. Once the amount of toxic waste has reached a peak level of tolerance or point of saturation, an appropriate immune response (inflammation) begins to occur. This healing process (falsely labeled disease) helps to decrease the degree of toxicity to below the point of tolerance, simply by neutralizing and removing the toxins, metabolic waste and cellular debris, as well as the microbes that feed on them. And so, the symptoms of illness begin to vanish by themselves. Thus, a headache, cold, tonsil infection, gastritis or stiffness in the neck and shoulders, all appear and disappear again in their own time. The occurrences of illness and recovery follow the same cycles of building up and breaking down the underlying congestion and toxicity.

If your doctor's treatment turns out to be successful, you are mostly likely to thank him for having cured you. On the other hand, if you get well without any external help, you might say you were just lucky. Healing, though, does not take place in either case. What *does* happen, however, is the body's ceaseless, and if necessary, reinforced effort to eliminate metabolic waste, dead cells, chemical toxins, heavy metals, billions of dead bacteria, and other waste material. Health is the spontaneous occurrence of balance, which is sustained by completely removing the body's daily-generated waste products and cellular debris, and by giving it the nourishment it requires. Creating health is but an ongoing, daily process of regeneration because the elimination of waste materials and the uptake of nutrients will never stop for as long as we are alive. There may be nothing more mysterious about health and healing than maintaining the fine line of balance that exists between these two basic processes.

Are We Poisoning Our Children With Food?

Most of us were brought up with the belief that disease is caused by external things. Few people know that germs can only "germinate" in a toxic environment. Parents who see their children catch one

infectious disease after another are especially concerned about giving their offspring every possible protection against infectious diseases. Immunization seems to be one way of safeguarding their children's lives. In case a child has "caught" an infection, antibacterial or anti-viral drugs are considered to be the best option.

Being so used to blaming external pathogens (disease-causing factors) such as bacteria or viruses for an infection, not many people even consider the possibility that their health problems may have something to do with the food they eat. Could it really be possible that children (and also adults) who suffer from repeated infections are, in fact, only suffering from the consequences of being poisoned by soft drinks, ice cream, chips, chocolate, candy, "light foods," "fast" foods, processed breakfast cereals, frozen meals, canned foods, bottled salad dressings, etc. ? (There is more on this subject in Chapter 13)

There are now over 40,000 different food items on the shelves of the modern grocery stores, 98% of which have nothing to do with what nature had intended the human body to eat. The human digestive system has no way of making use of foods that have been robbed of their natural life energy or manipulated and processed to a point of uselessness, regardless of how wonderful the ingredients list may appear to be. If food has been made in the laboratory, as most foods are, it is no longer considered to be food. It has become a poison. With their immune systems impaired by large amounts of these or similar acid-forming foods and the chemical additives they contain, children barely stand a chance to fight off the normally harmless microbes that are part of our natural environment.

The situation is worsened if children haven't been breast-fed long enough to build up their immunity. Many babies are still being fed with milk formula foods that contain rancid (oxidized) *cholesterol* (a result of milk-drying procedures), or foods that are sterilized, resulting in total degradation of their original life force. Rancid fat or rancid *cholesterol* is a cancer-producing substance and the cause of many diseases, including allergies. Several years ago, the British government discovered that nine brands of commonly used milk formula foods for babies contained potentially harmful chemicals. To give formula milk to babies can be considered a major health risk, particularly because immunity may not yet be fully developed. (There are additional details on the major health risks of milk and its products in Chapter 13.)

In addition, there may be an entire cocktail of contaminants and noxious substances present in the drinking water, as well as the indoor and outdoor environment, that may easily suppress the just developing immune system of the child, making it susceptible to a whole range of illnesses. All of this has a great influence on how well a growing or grown person will be able to go through the physical, mental and emotional challenges of his life.

The younger generation is sicker than any generation has ever been before. Schools and colleges feed them with cheap, low nutrition foods and the situation at home is not much better. Many diseases that used to strike only the adult population are now commonly found among the young people. Who would have believed that just 25 years ago, hardening of the arteries, high blood pressure, Type II diabetes and obesity would one day be as widespread among children as it is today?

The consumption of foods that are of no use to our body is a major cause of disease, including infection. Meat or other flesh foods belong in that same category. When you eat meat, your body can only extract a fraction of the meat's constituents and the rest has to be disposed of differently. A large portion of the undigested meat protein is broken down by the meat's own cellular enzymes, and also by bacteria present within the intestinal tract. Since the decomposing meat cells are made of degenerate and coagulated (due to heat) protein, their putrefaction results in the release of *putrescin* and *cadaverin*, which are deadly and highly irritating cadaver poisons. (See also Chapter 6 on vegetarianism) Such powerful poisons are already enough to leave the body vulnerable to any kind of infection.

In most hospitals, both the young and older patients are given meat, sausages, eggs, fish and poultry to eat, sometimes on the day after surgery or other invasive treatment when the digestive system is at its weakest. Their already strained digestive and immune systems are unable to handle these additional toxins and try to pass as much of the waste into the bowel for possible elimination. Congested bowels are a highly fertile ground for a microbial infection, which is more likely to occur in the environment of a hospital where germs are present in larger quantities.

The life of a sick child may depend on whether he is able to remove most of the decomposing substances in his intestines before they are absorbed into the bloodstream and lymphatic system. If gallstones obstruct the liver bile ducts (now quite common among children, too), the liver is no longer able to sufficiently remove the toxins that enter the blood via the bowel, hence “food poisoning” occurs. Most so-called epidemics are in reality forms of food poisoning or chemical poisoning. They occur among people with high levels of toxicity and low immunity, meaning, among those who are *already* ill. Giving hospital patients any solid, concentrated foods to eat (such as meat) will use up the little energy they have left in them. This energy is used to attend to the newly ingested food instead of using it to overcome the toxicity crisis. An immune system that has been subdued by the presence of toxins is no longer able to effectively ward off bacteria, parasites or viruses.

A child who is fed with meat, eggs and dairy products, including milk, is much more likely to develop digestive problems and children's diseases such as diphtheria, smallpox or septic fever, than a child who eats fruits, vegetables, grain foods, salads and drinks plenty of fresh water. Most parents feel responsible for the health and safety of their children. By becoming more conscious of their own eating habits, they will automatically want to give their children the best and most nutritious foods and beverages available. This can greatly contribute towards creating a generation of healthy young people who will be known for their absence of illness.

Summary of the Basic Disease Process

The body is made up of cells that are turned over at regular intervals, at a rate of about 30 billion a day. Each day, cellular enzymes break down 30 billion old, worn-out cells that can no longer properly absorb and utilize oxygen and other nutrients. This results in the generation of large amounts of cell debris. Moreover, each one of the 60-100 trillions cells that make up the body generates metabolic waste products that need to be disposed of without delay. Under normal conditions, the lymph and blood swiftly remove these waste materials from the tissue that surrounds the living cells (connective tissue). If this naturally occurring waste matter is not removed promptly, it begins to accumulate in areas of the body that are not suited for such a purpose. Eventually, congestion occurs and the body needs to employ more drastic measures of self-preservation. Once stored waste has reached a certain limit or threshold, it might seriously impair the functions of these parts of the body – intestines, the liver bile ducts, gallbladder, the appendix, and tonsils. To avoid the danger of damage to healthy cells, or even organ or system failure, the body begins to employ oxygen free radicals, enzymes and destructive bacteria (putrefaction-causing) to help break down the mixture of dead cells and metabolic waste. Toxins are an unavoidable by-product of this healing attempt by the body. At this stage, the immune system becomes engaged in trying to remove both the waste matter and the toxins, as well as any weak and damaged cells. This response is commonly known as “inflammatory disease.” Inflammation is now increasingly recognized as the common, most immediate cause of every acute and chronic disease process. But, as described above, inflammation or

infection it is not a disease as such, but a simple survival attempt of the body. There are various organs and systems in the body that are designed to efficiently deal with the daily-generated waste products.

- The liver breaks down cellular components, detoxifies drugs, alcohol and noxious substances.
- The lungs remove the highly acidic metabolic waste product carbon dioxide and other gases.
- The kidneys and bladder remove excessive blood plasma, as well as uric acid, urea, ammonia and other waste matter coming from the liver.
- The colon excretes fecal matter, mucus, dead bacteria and parasites.
- The hair and nails remove proteins, mineral salts, pigments, and oil.
- The skin, being the second largest organ of elimination, eliminates sweat and 40-60% of all the waste in the body.
- The lymphatic system, which has to circulate and purify 18 liters (19 quarts) of waste-loaded lymph fluid, plays a major role in the detoxification process.

All of this activity, of course, requires copious quantities of water. When the body becomes dehydrated, the blood becomes too concentrated (thick) and subsequently draws water from nearby cells. Although the blood is made thinner through this maneuver, the connective tissue surrounding the cells and the cells lose precious water required to excrete and remove metabolic waste. The result is congestion, that hinders the waste matter from leaving the body. (To go on a hydrating program refer to the guidelines in the section *'Drinking Water – The Greatest Therapy of All,'* Chapter 6) By contrast, a well-hydrated body is capable of both nourishing itself and detoxifying its cells tissues. This ensures that the body's equilibrium, or balance, is maintained at all times. During a well-hydrated state, all the various activities in the body can be conducted in a flawless manner because there is no congestion or hold-up anywhere.

In their naturally occurring amounts, waste materials have a slightly stimulating effect. This helps maintain the functions of elimination. However, if the body's energy is depleted and immunity is subdued due to an excessively stimulating diet and lifestyle, or insufficient water intake, the continuously necessary process of detoxification and waste removal is disturbed or obstructed.

All disease is caused by obstruction. If an obstruction, for example, shows up in the liver, it is most likely due to gallstones in the bile ducts. This affects the nutrient supply, metabolism and energy distribution throughout the body. A constipated colon leads to back-flushing of waste, thereby flooding the body with toxins. A kidney stone can lead to retention of urine and raise the pressure of the blood against the arteries. Lymphatic blockage leads to lymph edema, heart congestion, cancer, obesity, and almost every chronic illness. The various types and intensities of toxicity crisis (diseases) result from the various forms and locations of congestion in the body. In truth, though, if one part of the body is sick, the entire body is sick. It is simply not possible to divide such systems as the cardiovascular, immune, lymphatic and nervous systems into segments that don't influence one another in a profound way. The severity of disease is largely determined by the amount of toxins, gallstones, kidney stones, fecal matter, metabolic and cellular waste the body has accumulated.

The basic remedy for the most common diseases is to stop all unnecessary "energy leaks," clear up the blocked bile ducts of the liver, remove kidney stones/sand, clean the passages of the gastrointestinal tract and provide enough fresh air, clean water and nutrient-rich food to sustain all bodily functions, including the elimination of the daily-generated metabolic and cellular waste products. The

following list provides you with an overview of possible factors that have congesting effects on the liver, produce kidney stones, dehydrate the body and sap its energy.

- Not drinking enough water
- Drinking cold beverages, especially when the body is hot
- Overeating
- Insufficient nourishment
- Highly processed and refined foods
- Ill-combined foods
- Coffee, tea, alcohol, other stimulants
- All carbonated beverages
- Tobacco, narcotics
- Medical drugs, such as statins, steroids, antibiotics, etc.
- Irregular daily routine
- Insufficient sleep
- Watching too much television
- Exhaustion, strain, stress
- Environmental hazards
- Pollution, both indoor and outdoor
- Anger, rage, envy, greed, fear, jealousy, egotism, anxiety, etc.
- Lack of harmony and happiness
- Extreme and excessive habits
- Sedentary lifestyle
- Over-stimulation of the senses
- Injuries

Any of these or similar causes of depleting energy in body and mind cause a build-up of toxicity in the body fluids and lead to a toxicity crisis (acute illness). The crisis is necessary to mobilize the immune system, find an outlet for the toxins and return the body to a state of equilibrium or balance. If the causes remain intact, however, and continue to weaken the body even further, it is left with no other choice than to develop a continual toxicity crisis, which is known as chronic disease. The following section deals with the part of our body where toxins are most likely to be produced first – the digestive system.

CHAPTER 4

Most Diseases Start in the Digestive System



To comprehend the next, even more fundamental reasons we become weak, age or fall ill, we will need to take an in-depth look at our digestive system. The digestive system represents not only the physical “engine” of the body, but also the center of emotions and the seat of the subconscious. If you wish to understand and deal with the most influential, yet least tangible basis of a physical illness, you have to include its mental and emotional counterparts. Although the body and mind appear as separate entities with completely different purposes, they are intrinsically one and they function as one. All events on the physical level, like eating food, cell metabolism, removal of waste or exercising the body, occur at the same time on the mental and emotional planes as well. Consequently, no emotional or mental event can be kept secret from the body.

The mechanisms behind the disease process are obscure to most, even to the majority of medical practitioners. Very little is known about the origins of most chronic diseases prevalent today. You may know of the risks that can contribute to an illness you are suffering from, but how diseases manifest from its cause to its effect (symptom) remains elusive unless you begin to see the body and mind from a more holistic view. By learning how our digestive system works, and in what way it can lead to illness in the body and mind, will be of tremendous help in our journey of healing. [Whenever I am referring to disease or illness I actually mean "toxicity crisis"] To provide you with a clearer and more comprehensive picture of the disease process, I have included some of the basic insights of *Ayurvedic Medicine* which is the most ancient and complete system of natural health care. Once you know how to “create” illness, you will also know how to reverse it. Such is the purpose of this chapter.

AGNI – The “General” Of Digestion

Whenever food enters your mouth and touches the taste buds located on the surface of your tongue, your salivary glands begin secreting saliva. Saliva is needed to lubricate the food and to pre-digest cooked starches. At the same time, your pancreas and small intestine receive instructions to prepare for the release of the appropriate kinds and amounts of digestive enzymes and minerals required to help break down the food into the smallest nutrient components.

The first most common cause of digestive trouble is swallowing food too quickly. This eating habit indicates anxiety, impatience and nervousness. Eating too quickly reduces saliva production in the mouth cavity, which is a major cause of tooth decay. One of the functions of saliva is to keep the mouth and teeth free from harmful substances and microbes.

There are other reasons why chewing food properly is actually essential for our wellbeing. According to fascinating research conducted at the Gifu University in Japan, chewing could actually improve memory by reducing the release of stress hormones. Magnetic resonance imaging (MRI) has demonstrated that the hippocampus, which helps control blood levels of stress hormones, is stimulated by the act of chewing. As a result, the simple act of chewing properly lowers both stress and stress hormones. So chewing your food well can actually reduce anxiety levels.

The Japanese researchers also found that when teeth were missing or in a state of disrepair, older people tended to chew less. Subsequently, this led to increased stress hormone levels. The conclusion from this study is that good dental health and the ability to chew properly appear to be important factors in preserving our memory as we age and in protecting ourselves against the harmful effects of stress.

After passing through the esophagus, the food enters the stomach and mixes with gastric juices. Gastric juice is composed of hydrochloric acid, enzymes, mineral salts, mucus and water. The action of the acid kills most of the harmful microbes and parasites that are naturally present in fresh produce, meat, fish, dairy products and other foods. The hydrochloric acid also breaks down some of the noxious substances that may accompany the food. Special enzymes begin to act upon proteins that may be present in the food. Once saturated with enough acid, the food is forced in small jets into the duodenum.

The duodenum is the portion of the small intestine just beyond the stomach. The first part is called the cap because on x-ray it looks a bit like a cap. Thereafter, the duodenum makes a C-turn going from the right to the left side of the abdomen. There is an opening in the duodenum connecting with the bile and pancreatic duct. It is through this opening – *the ampulla of Vater* – that pancreatic and bile juices enter the intestine where they are necessary for normal digestion. The pancreatic juices contain digestive enzymes, minerals and water to help break down starches. The bile which is squeezed into duodenum via the common bile duct aids in the digestion of fats and protein foods. The duodenum participates in this very important step of the digestive process by releasing specific hormones and digestive juices. Ayurveda calls the entire activity that takes place in this part of the digestive system *AGNI* or, "digestive fire." *AGNI* “cooks” the food further in order to make its nutrients available for the cells and tissues at a later stage (see illustration 3).

The small intestine has a total length of approximately 6 meters (18 feet). It is responsible for absorption of nutrients, salt, and water. On average, approximately 9 liters of fluid enters the jejunum (upper part of the small intestine) each day, a major portion of which are secreted digestive fluids. The small intestine absorbs approximately 7 liters, leaving only 1.5 to 2 liters to move on to the large intestine. The absorptive function of the small intestine is brought about by an intricate array of cells within its lining (intestinal folds and villi) that will absorb and secrete salts and nutrients as well as water in order to

maintain normal salt and water balance within the body. In a healthy person the absorptive function is so efficient that with a normal diet over 95% of ingested carbohydrates and proteins are absorbed.

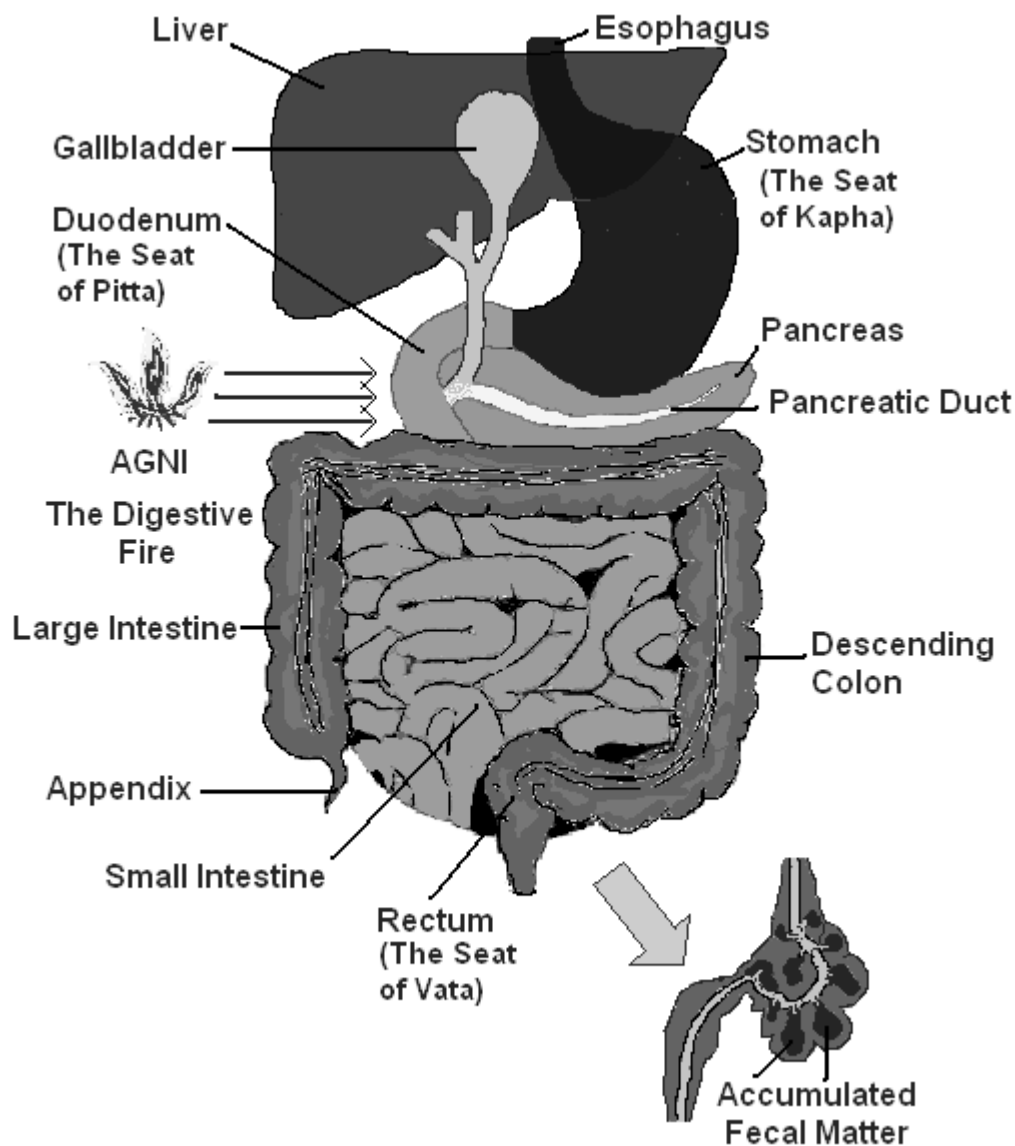


Illustration 3: The Digestive System

Specific regions of the small intestine are adapted to perform specific functions. For example, the duodenum plays an important role in coordinating how the stomach empties and at what rate bile needs to be secreted into the intestine to optimize the digestive process. The duodenum is also a major site for absorption of iron. The jejunum is a major site for absorption of the vitamin folic acid, and the end of the ileum (lower part of the intestine) is the most important site for absorption of vitamin B₁₂ and bile salts. The blood takes up all the nutrients and moves them to the liver for further processing.

The ingested food can only be broken down into its basic nutrient components and made available for the basic metabolic processes in the body if AGNI, the digestive fire, is strong. AGNI is fueled by bile,

without which none of the other digestive juices would be sufficiently effective to break down food into its nutrient components. Bile is alkaline. When food that is saturated with hydrochloric acid enters the small intestine, it first needs to be mixed with bile before digestive enzymes can act on the food. An intestinal pH-value of high acidity would block enzyme secretion and become a major stumbling block for proper digestion of food. And in order for them to become activated, pancreatic enzymes must combine with bile before passing through the *ampulla of Vater*. To allow for that, the common bile duct and the pancreatic duct merge together before leading into the duodenum. When bile secretion in the liver is unimpeded by stones in the gallbladder and bile ducts of the liver, good digestion is almost guaranteed, provided food is fresh and wholesome.

The combination of a nutritious diet and a strong AGNI is the ideal partnership to make sufficient amounts of amino acids, fatty acids, minerals, vitamins, glucose, fructose, trace elements, etc., available throughout the body. This, in turn, produces healthy blood, vital tissues and a youthful body. The quality of the blood and the tissues of the body, including those that make up the skin, mostly reflect the condition of the liver and small intestine.

Toxic Body, Toxic Mind

If AGNI is depleted due to various reasons, which are explained below, even the most wholesome of foods can become harmful for the body. Much of the ingested food will remain undigested. In that form, it is not able to pass through the intestinal walls into the bloodstream. The food becomes a target for destructive bacteria and starts fermenting and putrifying. These bacteria produce toxins and gases that can be strongly irritating to the intestinal lining. Since less and less food is absorbed and utilized in the body, more and more waste is generated, increasingly congesting the gastrointestinal tract. At this stage, food starts turning into poison. Today, one third of the Western civilization is diagnosed as suffering from intestinal problems, yet the real figure is much higher. It is estimated that over two thirds are afflicted with all kinds of intestinal trouble.

The small intestine, having the diameter of a large toe, is the most hidden organ in the body and has no direct contact with the outside world. The mental counterpart of this “unseen” part of our body is what we may refer to as the seat of the “unconscious.” Its stored memories and hidden beliefs exert a strong influence over our thoughts, emotions, desires and behavior. It is not surprising that traditional medicine considers the origin of Irritable Bowel Syndrome, which is the general term used for most intestinal diseases, to be psychosomatic, i.e., caused by the mind. In other words, if you feel frequently upset, angry, worried or simply unhappy, you are not only prone to suffering from “mental indigestion” but also from physical indigestion. Imbalances of the small intestines are characterized by holding on to things in our insides, regardless whether these relate to undigested food or unresolved problems. Nothing from the outside has direct access to this most hidden part of the body.

The cerebral cortex of the brain, which controls thought, is intimately connected with the digestive process. Hence, not only foods, but also thoughts need to be properly “digested” or processed in order to become useful for us, and to not cause us any harm. Undigested thoughts have a poisonous effect on the body as a whole and, particularly, on the digestive system. Fear, anger, shock, trauma, anxiety, etc., may be locked up in the cellular memory of the intestines for a long time and without any obvious indications of their presence. Once they have reached a certain point of concentration they may suddenly erupt and alter one’s personality in a negative sense.

The mind/body connection also works in the reversed order. When you eat highly processed, refined and denatured foods and/or when you eat while your AGNI is low, you begin to accumulate toxic waste in your intestines. The presence of toxins in the intestinal tract may give rise to nervousness, hypertension, nervous laughter or an emotionally volatile condition. As a generalization it can be said that toxins in the intestines are the physical counterparts of negative thoughts. Through the mind/body connection, negative thoughts and feelings translate into poisons and vice versa. Normally, the immune system, two thirds of which are located in the intestines, takes care of both physical toxins and mental toxins (negative thoughts and feelings). The immune system acts as both our physical and mental healing system. However, the immune system can easily become overtaxed by overexposing it to non-nutritious foods and negative thoughts (often called stress). This may make someone susceptible to disease, ranging from a simple cold to cancer.

The “Useless” Appendix and Its Amazing Role

In a general sense, those parts of the immune system and lymphatic system that are located in the intestinal tract help to detoxify anything harmful that may come along with the food you eat. Through highly sophisticated processes, these systems are able to separate useful nutrients from unusable waste matter. Some potentially harmful waste products or natural food toxins enter the lymphatic ducts for detoxification and elimination. Most of the nutrient elements are passed through the walls of the small intestine into the blood stream which carries them to the liver for further processing, distribution, and cell metabolism. There are other more specific nutrients, though, that can only be absorbed through the walls of the large intestine. These nutrients are meant for nourishing and maintaining the nervous system. Any nutrients, minerals, water and waste products that are not removed by the small intestines now enter the ascending colon, just above the appendix.

In traditional Indian and Chinese medicine, the appendix plays a vitally important role. It breeds large quantities of friendly, probiotic bacteria and supplies them to the colon and other parts of the gut in order to neutralize any harmful substances. The strategic location of the appendix allows these useful microorganisms to blend with the still fluid fecal matter as it begins its passage through the large intestine. There are more than 400 strands of beneficial bacteria living in the human gastrointestinal tract. By attaching themselves to the lining of the gut, they can elbow out troublesome bacteria, such as *Candida Albicans*. Balanced populations of the friendly, probiotic bacteria in the gut effectively prevent vaginal and urinary tract infections. They also discourage tumors, particularly cancerous growths in the colon, either by emitting protective chemicals or by inhibiting production of compounds that nurture cancers. A diminished population, as caused for example by antibiotics, alcohol or junk foods, has been shown to lead to an overactive immune system and, thereby, cause asthma, allergies and eczema.

For all practical purposes, and supported by the cleansing action of the bile from the liver, the appendix's job is to keep the colon “neat and clean.” If large quantities of undigested and decomposed foods reach this part of the intestines, congestion occurs. The intestinal congestion is followed by microbial infestation (destructive bacteria), which can lead to thickening of the protective mucus membrane and ulceration of the intestinal wall. If microbial growth increases further, the appendix may become inflamed and even burst, and undermine proper performance of the colon (illustration 4).

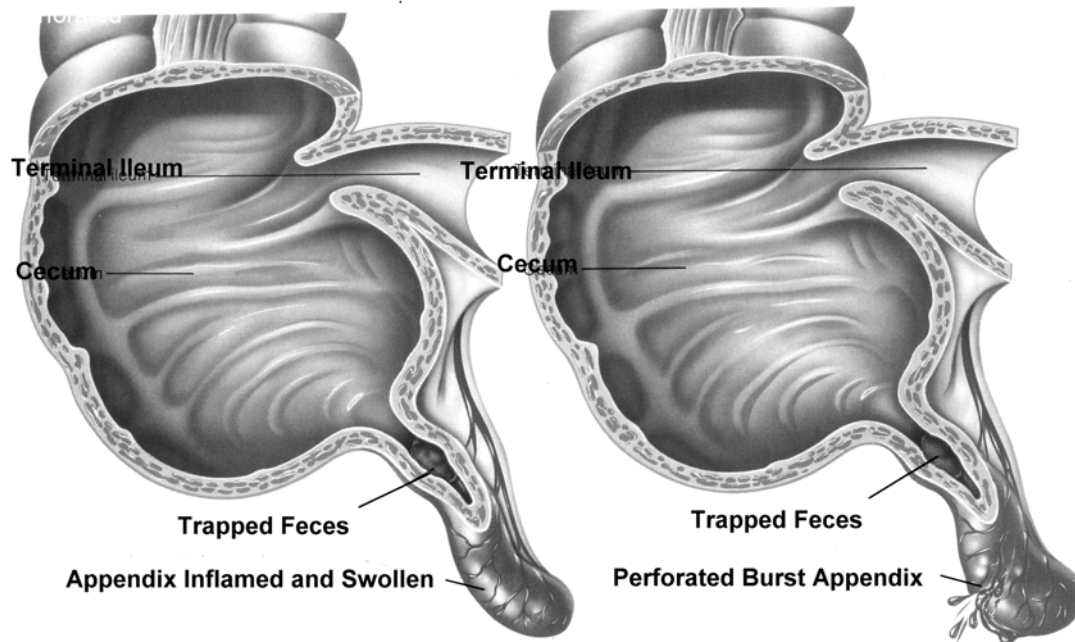


Illustration 4: Inflamed and Burst Appendix

Under normal conditions, through a powerful wave called *peristalsis*, fecal matter is forced into the ascending side of the colon and then passes via the transverse and descending colon into the rectum for excretion. Once it has reached the rectum, the feces stretch the nerve endings in the rectum walls and cause a reflex urge for a bowel movement.

The whole digestive and eliminative process – from the ingestion of food to the bowel movement – should take approximately 20-24 hours, depending on the types of food eaten and also on the time of day when the food is consumed (see the following chapters for details). However, in the majority of the population the passage of food through the intestinal tract takes much longer than is healthy. I have had numerous patients who reportedly had a bowel movement only once every 2-5 days. In extreme cases, there was only one movement per week or 10 days. On the other hand, many people have bowel movements 3-4 times per day, and in some extreme cases, there may be up to 16 evacuations; these individuals cannot keep the food in the body longer than from 3 to 12 hours. Since most of the ingested food is not digested properly, it decomposes through the help of destructive bacteria. Consequently, waste eliminations are far too excessive and frequent.

Having regular bowel movements once or twice a day by itself does not necessarily indicate good digestion either. The following are descriptions of the main problems that arise from poor digestion and inadequate elimination.

Internal Pollution

The following foods or products have a strongly irritating effect on the protective mucus lining present throughout the alimentary tract, from the mouth to the anus: Devitalized, processed, refined, microwave-cooked, canned and such highly acid-forming foods as meat, fish, poultry, eggs, cheese, refined sugar, table salt, chocolate, candy, commercial fruit juices, coffee, alcohol, carbonated beverages, hallucinogenic

and pharmaceutical drugs, etc. As these foods or beverages pass through the digestive system, parts of them undergo chemical transformations, known as fermentation and putrefaction. While acting on these ingested things, the naturally present destructive microorganisms produce toxic substances that may injure the intestinal lining which, acting as an internal skin, is designed to protect the blood from becoming poisoned.

Regular exposure of our “internal skin” to such acidifying and irritating components as the phosphoric acid and other chemical additives contained in colas, for example, can lead to suppurating wounds and perforation of the intestinal walls. I often see this type of damage as tissue erosion when I examine the iris (iridology) of regular soft drink consumers. As a natural side-effect of repairing such internal wounds, pus is formed. Pus is decayed cell-matter containing plenty of bacterial organisms. Toxins released by the bacteria or fungus may cause further tissue damage and lead to poor organ function. These toxins also trigger a vigorous inflammatory response from the body, which can cause pain and obstruction, as commonly found in *Crohn’s disease* and *ulcerative colitis*. If removal of the pus from the wound is obstructed, it may turn septic and seep into the bloodstream, causing septic shock and, possibly, death.

Blaming bacteria for causing an infection reflects great ignorance about the workings of natural processes both in the body and in the environment. Infection is not caused by bacteria, but by the presence of harmful substances and the resulting cell damage that attracts them.

The so-called *deadly* bacteria, which are involved in the most serious infections, can be found almost everywhere. They live on your hands, lips, hair, cups, cutlery, door handles, toilet bowls, etc. These germs are totally harmless for us unless unhealthy habits or suppression of the symptoms of disease turns them into deadly weapons. Immunization serums, for example, contain highly toxic substances that are meant to heighten your immune response. But instead, the ever-present deadly bacteria in our environment may mingle with the serum and cause such side effects as shock, convulsions, brain damage and death. The bacteria are totally innocent unless they are given something spoiled to “eat.” Dogs and cats lick them from their wounds and once in contact with their mouth and stomach secretions, they are digested and rendered harmless. We are also equipped with more weapons than we normally need to effectively deal with any kind of deadly bacteria. Healthy people kill off all bacteria and parasites before they even have a remote chance to do them any harm.

But the story is very different when waste products from undigested food linger in the intestinal tract longer than necessary, sometimes as long as weeks, months and years. Food that is eaten either too quickly, in between meals, late at night, or wrongly combined, lowers AGNI, the digestive fire. Anger and fear also lower AGNI. The deadly microbes, normally neutralized and kept in check by the probiotic bacteria and the immune system in the gut, are given the green light to spread freely throughout the digestive tract. After having found a fertile breeding ground in the waste deposits plastering the intestinal walls, the harmful bacteria vastly increase in population in order to deal with the waste. While attacking the waste, these microbes produce large amounts of toxins. They literally turn everything they find into poison. Among the poisons generated are “cadaverine”³ and “putrescine.”⁴ These result from putrefying proteins, the same as those produced from decomposing cadavers.

³ A colorless, viscous, toxic ptomaine, $C_5H_{14}N_2$, having an offensive odor, formed by the action of bacilli on meat, fish, and other protein, including breakdown of living and dead organisms.

⁴ An organic chemical compound $NH_2(CH_2)_4NH_2$ (1,4-diaminobutane or butanediamine) formed by and having the smell of rotting flesh. Other foul-smelling chemical compounds include *methyl mercaptan* and *butyric acid*.

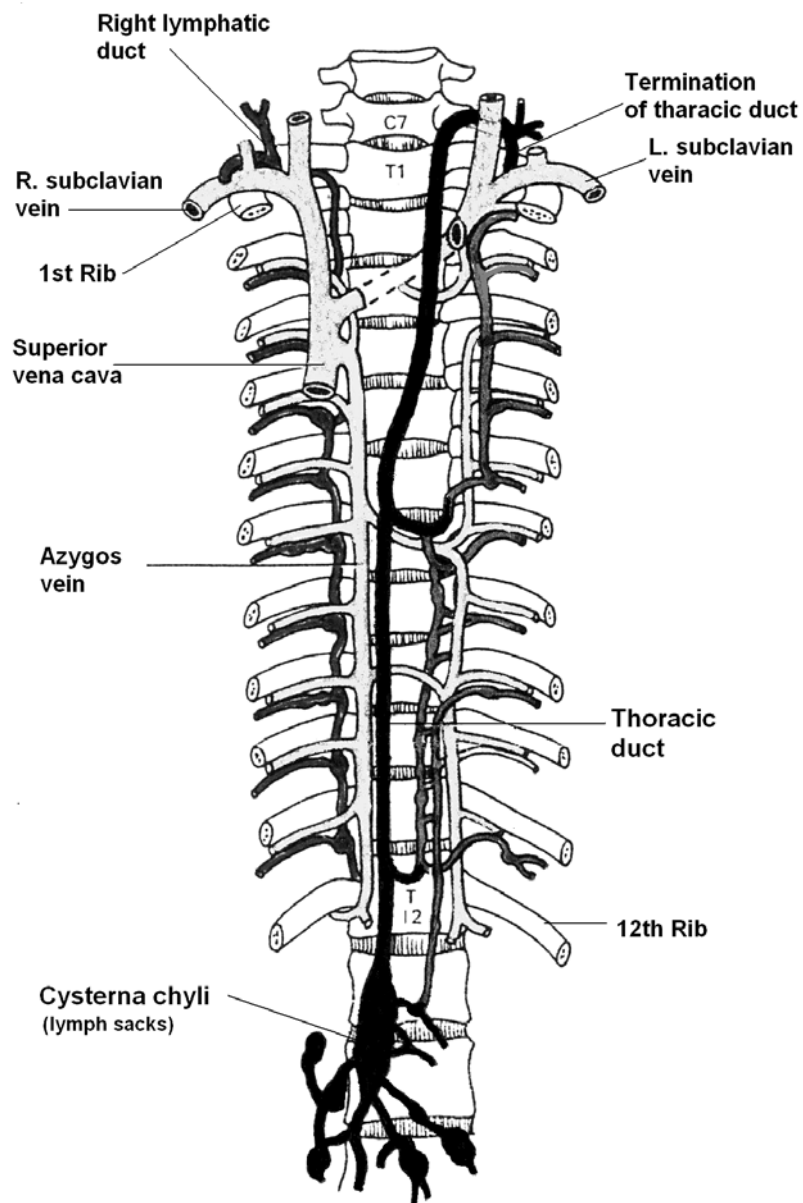


Illustration 5: The Body's Largest Lymphatic vessels

The release of these toxins prompts the intestinal lining and intestinal lymph system, that harbor most of the body's immune cells, to absorb and neutralize them (the toxins). Yet the constant influx of toxins eventually becomes overwhelming, which causes lymph edemas to occur, especially in the *cisterna chyli* vessels and *thoracic duct* (illustration 5). The obstructed lymph flow leads to swelling of the abdomen and subsequent lymphatic congestion in other parts of the body.

The swelling or inflammation of the intestinal lining and intestinal lymph is an emergency measure the body takes to prevent the absorption of toxins into the bloodstream. If these poisons made their way into the blood stream, it could endanger a person's life (septic shock).

By desperately trying to prevent the blood from being poisoned, the body begins to harden the afflicted tissue. This is the first stage of ulcerative processes. If the unhealthy habits are continued, more and more layers of hardened mucus are added, forming a thick crust around the troubled area. This creates further rigidity of the intestinal tract, which in turn begins to obstruct blood circulation in the intestinal wall and slow down intestinal motion (peristalsis). Consequently, the food tends to remain longer in the body than it normally would. In due time, the food begins to decompose, produce smelly gases and lose moisture. This turns it into a sticky mass, which may become dry and hard. If large numbers of bacteria invades this mass, diarrhea may result. First, there may be alternating constipation and diarrhea and if the condition persists, more frequent bowel movements and chronic diarrhea may occur.

Should We Kill Intestinal Parasites?

First, you can never completely live without parasites. We ingest them with our food, water or other sources. Some always survive the assault by gastric juices. However, they have no real interest in doing business in a healthy, clean intestinal tract, because they would simply not be able to survive there in the long-term. Parasites proliferate only in filthy, polluted environments.

Poor digestion is the main cause of parasitic infection, not the other way round. For every parasite you try to kill, you will have another one to deal with the following day. Parasites can multiply as quickly as you can think thoughts. Why would you want to kill them and then have the burden of eliminating billions of dead corpses (parasites/bacteria), many of which are trapped in the waste that feeds them? A large number of the dead corpses end up in the lymphatic system and blood. The liver, unable to filter and remove them via the bile ducts (due to intrahepatic stones) becomes further congested., resulting in an increased need to trap the parasites in the bile. Parasites entering bile is a major of cause of stone formation.

A better solution, although not quite as fast as killing them, is to improve digestive functions through a combination of liver/colon cleansing and adjustment of diet/lifestyle. This will help the body's immune system to take care of this problem step-by step, not all at once. The assault on parasites can backfire and lead to recurring parasitic infections. Killing bacteria through use of antibiotics is not any different. Suddenly, there is a massive amount of dead bacteria flooding the body, which merely sets the stage for a repeat infection and lots of harmful side-effects. Dead bacteria become food for other bacteria. That is one of the reasons antibiotics are a major indirect cause of infection and numerous degenerative diseases (see more details in Chapter 16).

There are some extreme cases where killing parasites is advisable to save, or prolong, a person's life (if that is desirable). Such individuals suffer from a near total impairment of immune functions and inability to cleanse the liver/colon complex. It is also helpful for those who have very large, snake-sized worms in their intestinal tract. However, the average person is better off working with the body and through the body.

AMA – The Main Cause of Congestion in the Body

In an unhealthy intestinal tract, mucus, toxins and fecal matter combine to create what Ayurveda calls *AMA* or *mucoïd fecal matter*. The intestines begin to lose their natural shape as they are trying to accommodate the extra waste (illustration 6). Left with no other choice, they create protrusions that are filled with layers of obstructive *AMA*.

AMA is a breeding ground for parasites and microbes, as well as cancer cells. The intestinal immune system tries to destroy as much of the destructive material as possible but it eventually succumbs to the overload of toxins. This occurs when septic poison starts seeping into the blood stream. Appendicitis, diverticulitis, colitis, colon strictures, hernias, Crohn's disease, amoebic dysentery and tumor formations are but a few symptoms directly related to the build-up and absorption of poisonous waste products in the intestines (illustrations 7a-c)

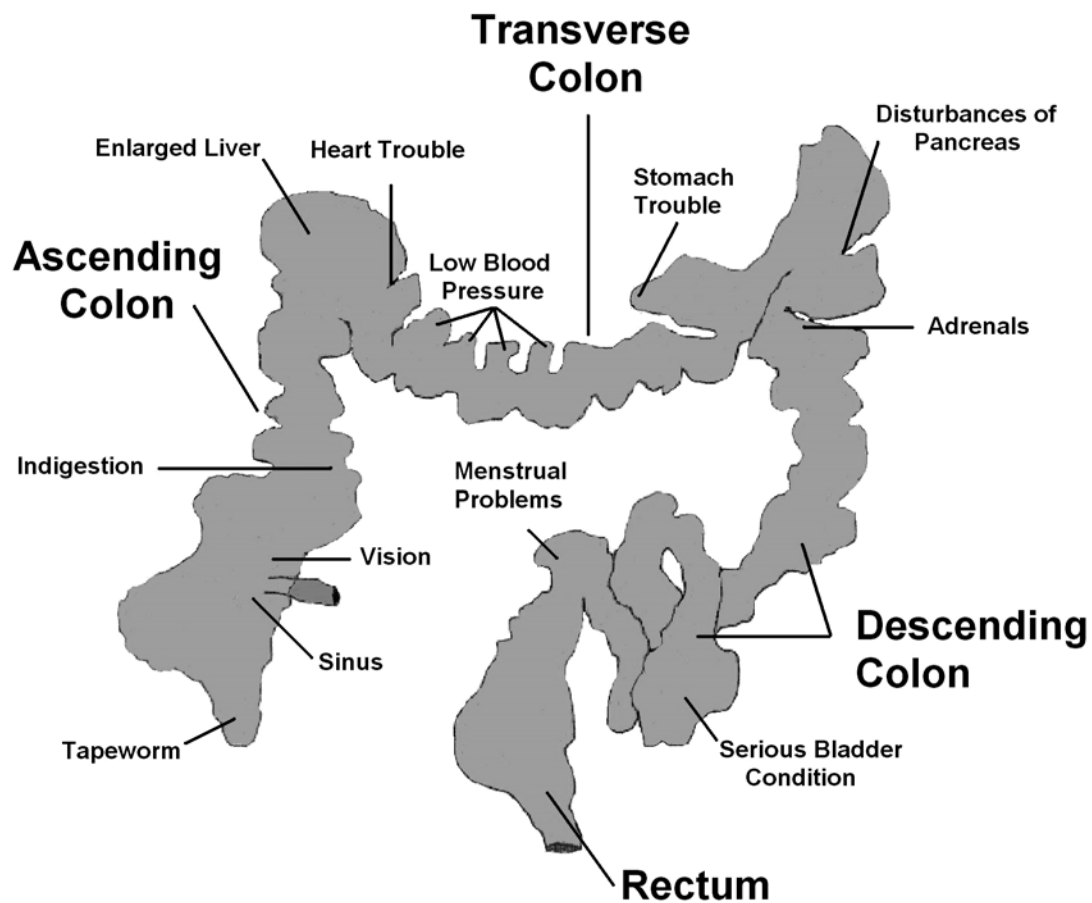


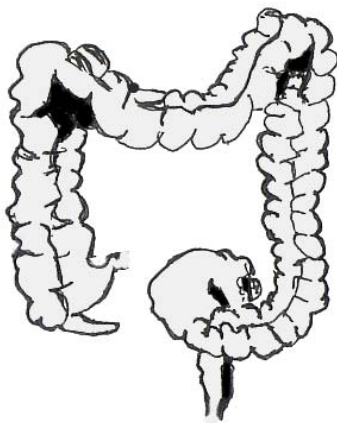
Illustration 6: Abnormally shaped colon

Consequences of an Overloaded Colon

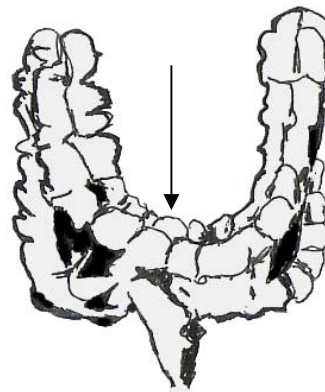
The structural changes that the intestines must undergo to accommodate the mass of waste are truly extraordinary. One particular autopsy revealed a colon of 23cm in diameter, filled with layer upon layer of encrusted old, undigested food intermixed with hardened mucus, leaving less than 1cm in diameter for passing stool (illustration 8).

There are an ever-increasing number of men and women who have gathered over 40 pounds of such waste material in the colon alone. Such a condition can be recognized in an enormously extended waistline. In the United States, 65% of the population is overweight or obese. Weight problems usually occur first in the colon, and then in the other parts of the body. The waste accumulation may lead to a *prolapsed transverse colon* (illustration 7a), which in turn puts a great deal of pressure on the organs of the lower abdomen, including the urinary bladder, prostate or female organs. As a result, these organs may become dislocated, which causes them further structural and functional damage.

Waste deposits attract a lot of destructive bacteria which produce toxins as a by-product of their waste-decomposing activity. As these toxins start seeping through the colon walls into the blood, lymph and surrounding organs, more serious complications than just “waste gain” begin to arise. Migraines, premenstrual tension, abdominal cramps, ovarian, cysts, emotional instability, sexual problems, kidney and bladder infections, reduced mental abilities, as well as cancer, are but a few complications related to an overloaded colon. In fact, there is practically no chronic illness that isn’t linked with impaired colon functions. There are major neural reflex points situated on the bowel, which closely connect this organ with every part of the body (illustration 9). To whichever part of the colon AMA becomes attached, its corresponding part in the body becomes afflicted with symptoms of discomfort and disease.

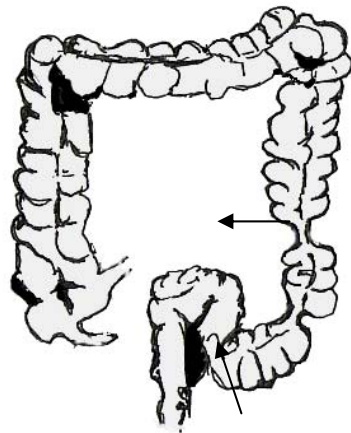


Normal Colon

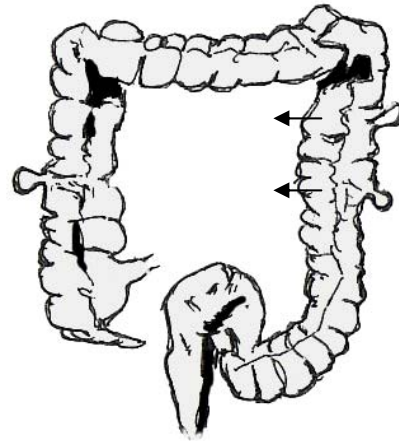


Prolapsed Transverse Colon

Illustration 7a: Abnormal conditions of the colon

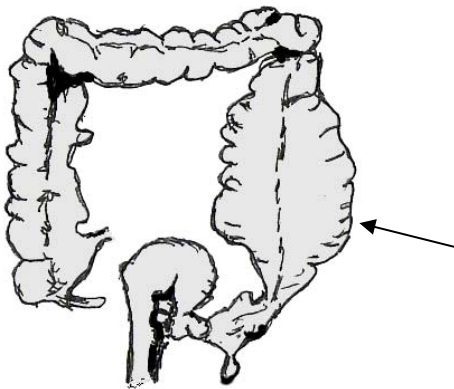


Strictures



Diverticula

Illustration 7b: Abnormal conditions of the colon



Colitis



Ballooned Sigmoid Colon

Illustration 7c: Abnormal conditions of the colon

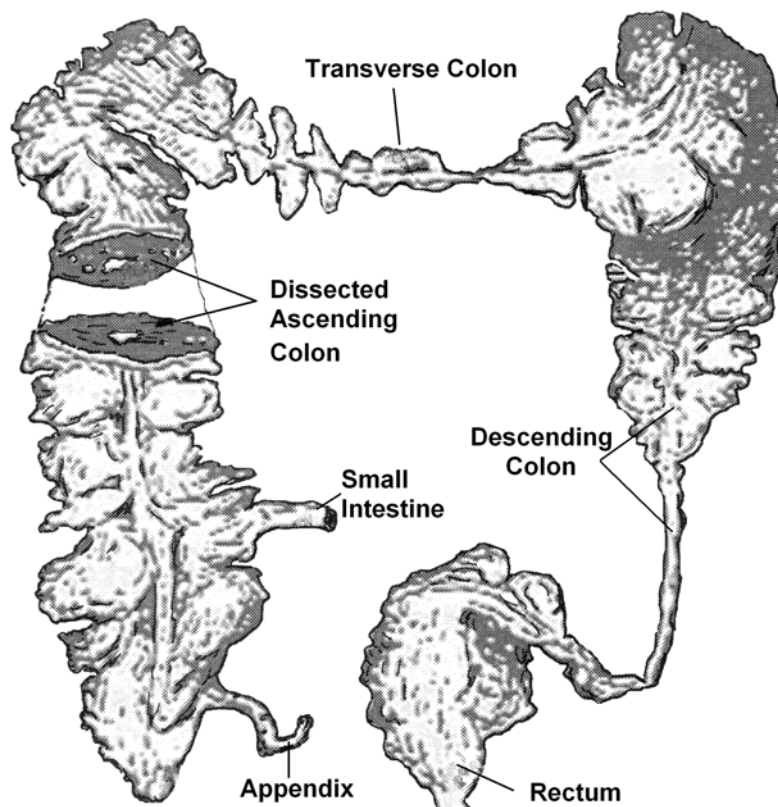


Illustration 8: X-ray of an overloaded colon

For example, if the middle part of your transverse colon is chronically congested and weakened, you are likely to develop sinusitis. If someone has accumulated toxic waste in the bent area of his ascending/transverse colon, the functions of his right lung are subdued. When this same part of the bowel becomes constricted or spastic, the shoulders become rounded, the sex impulse diminishes and migraines may occur. Many people, women in particular, suffer from migraines without ever realizing where they come from. When irritating substances are present in the nearby area of the *medulla-colon reflex point*, nerve impulses pass to the *medulla oblongata* at the base of the head, stimulating its vital centers. One of the centers controls constriction and dilation of blood vessels. Initial pain causes constriction of blood vessels, whereas severe pain causes blood vessel dilation, a fall in blood pressure and fainting. This results in poor circulation, especially in the hands and feet. Up to 80% of women in the Industrialized World suffer from mild or severe forms of migraine.

A note for migraine sufferers: A new study shows that patients who suffer from chronic migraine headaches may find great relief from butterbur or the butterbur root extract Petadolex. The study was conducted in nine clinics in the U.S. and Germany, and coordinated by researchers at the Albert Einstein College of Medicine in New York. According to the study report, among the subjects who took 75 mg of this herbal product per day for four months there was a 50 percent or greater reduction in the frequency of migraine attacks. The only side-effect reported was an occasional burping. Other earlier German studies confirm this finding. Petadolex can be purchased through many Internet sources.

There is also research to show how riboflavin reduces migraine frequency. Natural foods that contain good amounts of riboflavin include leafy green vegetables, avocado, grains, etc. Alcohol consumption and oral contraceptives tend to cause riboflavin deficiency.

Ionic magnesium (see ionic minerals in Product Information), has also shown to be of great benefit. Since these nutrients need to be absorbed by the digestive tract, having a clogged colon can lead to deficiencies. Supplementing these nutrients while cleansing the intestinal tract can effectively reduce or eliminate the cause of migraines.

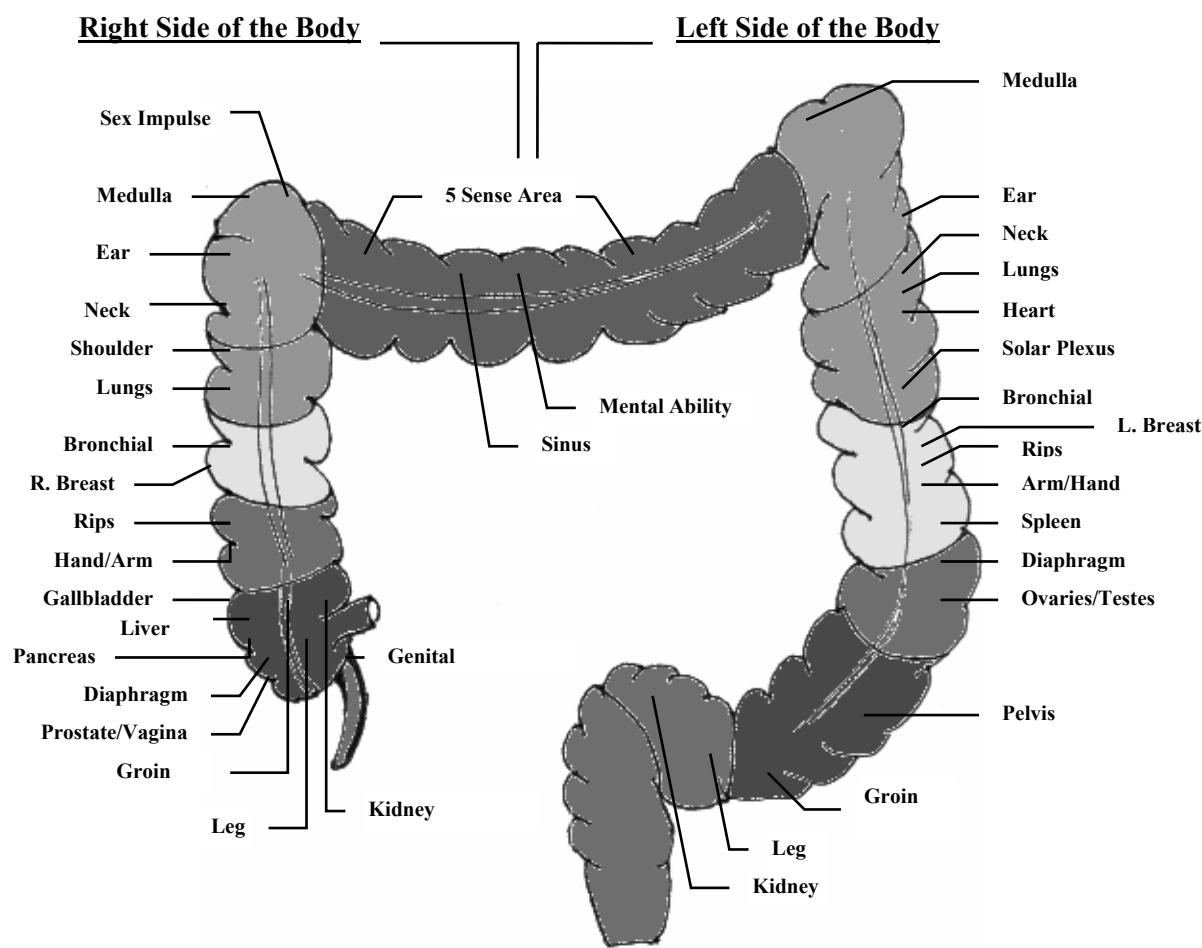


Illustration 9: Bowel Reflex Points

Other vital centers of the *medulla* include the *Cardiac center* which controls the rate and force of cardiac contraction; the *Respiratory center* which controls rate and depth of respiration; and the *Reflex center* which initiates the reflex actions of vomiting, coughing and sneezing. Congestion of the colon can lead to disorders in any of these vital areas.

If toxic waste is collected underneath the lung reflex point in the first part of the descending colon, heart problems may begin to occur. Accumulation of toxic waste in the lower part of the ascending colon

irritates the reflex points of the liver and gallbladder, and can lead to contraction of the bile ducts and the formation of gallstones.

A stiff neck on the right side indicates that the movement of fecal matter in the ascending colon is very sluggish, leading to toxic overload and irritation of the bowel. Stiffness on the left side of the neck shows that you suffer from a similar problem in the descending colon. If you also experience stiffness or pain in the top parts of the left and right shoulder, it shows that your transverse colon is affected, too. A thorough colon cleanse can rectify the situation and bring relief to these areas (see colon cleanse procedures in Chapter 7).

The Spreading of Symptoms

Through excessive stimulation or irritation of the *bowel neural reflex points*, symptoms of discomfort and disease start spreading to other parts of the body, and intestinal toxins begin seeping into the blood stream. As a result, other organs of elimination and detoxification, such as the liver, kidneys, skin, lungs, and the lymphatic system, may now also become congested and overtaxed, which causes further debilitation and weakness.

The blood and lymph fluids are meant to eliminate the body's own "natural" waste products, generated through the constant metabolic activity of 60 trillion cells and the daily turnover of more than 30 billion cells. To break down, detoxify and remove such an astronomical number of old, worn-out cells every day is an enormous feat the body is challenged to perform without ever getting a break. But when the intestinal tract is increasingly congested and harmful waste begins to overload the eliminative organs, the body is left with no other choice but to develop a toxicity crisis to save itself.

The liver is the first organ that receives the flood of toxins from the intestines. When exposed to these toxins, the bile flora, which consists of beneficial bacteria, begins to alter and intrahepatic stones are formed in the bile ducts. The stones trap the toxins to prevent them from doing further harm. But the stones hinder bile secretions and subsequently render AGNI, the digestive power, weak and inefficient.

Now, the vicious cycle is closed. Low AGNI leads to further intestinal congestion and ever-increasing toxicity in the liver. Since the liver is the body's primary blood-detoxifying organ, its ducts providing the outlets for toxins, waste products, bacteria, viruses, chemicals, etc., are blocked by stones. Hence these substances remain in the blood, thereby forcing some of them to accumulate in the connective tissues of organs and systems in the body, including the brain and nervous system. It is not difficult to imagine that this will not only weaken and prematurely age these organs and systems, but eventually cause them to be chronically diseased or even fail.

Medical intervention, which usually doesn't include any cleansing procedures, can greatly interfere with the body's waste-eliminating efforts. Pain-reducing medication often leads to further pain and even death. The "alleviation" of the cough in pneumonia through drugs can be fatal, too. Removing a gallbladder that is filled with gallstones does not resolve the problem because the major bile ducts of the liver remain blocked. Is it at all surprising that medical intervention is not very successful in the treatment of chronic diseases? The reputable medical journal *New Scientist* announced on the cover page of one of its more recent issues that 80 percent of the medical procedures used today have never been properly tested. Nobody really knows what effects they really have on the patients. There are so many factors contributing to disease that cannot be treated away simply by taking a few drugs or having surgery (more about this in Chapter 16 *What Doctors Should Tell You*).

Moreover, the stress, tension and exertion that are so often an integral part of man's incessant drive for success, money and power, can deplete the vital energy of the body and lower the effectiveness of all the organs and cells to such a degree that they begin to suffocate in their own waste. Added to this dilemma, external influences such as drastic weather conditions, a change of season, traveling to other countries, mid-life transition, etc., can sap the remaining energy in the body in its constant effort to adapt to these changes. When under emotional duress, all of these factors combined may suddenly become a trigger for a health crisis. It is for these or similar reasons that so many people have respiratory trouble in polluted cities during the summer periods or catch colds during the change of seasons. They may be suffering from low physical energy and a depleted immune system long before they actually fall ill.

Once the cells and tissues in the body are no longer supplied with adequate nourishment, water and oxygen, the aging process accelerates very rapidly. Cancer and all other forms of continuous toxicity are, in most cases, a culmination of many years of overuse or "under use" of body, mind and senses, as well as an incomplete elimination of waste matter from the body. What we need most in today's health care is a balanced lifestyle that helps maintain the vital energy of the body on a continual basis. Vital energy is made available throughout the body by *Vata* – the principal power of movement in the body.

***Vata* – The Power of Movement**

Ayurvedic medicine has always had a very thorough understanding of the human body and its intricate functions. Thousands of years ago, Ayurveda proclaimed that the main cause of ill health and premature death is located in the bowel. The Ancient Healers considered the large intestine to be an extremely important part of the body due to its vital roles, that is, synthesis and absorption of essential nutrients for the nervous system, and elimination of waste matter. When you think of it, without the internal motion (*Vata*) of fluids, waste and nutrients, the body would be dead.

Vata translates as "air" or movement and as such is present throughout the body. Think of your body as a network of different canals, tubes or vessels through which it transports food, air, water, blood, lymph and waste. The nervous system, circulatory system, lymphatic system, digestive tract, bronchi and lungs, hormonal pathways and cellular ducts are all part of this enormously complex network, sustained by the movement and power of *Vata*. Diminished or excessive motion in the body makes it ill, whereas balanced motion keeps it healthy and strong. So you can easily imagine that the most commonly found symptoms of "dis-ease," such as pain, nervousness or fatigue, naturally start occurring when the movement of *Vata* is either excessive, as in hyperactivity and hypertension, or slows down and comes to a halt, as in constipation or bile duct blockage. Congestion of coronary arteries, blood vessel walls, lymph nodes, urinary ducts, prostate gland, uterus, sinuses, thyroid gland, etc., is behind the disturbed *Vata* activity and is responsible for the hundreds of diseases that conventional medicine tries to treat away with drugs or medicine, but without giving due attention to what causes the congestion.

Vata, which is one of the three principle forces (*doshas*) that control all the functions in the body, is especially and most directly in charge of proper bowel activity. *Vata*'s primary seat is in the colon. If the large intestine is clear of obstructions, *Vata* is able to perform its important activities throughout the rest of the body. This guarantees that all the systems function at their best. On the other hand, a build-up of fecal matter and hardened layers of mucus (*AMA*) in the large intestine drastically slows down *Vata*'s eliminative functions in the colon, and also in the rest of the body. Similarly, the accumulation of gallstones in the liver and gallbladder hinder *Vata*'s transportation of bile and thus impairs *AGNI*, the digestive fire. Congestion in both of these important parts of the body directly and indirectly increase the

retention of harmful substances in the intestinal tract. Consequently, healthy cells making up the intestinal tract no longer have enough “space” to breathe. Cut off from their life support system, many of them simply die off and are replaced with residues of toxic, undigested food. In more severe cases, cancer develops.

Solving the Mystery of Back Problems

The accumulation of intestinal waste also affects the normally very strong muscles of the ascending, transverse, and descending colon. One of their functions is to assist the body in maintaining a normal body posture. Insufficient blood and nutrient supply to the muscle cells that make up the large intestine causes them to become loose and weak. A prolapsed transverse colon as shown in illustration 7a is already enough to significantly distort one's posture. The spinal column is forced to cave in and help the rest of the body adapt to the collapsing structures of the colon.

The main sections of the gastro-intestinal tract are affixed to the spinal column. So when the large intestine, for example, is forced to accommodate extra amounts of waste material other than the daily normal amount, the lower spine may be pulled forward by the weight of this load (see illustration 10). Since the resulting distortion of the spinal curvature puts an unequal distribution of body weight onto the spine, there are several stress points generated, particularly in the area of the spine that lies closest to the rectum. It is at these stress points that the body weight is concentrated most. This can lead to major lower back problems. The abnormal change of curvature in the lower back (see gentleman's posture before he underwent intestinal cleansing) also forces the upper back and neck areas to undergo major abnormal displacements. In many cases, the neck is found to be curving forward, and the head is no longer sitting on the shoulders. These conditions are felt as chronic pain in the neck and shoulders. Please note that after intestinal cleansing, this man's body posture returned to normal.

Physical movement becomes increasingly difficult once the spinal structure has been altered in this way. Consequently, lifting heavy objects or bending to the floor can cause muscle spasms and back pain for days and weeks, and even dislocate discs. In many cases, the enlarged colon puts pressure on kidneys and the urinary ducts (ureters) and displaces them. This may lead to retention of irritating and inflammation-causing urinary deposits, which is the main cause of the excruciating pain in the lower back that plague so many millions of people. Prostrate health and sexual performance may also be affected.

Another very common cause of back problems is gallstone formation in the liver and gallbladder. AGNI, the digestive fire, is fueled by bile. A person who accumulates toxic waste in the colon is also most likely to have stones in the liver and gallbladder. The two disorders go hand in hand. As the gallstones grow in size and number, the liver and gallbladder become enlarged and exert increasing pressure on the surrounding organs and parts of the body. The liver spans almost the entire width of the body. When this already large organ becomes even more enlarged, it restricts the movement of the diaphragm and reduces the breathing capacity of the lungs. The restricted breathing forces the lungs to hold back abnormal amounts of the acidic gas, *carbon dioxide*. To protect themselves against the extra acid, the lungs respond by producing more mucus than they normally would. This leads to lung congestion. If this situation is not resolved at the causal level, more and more mucus, dead cells and metabolic waste accumulate both in the lungs and bronchi. Eventually, the lungs become so enlarged that they push out the back, and in some more severe cases, also the chest. The back and shoulders become

more hard and rounded, as it is so often seen among the elderly and middle-aged, but now also among teenagers. All this may be accompanied by pain in the upper back, neck and shoulders.

The accumulation of gallstones in the gallbladder can give rise to hundreds of different symptoms in the body. Most of these have been discussed in greater detail in my book, *The Amazing Liver Cleanse*. In this context, if the gallbladder which is attached to the back of the liver is packed with gallstones, the body needs to adapt its posture to the increasing pressure that the gallbladder exerts against the surrounding tissue and the spinal column. The result is *spinal scoliosis*, a common phenomenon among both the young and the old. The right shoulder may drop and the left shoulder may become raised. In some cases, even the left rib cage may begin to protrude. There may also be pain between the shoulder blades and a strong, dull ache in the middle/upper back area while standing upright for a while. The right shoulder and arm may become stiff. Frozen shoulder and tennis elbow are clear indications that gallstones are present in the liver and gallbladder.

If gallstones gets stuck in one of the major bile ducts, there is strong, sharp pain around the area of the right shoulder, which may spread toward the entire back region. At that stage, due to spasmodic pain attacks, breathing becomes increasingly difficult. All of this can produce permanent back problems [I personally suffered from most of these conditions (including a difficult spinal scoliosis) and over 40 gallbladder attacks, all of which disappeared completely after I cleansed my liver and gallbladder of a total of 3,500 stones].

Over 60 percent of Americans are estimated to have back problems. About the same percentage of Americans are overweight, which basically means that their digestive systems are malfunctioning. If you also sufferer from back pain and consider having surgery, you ought to be aware of the fact that more than two thirds of back pain sufferers who receive surgery for their condition end up with more pain than before. Unless the chunks of toxic waste are removed from the colon, gallstones removed via cleansing from the liver and gallbladder, and the kidney/ureters are cleansed, the causes for back pain are likely to continue or worsen. The symptoms linked with these obstructions are not limited to the back. The congestion in these organs can also lead to a disruption in the flow of energy through the spinal nerves, contributing to problems in the legs, such as poor circulation, numbness, pain, and varicose veins.

Another major cause of back problems is dehydration, caused by stimulating (diuretic) foods, such as meat, coffee, tea, soft drinks, power drinks, alcohol, and by inadequate intake of fresh drinking water. Imagine that the water stored in the core of the spinal column supports over 75 percent of the weight of the upper body! Both restricted water supply and accumulated waste in the intestinal tract decrease the volume of spinal water and deplete the water contained in the disk cartilage and surrounding back muscles. Both may also lead to thinning of the inter-vertebral disks and, thereby, to muscle spasms. The shortening of height among the elderly, which is so often attributed to “normal” aging, has actually nothing to do with aging, but with simple dehydration due to the reasons outlined above.

Back problems remain serious and complex problems only for as long as the most basic needs of the body are not met. Unless a back injury has occurred due to an accident, back problems can be permanently resolved; and even among most injuries, there can be significant improvements. The following are simple solutions to the most complex back problems:

1. Give the body sufficient amounts of water to drink
2. Remove accumulated waste materials from the intestinal tract
3. Eliminate all gallstones from the liver and gallbladder
4. Dissolve kidney stones (if not sure you have any, cleanse the kidneys anyway)

The following chapters provide you with detailed directions to that end. Resolving chronic back pain can mean a new lease on life for millions of people.

When the “River” Takes a U-Turn

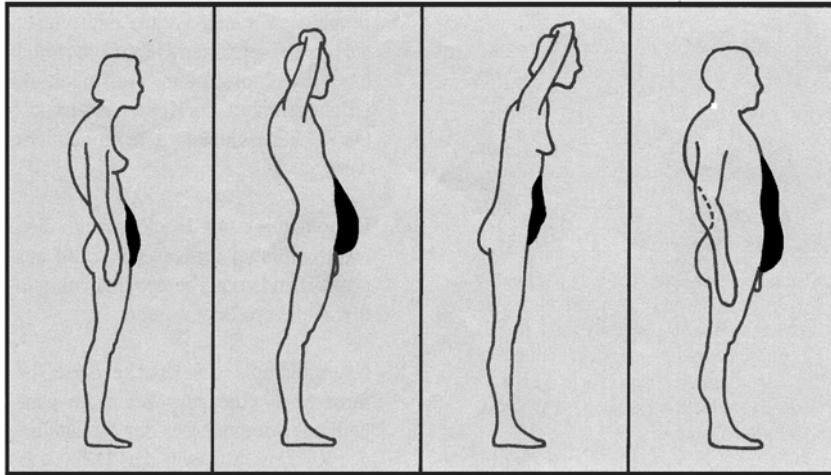
While digesting a major meal, beneficial bacteria generates 10 liters or more of different kinds of harmless gases (*Vata*). These gases help to stimulate and facilitate the peristaltic movement necessary to transport food and waste. Once this task has been accomplished, these gases are being absorbed by the blood which takes them to the lungs for elimination. But if the colon is filled with undigested foods, these gases become trapped. Hence, the natural “downward” movement of *Vata* slows down, comes to a halt, and is reversed eventually. Instead of eliminating all the waste matter via rectum and anus, *Vata* quite literally takes a U-turn and moves parts of the toxic mass of fermented or putrefied food in the upward direction.

Any impediment in any section of the intestinal tract acts like a dam that hinders the flow of food, waste, and gases, as well as blood and lymph. To understand this, you may imagine a river that is held up by a dam. As the water begins to backup it causes extensive flooding.

The most severe form of obstruction is known as constipation. Constipation causes backup of the intestinal contents, and stagnation of lymph fluid that is flooded with intestinal toxins. Through the reversed *Vata* pressure, minute toxins, harmful bacteria, mucoid fecal matter and toxic gases are forced all the way into the upper parts of the digestive tract, which causes something of a “traffic jam.” This chaos can be felt as flatulence or intestinal bloating, cramps or feeling full. Flatus is comprised of over 250 gases, of which hydrogen is the most common. It results when bacteria feed off undigested carbohydrates, especially those found in grains and beans.

As the internal pressure extends further upward, more and more toxins end up in the lymphatic ducts draining the gastro-intestinal tract. This generates lymph edema in the relatively large Cysterna Chyli vessels (illustration 5) located in the navel area, noticeable by a further extension or ballooning out of the abdomen.

The continuous upward stream of waste particles, toxins, and microbes now passes into the duodenum, and sometimes evening through the *ampulla of Vater* into the gallbladder and pancreas. Some of this AMA material may actually seep into the pancreatic duct and, from there, into different parts of the pancreas. Subsequent blockage of the pancreatic duct, apart from inhibiting the release of digestive enzymes by pancreas cells, may cause pancreatic infection and even diabetes. All this further aggravates AGNI, the digestive fire. Lymph drainage from these organs becomes more and more difficult, and the digestive system is heavily stressed and burdened with the task of keeping itself functional. This further weakens digestion and increases the amount of fecal matter in the colon, as well as toxins in the blood and lymph. As a direct consequence of raised blood toxins, even more stones are being formed in the liver and gallbladder. Food, instead of providing the body with energy and nutrients, is now increasingly converted into fat and toxins-filled waste.”



Before and After Intestinal Cleansing

Illustration 10: Abnormal Body Postures

In the diagram at the top, please notice the link between the black areas of waste matter and the changed spinal curvature). This is also shown in the lower photos.

The Dynamic Force of Pitta

The area between the duodenum and the beginning of the colon is mainly controlled by the energy of *Pitta* – the second *dosha*. *Pitta*, which in Sanskrit means "bile," controls AGNI and, therefore, digestion and metabolism. *Pitta* ensures that food is properly digested, absorbed and converted into the basic building compounds needed for the growth of new cells and tissues. Once *Pitta* dosha becomes disturbed at its main seat, located where the gallbladder and pancreas connect with the duodenum, all metabolic processes in the body are subsequently disrupted. Consequently, the assimilation and metabolism of nutrients is insufficient and the body suffers the effects of malnourishment, even if the person eats well. Being overweight indicates that the body has reached this stage of intestinal dysfunction.

If *Vata* continues to act in its reversed mode, intestinal toxins and waste fragments, as well parts of the bile released by the gallbladder are further discharged toward the stomach. A continued reduced secretion of bile and digestive enzymes can lead to obesity, heart disease and cancer.

***Kapha* – Cohesion, Structure and Stamina**

The third principle force that controls the human body is *Kapha*. *Kapha* stands for cohesion, structure, stamina and strength. Its main seat is in the stomach and chest. *Kapha* governs the digestive fluids and forms the connective tissue (the interstitial fluid surrounding cells), muscles, fat, bones and sinew. It also lubricates the joints, generates the mucus lining in the mouth, throat, lungs, stomach and intestines, and it holds the body together. Without the cohesive properties of *Kapha*, the body would be a pool of disconnected cells spread on the ground.

Kapha becomes aggravated when the reversed movement of the *Vata* force reaches the *pyloric sphincter* – the valve that connects the stomach with the duodenum. Reflux of bile from the gallbladder, as well as toxins and microbes from the intestines, and in some rare cases, even feces, may be forced through the *pyloric sphincter* and enter the stomach. Occasionally, this may trigger spasmodic constrictions and pain. The backup of the bile and AMA material may lead to various types of stomach disorders. The stomach problems may differ from each other due to the different types of toxins and microbes involved. There may also be other factors present, such as stress and the types and quantities of food being consumed. To protect the blood and its walls against the influx of these irritating substances, the stomach secretes large quantities of mucus. Mucus is one of the body's most effective means to absorb and "digest" AMA.

If the situation continues, the stomach lining may become injured and dehydrated in places, exposing it to the destructive action of hydrochloric acid. The stomach cells begin to absorb toxic hydrogen ions. This, in turn, increases their internal acidity, disrupts their metabolic processes, and triggers inflammatory reactions. This is known as acute gastritis, which may become chronic and lead to peptic ulcers and formation of cancerous tumors. The disruption of *Kapha* in this part of the body can greatly undermine psychological balance and happiness. It is usually accompanied by a "strange" feeling in the gut and by emotions of insecurity and anxiousness.

Disturbing the Doshas

Symptoms include:

- Bad breath
- Frequent colds
- Coughing
- Bronchitis
- Asthma
- Pneumonia
- Lymph congestion
- Low immunity
- Hay fever
- Allergies
- Any Chronic illness

The reversed movement of *Vata* in the intestines displaces both *Pitta-dosha* (in the middle part of the body) and *Kapha-dosha*, (in the stomach and the chest). The more toxins start backing up in the gastrointestinal tract, the less efficient becomes the lymph drainage from the organs located in the pelvic area. Eighty percent of the lymphatic system is associated with the intestines, making this area of the body the largest center of immune activity. This is no coincidence. The gastrointestinal tract is actually the part of the body where most disease-causing agents are generated and combated. Any lymph edemas, or other kind of obstruction in this important part of the lymphatic system, can lead to potentially serious complications elsewhere in the body.

Wherever a lymph duct is obstructed, there is also an accumulation of lymph at a distance to the obstruction. Consequently, the lymph nodes located in such an area can no longer adequately neutralize or detoxify the following things: dead and live phagocytes and their ingested microbes, worn-out tissue cells, cells damaged by disease, products of fermentation, pesticides in food, inhaled or congested toxic particles, cells from malignant tumors, and the millions of cancer cells every healthy person generates each day. Incomplete destruction of these things can cause these lymph nodes to become inflamed, enlarged and congested with blood. Infected material may enter the blood stream, causing septic poisoning and acute illnesses. In most cases, though, the lymph blockage occurs slowly, without any symptoms other than swelling of the abdomen, hands, arms, feet, or ankles, or puffiness in the face and eyes. This is often referred to as “water retention,” a precursor of chronic illness.

Continuous lymphatic obstruction usually leads to chronic conditions. Almost every chronic illness results from congestion in the *Cysterna Chyli*. Eventually, the *thoracic duct*, which drains the *Cysterna Chyli* sacks, gets overburdened by the constant influx of toxic material and becomes clogged up, too. The thoracic duct is linked up with numerous other lymph ducts that empty their waste into the thoracic “sewer canal.” Since the thoracic duct has to remove 85% of the body’s daily-generated cellular waste and other harmful material, a blockage there causes back-flushing of waste into other, more distant parts of the body.

When the daily-generated metabolic waste and cellular debris are not removed from an area in the body for a certain period of time, symptoms of disease start manifesting. The following are but a few typical examples of illness indicators that result directly from chronic, localized lymph congestion:

Obesity, cysts in the uterus or ovaries, enlargement of the prostate gland, rheumatism in the joints, enlargement of the heart, congestive heart failure, congested bronchi and lungs, enlargement of the neck area, stiffness in the neck and shoulders, backaches, headaches, migraines, dizziness, vertigo, ringing in the ears, earaches, deafness, dandruff, hair loss, frequent colds, sinusitis, hay fever, certain types of asthma, thyroid enlargement, eye diseases, poor vision, swelling in the breasts, breast cancer, kidney

problems, lower back pains, swelling of the legs and ankles, scoliosis, brain disorders, memory loss, stomach trouble, enlarged spleen, irritable bowel syndrome, hernia, polyps in the colon, etc., etc.

Once detoxified in the lymph fluids, the thoracic duct empties its now harmless waste contents into the left *subclavian vein* at the root of the neck. This vein enters the *superior vena cava*, which leads straight into the left side of the heart. In addition to blocking proper lymph drainage from these various organs or parts of the body, congestion in the cysterna chyli and thoracic duct permits toxic materials to be passed into the heart and heart arteries. This unduly stresses the heart. It also allows these toxins and disease-causing agents to enter the general circulation and spread to other parts of the body. There rarely is a disease that is not caused by lymphatic obstruction. Lymph blockage, in most cases, has its origin in poor digestive functions and congested liver bile ducts.

As the noxious substances, gases and harmful bacteria from the lower parts of the intestines are further brought upward through the alimentary tract, the bacteria acting on the waste begin to produce toxic, bad smelling gases, commonly referred to as “bad breath.” Some of the gases may also enter the blood, which takes them to the bronchial system and lungs, causing irritation to their protective mucus lining.

As mentioned, the failure of the (congested) lymphatic system to efficiently remove metabolic waste material from the respiratory organs can cause a variety of symptoms. If trapped toxins in the bronchial system, for example, begin to mingle with germs that naturally reside there, the body will first try to remove some of them through the mucus formed during a cold or a cough. However, if such release efforts are subdued through medication or rendered ineffective through congesting foods or stress, the mucus lining begins to thicken further. This causes breathing difficulties, bronchitis, and eventually asthma.

Pneumonia and other respiratory infections result when certain microbes, which are permanent and normally harmless residents in the lungs, find a fertile ground in the congested environment and begin to spread. The supply of oxygen and water to the lungs, heart, liver, kidneys, stomach, intestines and other parts of the body becomes increasingly scarce. Consequently, the body can no longer guarantee the efficient elimination of carbon dioxide and other metabolic waste products, as well as cellular debris, from the tissues and organs.

The bronchial system and the lungs attempt to remove some of the excessive mucus, which is formed in response to the irritation, by coughing it up into the throat. Chain smokers also experience this problem after awakening in the morning.

If the body keeps moving AMA upward, some of the backed up toxins may become deposited in and around the thymus gland, which is in charge of activating immune cells. Congestion of the thymus weakens the natural defenses of the body against cancer, bacteria, parasites, and viruses. If a nose catarrh occurs, it is extremely unwise to treat it as a localized disorder. A cold is a toxicity crisis, which represents the body’s need to rid itself of toxins that have already spread to different parts of the body. If head colds or the flu occur more frequently, the mucus membranes may become hypersensitive to dust and pollen, which can cause sneezing attacks, bronchial spasms and constant watering of the eyes – typical symptoms of hay fever.

All toxins have a dehydrating effect because the body’s cells have to give up precious water to remove them – water they cannot afford to do without. Allergies (and also asthma) indicate that the body has increased the production of *histamine*, the neurotransmitter responsible for regulating water metabolism, water distribution, as well as antibacterial and anti-viral activities. In a well-hydrated body, foreign agents such as bacteria, viruses, chemicals and proteins as found in pollen, are neutralized quite easily without the need to raise *histamine* levels to an exaggerated level. *Histamine* activity becomes exaggerated when the body becomes dehydrated, which may occur due to the presence of toxins or insufficient water

consumption. In such a situation the body may become oversensitive to all sorts of allergens, including the potassium of orange juice.

In asthmatics, the exaggerated release of *histamine* promotes bronchial constriction. Once their dehydrated bodies receive the normal daily amount of water⁵, and existing toxins, including those produced from fermented and putrefied intestinal waste, as well as gallstones from the liver, are removed, *histamine* production decreases and bronchial constriction begins to lessen or disappear. In some extreme cases, though, to permanently stop an allergy it may also be necessary to “delete” the very memory of the immune cells that leads them to produce antibodies upon contact with the normally harmless allergens (foreign agents). To fully restore the body’s balance, it may be necessary to neutralize all existing allergies, including the hidden ones, against foods, pollen, dust, chemicals, metals, etc. (for details see Chapter 7: *Employing Nature’s Healing Powers*).

If the body continues to accumulate toxins faster than it is able to remove them, it may eventually become “tolerant” towards them. In other words, you can “get used” to drinking alcoholic beverages, smoking, eating too much, and wearing yourself out without developing any signs of major discomfort. But this only means that the body has ceased to respond to the build-up of toxins. In this case, the body is no longer able to put up a good fight and may undergo no further toxicity crises. Colds and fever now fail to come. This, however, is the time when the real trouble begins.

Unable to remove the toxic deposits, the body becomes severely congested. Hence, the normal signals of intact self-defense mechanisms can no longer occur and fail to alert the person about the imminent danger of permanent damage. This is the beginning of chronic disease. What would have been an acute cold before, may now turn into chronic bronchitis, pneumonia, a stomach ulcer, chronic cystitis, syphilis, Alzheimer’s, Multiple Sclerosis (MS), Fibromyalgia (FMS), heart disease, cancer, or any other illness. To diagnose and treat a cancerous tumor as an isolated, separate disease event is as illogical as blaming a cat’s tail for an infection in her ear. Those who keep suppressing their bodies’ cleansing mechanisms, such as an infection or a simple cold, hurt themselves more than they know. They sow the seeds for a vicious cycle of ill health.

⁵ To stop the body’s histamine response to dehydration, which constricts blood flow and reduce your need for water, all you may need is water. So the next time you have an asthma attack, instead of drugs, try 3 or 4 glasses of water. It could stop your reaction almost instantly. (And be sure to drink at least 8 glasses of water a day.)

When *Vata* “Hits the Head”

Symptoms include:

- Cardiac Arrhythmia
- Weight loss
- Muscle wasting
- Mental stress
- Thyroid problems
- Protruding eye balls
- Metabolic disorders
- Ear infection
- Meningitis
- Hot flushes
- Weight gain
- Nervousness
- Deafness
- Throat, teeth and sinus problems
- Eye trouble, headaches
- Hair loss
- Loss of Memory

When the “river of toxins” reverses and moves into the upper parts of the body, it eventually reaches such sensitive areas as the thyroid gland. Blood flow and lymph drainage become impaired. Blood congestion, which is characterized by thickening of the blood, prevents hormones from reaching their target places in the body in sufficient amounts and on time. Consequently, the glands go into hyper-secretion (overproduction) of hormones. If the thyroid moves into a hyperactive mode, the overall metabolic rate of the body increases. The body’s cells become hyperactive and demand an ever-increasing amount of nutrients.

Given the congestion in the abdominal *Cysterna Chyli* vessels and the thoracic duct, the lymphatic ducts that drain metabolic waste from the thyroid area into the thoracic duct fail to do so adequately. When lymph drainage from the glands is insufficient, they become congested. Lymph nodes may start swelling up and the thyroid becomes enlarged. This brings about hypo-secretion (lack) of hormones.

Diseases related to imbalances of the thyroid glands include toxic goiter, graves disease, cretinism, myxoedema, and tumors of the thyroid, hypo-parathyroidism, which reduces calcium absorption and causes cataracts, as well as behavioral disorders and dementia. The failing detoxification of the thyroid gland results in *thyrotoxicosis*.

High toxicity in the thyroid gland often causes *cardiac arrhythmia*, which is a serious heart condition, one that I suffered from when I was a child. The heart becomes simply over-stressed trying to supply extra oxygen and nutrients to the hyperactive body cells. Other related symptoms include abnormal weight loss, muscle wasting and weakness, excessive heat production, redness of chest, neck and face, and hyperactivity of the nervous system. The latter condition causes nervousness, physical restlessness and mental stress. In many cases, the eyes begin to protrude due to deposits of excess fat, degenerate proteins, fibrous tissue and other harmful material both inside and behind the eyeballs. The internal pressure in the eyes can cause staring and rigidity of eye movement and other problems of vision.

If lymph congestion occurs particularly in the thyroid gland of a *Kapha* body type (see section on body-types), the resulting low production of thyroid hormone decreases his basic metabolic rate, leading to weight gain and slowing mental activity. In this case, the body may feel cold, even when the environmental temperature remains high.

Ear problems usually occur when, due to lymphatic congestion, metabolic toxins are not properly drained from the chest and head areas, and when other noxious substances stemming from the gastrointestinal tract are forced up into the auditory (Eustachian) tubes. If this coincides with an upper

respiratory tract infection, microbes may move from the chest area into the ear canals and cause painful ear infections and accumulation of pus (dead, decomposed cells). If wrongly treated (through medical drugs) tumor formation, meningitis and other brain disorders, even loss of hearing, may result. If you experience any liquid coming from your ears or discover a swelling near the ears, you need to start some cleansing procedures straight away (see chapters 6&7). **Note:** For short relief, the ancient technique of *ear coning* or *ear candling* can help drain old wax, fungus and toxic residues from the ears and open the lymph ducts for improved drainage.

If in this stage of imbalance, the body is still fairly well hydrated and not interfered with, it will provide extra amounts of fluids and mucus to prevent toxins from entering the blood stream. Any form of intervention in this very delicate area of the body should be handled with utmost care as it may damage the sense organs of sight, hearing, smell, taste and touch.

Most people think that such problems as tooth decay, tonsil infection, ear aches, vertigo, tinnitus, sore throat, stiffness of neck and shoulders, hair loss, hoarse voice, broken speech, headaches, nose and sinus congestion, etc., are accidental occurrences that don't need to be taken very seriously. Yet, these “minor” complaints indicate major imbalances in the digestive system, can be the harbingers of eventually life-threatening circulatory problems and even brain tumors.

Constant presence of toxins in the nasal area can cause an enlargement of nasal bone or cartilage, which, in turn, can lead to hay fever. Sinus headaches, weak eyesight, sore and swollen or puffy eyes, and general headaches are directly related to a build-up of toxins caused by lymphatic obstruction and back-flushing of waste from the intestines due to reversed movement of *Vata*. The names that describe these various symptoms are not relevant. But it is important to know that all these symptoms are indications of the body's attempt to eliminate toxins that have accumulated at these various locations. The obstruction of *Vata* activity, i.e. the movement of air, water, lymph, blood, waste, etc., is the common factor in every toxicity crisis.

The crisis occurs when none of the three *doshas* are capable of conducting their assigned functions properly. Forced from their respective abodes, the normally benign doshas *Vata*, *Pitta* and *Kapha* become vicious and destructive. By suppressing or combating the various symptoms of discomfort or disease, they become even more unbalanced. The use of pharmaceutical drugs, which only aim at relieving a symptom of disease, may cause long-term damage to the physiology and ought to be used solely as a last resort.

Any successful approach to healing must be based on balancing the three *dosha* – *Vata*, *Pitta*, and *Kapha*. Once settled in their respective, rightful places, they ensure that the body operates with the best possible precision and efficiency. All the channels of circulation will remain clear, digestion will stay strong, and elimination of waste matter will be smooth, complete and frictionless. This allows the body to give continuous nourishment to all its cells and tissues. The result is uninterrupted health and youthfulness throughout life.

CHAPTER 5

On The Road To Abundant Health



"The ultimate cause of human disease is the consequence of our transgression of the universal laws of life."

~ *Paracelsus*

The Wonders Of Our Biological Rhythms

Although it may not be apparent to a layperson, the human body is largely run by “biological rhythms.” All organs, systems, and cells are controlled by exact, cyclic patterns of rest and activity which we can aptly call the “universal laws of life.” The following are a few examples of the biological rhythms that follow these laws:

- Normal menstrual cycles repeat themselves every 27 ½ days.
- The stress hormones *adrenaline* and *cortisol* are naturally released into the blood stream at the early morning hours to promote physical activity.
- Immunity and iron concentrations in the blood reach low levels in women during menstruation and high levels during ovulation.
- The liver is more active during the night than it is during the day.
- Red bone marrow produces more blood cells during the night.
- Most digestive enzymes are secreted during the day.
- Bile secretions peak at midday.
- The large bowel is most active and efficient in the early morning hours.
- Different types of cells have different life-spans and are turned over at specific intervals.
- The happiness-producing brain hormone *serotonin* is produced in response to natural daylight.
- The sleep-inducing hormone *melatonin* is secreted in response to the darkness of the night.

It is estimated that over 1,000 of these biological rhythms operate in and control the human body.

The Human Body Clock

Each biological timer dictates a specific rhythm or cyclic behavior to a group of cells, an organ or an endocrine gland. All the different individual timers or clocks are intrinsically linked to a common master clock. The master clock coordinates the individual clocks with one another and makes certain that everything in the body is carried out according to its master plan. This master plan consists of nothing but the body's constant effort to maintain perfect equilibrium or balance.

The body's master clock is controlled by nature's most influential cycle, known as the circadian rhythm. The circadian rhythm prompts us to become active in the morning and to wind down in the evening. The sun is the main giver of life on the planet. Both organic and inorganic life forms require sunlight or sun energy for their existence, and so do all human beings. The movements of the Earth around its axis and around the sun create the precise cycles of day and night, as well as the seasonal changes. These rhythmic, repetitive patterns of the forces in nature, in turn, program our DNA to conduct all physical activities with perfect precision and accurate timing.

All external events occurring in the natural world are linked with similar events inside the body. A sunrise in nature, for example, triggers a "sunrise" in your body. It wakes you up and gets you going. The morning light enters your eyes as soon as you open them. First, the light is broken down into its full color spectrum (seven colors) by the lenses of your eyes. After that, the individual light rays travel to the body's master gland, the hypothalamus. The hypothalamus, which controls the body's biological clock, then dispatches light-encoded messages to the pineal gland, which is often referred to as the "third eye." These messages contain specific instructions for the pineal gland to secrete hormones.

One of the pineal gland's most powerful hormones is the neurotransmitter *melatonin*. The secretion of *melatonin* follows a regular 24-hour rhythm. *Melatonin* production reaches peak levels between 1a.m. and 3a.m. and drops to its lowest levels at midday. The pineal gland secretes this hormone directly into the blood stream, which makes it instantly available to all the cells in the body and tells them "what time it is" in nature, meaning, in what position the Earth is in relation to the sun.

The brain synthesizes another important neurotransmitter, *serotonin*, which relates to our state of well being. It has a powerful influence on day and night rhythms, sexual behavior, memory, appetite, impulsiveness, fear, and even suicidal tendencies. Unlike *melatonin*, *serotonin* increases with the light of the day, and also through physical exercise and sugar. The increasing and decreasing levels of *melatonin* and *serotonin* indicate to the cells whether it is dark or light outside and whether they should be more active or slow down their activities. This intricate mechanism ensures that all physical functions are synchronized with the rhythmic changes that occur in the natural environment. This is known as "entrainment." The health of each cell in the body depends, therefore, on the degree to which we allow the body to be in synchrony and harmony with the cycles of day and night.

Any deviation from the circadian rhythm causes abnormal secretions of the brain hormones *melatonin* and *serotonin*. This hormonal imbalance, in turn, leads to erratic biological rhythms, which can subsequently disrupt the harmonious functioning of the entire organism, including metabolism and hormonal balance. Suddenly, we may feel "out of sync" or shaky, and become susceptible to developing an illness, which could include a simple head cold, headache, depression or even a cancerous tumor. The pineal gland controls reproduction, sleep and motor activity, blood pressure, the immune system, the

pituitary and thyroid glands, cellular growth, body temperature, and many other vital functions. All of these depend on the regular *melatonin* cycle which, yet again, is controlled by our body's ability to be in synchrony with nature's rhythms. The amount of *melatonin* made available to the body in response to the darkness of the night depends on the concentration of *serotonin* secreted in response to the amount of natural light we are exposed to during the day. As daylight diminishes, *serotonin* is automatically broken down into *melatonin*.

If your body makes a good amount of *serotonin* from natural light, it will also produce sufficient amounts of *melatonin* during nighttime, provided your eyes are closed (when exposed to light, the pineal gland does not secrete *melatonin* in sufficient amounts). The pineal gland starts secreting *melatonin* between 9.30pm and 10.30pm (depending on age). Unless you use stimulants such as caffeine or food at that time, melatonin naturally induces sleepiness or drowsiness.

With sufficiently high levels of *melatonin* in the blood, the body is able to regenerate and rejuvenate itself. This sustains good health, vitality and longevity. The cycles of *melatonin* and *serotonin* totally depend on each other and are precisely controlled by our changing environment. By disregarding these rhythmic changes in nature and living against these unspoken laws, the body and mind surely move out of sync with one another. This is a leading cause of physical and mental illness.

One of the greatest secrets of good health lies in the discovery of our intimate relationship with the universe. Any sense of separateness between nature and us can only exist in the mind, not in the body. The body has formed an essential link with the external world. All its efforts are directed towards staying synchronized with our immediate and distant environment, including the moon.

Secrets of the Lunar Cycles

It is no longer a just mythological conviction that the moon exhibits a strong influence on both human being and nature as a whole. The ebb and flow of the tides, sleep walking, and the female menstrual cycles are but a few of the countless phenomena that are stimulated and regulated by this powerful cosmic force. We are meant to use this force for our health, gardening, agriculture, and almost every other area of human concern. Once you have discovered the secrets of the lunar cycles and synchronized your life and activities with them, you will greatly benefit from this newly created harmony with the natural world.

Human beings, other mammals, and most birds and insects are subjected to this mysterious force of nature. All natural processes like pregnancy, the growth of plants and their ripeness, as well as the duration of various diseases, depend on the cycles of the moon. Our ancestors were masters of "right timing." Their heightened sensory abilities, perceptiveness, and exact observations of the phenomena in the natural world made them aware of the following points:

- Many events in nature – ebb and flow of the tides, birth, weather, and menstrual cycles in women – occur in direct relationship with the movements of the moon.
- Animals synchronize their activities, i.e., searching for food, eating, mating, etc., with the position of the moon.
- Effectiveness and success of daily activities such as the cutting of wood, cooking, eating, cutting of hair, gardening, applying manure, etc. are subject to the cycles of the moon.

- Certain operations and use of medication may be successful on some days, but outright useless or harmful on others – often independent of dose and quality of the medication and the skills of the attending doctor.
- Plants and healing herbs are exposed to different kinds of energy on different days and contain considerably more active ingredients at certain times than at other times.

At the end of the 19th century, mankind at large was introduced to the clock as a means to know the time. The knowledge of the natural cycles of day and night and the changes in the positions of the moon and the stars were gradually discarded as “no longer important” to the modern man. The clock had “successfully” replaced the profound knowledge about these natural cosmic events and their effects on all life forms on Earth. The ancient wisdom that had upheld the natural ways of living throughout the centuries and had been passed on from generation to generation, quickly turned into superstition. Yet today, there is a sudden and renewed interest in discovering our relationship to the lunar cycles. In relation to the Earth, the moon passes through the following major phases:

New Moon

The moon revolves around the Earth almost every 28 days. While the moon is positioned between the Earth and the sun, we can no longer see it. This is called new moon. New moon can be likened to the phase of exhalation in breathing, when we eliminate toxic gases and waste products from the body. You can prevent many diseases by fasting for a day at this time because the body is more than ready to purify itself from accumulated toxins. This makes it also a good day for liver cleansing.

New moon also signifies a new beginning. If you wish to give up old habits like smoking or drinking alcohol, this is the best time for it. You may try as hard as you want to change such habits at other times of the month, but be disappointed about your inability to do so. The old saying, “well begun is half done” applies to new moon. A sick tree when cut back during new moon can regain its health and vitality. Likewise, a treatment started on new moon can lead to quick healing.

The Waxing Moon

Only a few hours after new moon, we begin to see the appearance of its crescent in the sky. The journey to full moon takes about 13 days. Whatever goodness and nourishment is given to the body during this time will be much more beneficial than at other times of the month. This also explains why fertility is much more pronounced and more children are conceived and born during this phase of the moon and at full moon. On the other hand, it is very useful to know that when the moon increases, the body’s ability to heal after an injury or an operation decreases. Tooth fillings, crowns, or bridges are less likely to last if they are given during the waxing phase of the moon. Even the washing of clothes is less successful during this phase despite using the same amounts of detergents.

Full Moon

After having completed half its journey around the Earth, the moon is full, i.e. visible to us at night, and sometimes even during parts of the day. This is the time when the moon exhibits a strong influence on all planetary life forms. Sleep walking, excessive bleeding of wounds, greater potency of herbs collected during full moon night, an increase in the number of accidents and violent crime, and a higher birth rate,

are all effects of increased lunar influence. Cutting trees during full moon can destroy them. Since the body has a tendency to hold back fluids during full moon, it is also best to avoid doing liver cleanses or other cleanses at that time. Also avoid having operations, including dental work, on full moon, as you may suffer complications or infections.

The Waning Moon

During the following 13 days, the moon is gradually overshadowed again. The ancient civilizations knew that this is a good time to have an operation (if needed), as the healing capacity of the body is at its most powerful. If possible, book your visit to the dentist during this phase, or on new moon. Also pulling a tooth should only be performed during the waning moon. In addition, at this time physical activity requires less energy and meets with greater success. The digestive system also works more efficiently, even to the point that eating a little more than usual will not cause weight gain.

Man's Biological Routine

Ayurveda, which literally means “Science of Life,” claims, “the microcosm is as is the macrocosm.” Likewise, our body is the mirror of the universe. At every moment, the body undergoes profound changes by adjusting to the continually changing environment and recurring cyclic patterns. Ayurveda has a unique understanding of these cycles. It knows of three principal forces, or energies, each of which emits a powerful influence on the body and mind for a period of four hours, twice in a 24-hour day. These forces of nature that conduct all the complex activities in the human body, as well as those that sustain the universe, are known as the three doshas *Vata*, *Pitta* and *Kapha*. So let us take a closer look at what happens in our body during a 24-hour cycle (see illustration 7).

The First Kapha Cycle

The first cycle begins with the “birth” of a new day. Let’s assume that sunrise occurs at 6am. At around 4.30-5.00am, nature starts to awaken. It becomes increasingly active as the sun rises to higher positions. Ayurveda calls the period between 6am and 10am “*Kapha* time,” which means that your body is still a bit slow. This allows the body to gather strength and stamina. Whether or not you wake with an alarm clock, at around 6am the kidney glands secrete the stress hormones *cortisol* and *adrenaline* to get your body going, similar to a battery starting an engine. This is also the time when the sex hormones in the body reach their peak levels. And, provided your eyes actually see the natural light of the day, the brain increases its production of the powerful hormone *serotonin*, which helps you generate enough happiness and enthusiasm to experience a stress-free, joyful day. Since *Kapha* is composed of the heavier elements of earth and water, we exhibit more of the qualities of “earthiness” and “liquidity” in our mind and body during the early morning hours than, for example, during the afternoon.

The First Pitta Cycle

At 10am, the heat of the sun begins to increase considerably due to its higher position. The distribution of sun energy reaches peak levels at noon. Between 10am and noon, we are at our most alert and cognitive best. The *Pitta* period lasts from 10am until 2pm. At noontime, AGNI, the digestive fire, is most

STRONGEST AGNI

Noon

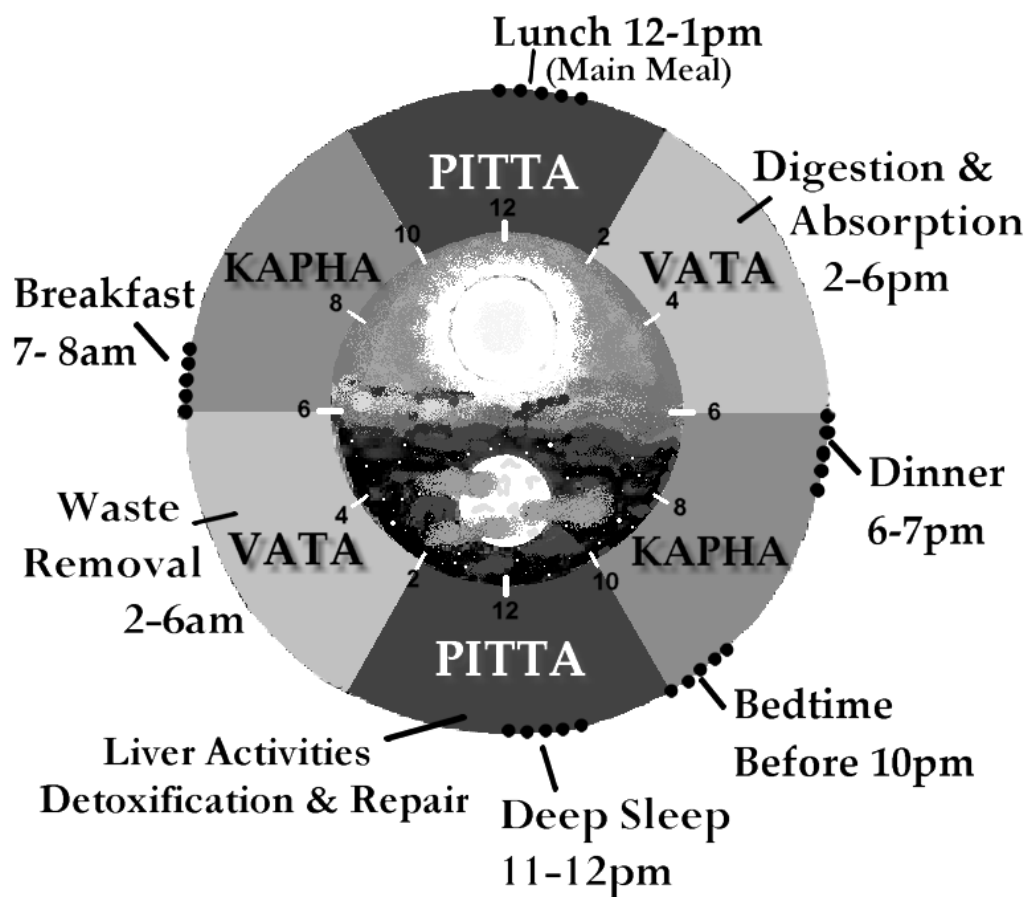


Illustration 7: The Biological Clock

Ideal Daily Routine:

1. Rise between 6am and 7am
2. Eat a light breakfast (optional) between 7am and 8am.
3. Eat the main meal of the day between 12am and 1pm.
4. Eat a light evening meal between 6pm and 7pm.
5. Go to sleep before 10pm

efficient, that is, the digestive juices (bile, hydrochloric acid, enzymes, etc.) are most profuse and concentrated. For this reason, Ayurveda advises you to eat your main meal of the day between 12pm and 1pm.

Provided the food is wholesome and nourishing, the digestive process will provide you with the energy and vitality you need during the rest of the day. If you feel tired and sleepy after the meal, this indicates that your AGNI is too weak to digest the food properly. Instead of being energized and revitalized from eating your meal, the body has to tap into its energy reserves to process the food. Consequently, there remains only little energy for other forms of physical or mental activity. Overall, sleepiness after a meal may be due to one or more of the following reasons:

1. Your meal is too heavy or consists of ill-combined food items.
2. You are not getting enough sleep during the night.
3. You are eating your lunch much later than one o'clock.

The First Vata Cycle

Vata or “movement” controls the hours between 2pm and 6pm. *Vata* conducts the physical transport of food through the intestinal tract and is responsible for absorbing the nutrients as well as taking them to the various tissues of the body. *Vata* can only perform well and on time if *Pitta*, which also means bile, is allowed to act on the food early enough. If you eat your lunch, for example, as late as 2pm or 3pm, *Pitta* becomes disturbed. The lack of enough bile and other digestive juices leads to poor absorption—one of the main causes for nutritional deficiencies.

The *Vata* period in the afternoon is conducive to efficient mental performance and study due to increased nerve and nerve cell activity. This makes it a good time to absorb and retain information. Studies conducted at the University of Wales showed that students who had afternoon or early-evening classes performed better in exams than those who had morning classes.

It may also be useful to know that going to the dentist in the afternoon is less painful than in the morning due to better neural performance. Existing problems of poor intestinal absorption and unbalanced metabolism, on the other hand, become more pronounced at this time. The *Vata* imbalance may show up as increased irritability, nervousness, flatulence, and cravings for sugary foods or other stimulants such as tea, coffee, cokes, chocolate or cigarettes. Most alcoholics will start looking for their first drink during the end of the *Vata* period. Cravings, especially during the afternoon, indicate that the body suffers from digestive problems and malnourishment.

The Second Kapha Cycle

Sunlight-energy drops considerably after 6pm and so does *Vata* activity. This also is the beginning of the evening *Kapha* phase, which slows down digestion, metabolism and other physiological activities. Those who are in tune with their body cycles feel inclined to take it easy when the *Kapha* qualities begin to dominate.

The digestive fire AGNI, which closely follows the moving positions of the sun, sharply declines with the onset of darkness. For this reason, Ayurveda recommends to eat only a *light* dinner, preferably at around 6pm. This gives you still enough time to digest your food before bedtime. Research has found that the most important digestive enzymes are no longer produced after 8pm. A late evening meal (after 7pm) will, therefore, not be properly digested and decomposes while it is still in the stomach. Everyone knows

the feeling of having a “rock” in the stomach, or the pain of acid shooting up into the mouth – both being signs of indigestion. .

During the *Kapha* period (6pm-10pm) the body and mind adopt more heavy and slow qualities. This is conducive to falling asleep. In fact, is highly beneficial to go to bed and sleep before *Kapha*’s influence actually stops (at 10pm). Most people feel sleepy or drowsy between 9pm and 10pm. The sleepiness or drowsiness results from the secretion of a natural tranquillizer that the brain makes when it wants you to go to sleep. According to researchers from Harvard Medical School, during sleep most of the brain cells are “turned off” by some chemical signal sent out by a group of cells located in the hypothalamus, which is considered to be the brain’s brain. This “turning off the lights” allows us go to sleep.

It seems that *melatonin* has a considerable influence over sleep induction, too, since the more we secrete of it during the night the more tired we get. Those individuals who no longer feel sleepy at around 9.30-10pm already suffer from a disturbed *melatonin* cycle.

At around 9pm, the level of immunity begins to decrease, as indicated by a sudden drop in the levels of *endorphins* and *corticosteroids* – the body’s weapons against inflammation. During the *Kapha* period, the body tries to save as much energy and physical resources as possible, for a very good reason, as is explained next.

The Second Pitta Cycle

The body “tempts” you to go to sleep before *Pitta* time resumes its second round in 24 hours. *Pitta*’s influence begins at 10pm and lasts until 2am. During this time, the *Pitta*- energy is mostly used for cleansing, rebuilding and rejuvenating the body. The liver – a typical *Pitta* organ – receives most of the body’s energy at this time and conducts an astonishing range of activities, totaling over 500 different functions. They include supply of vital nutrients and energy to all parts of the body, breaking down of noxious substances and keeping the blood clean. In addition, the liver cells produce bile at this time, which is needed to digest food, particularly fats, during the following day. One of the most important of the liver’s functions is to synthesize proteins, which serve as the main building blocks of cells, hormones and blood constituents. Because the liver is such an active organ, it uses a considerable amount of energy. It has a high metabolic rate and produces a great deal of heat. This makes the liver the main heat-producing organ in the body.

WHY PROPER SLEEP IS SO IMPORTANT FOR YOU!

The liver requires all the energy it can get to fulfill all these and many other responsibilities. This can only happen sufficiently, though, if you sleep during this time. If you use up the night-time *Pitta* energy for eating or mental/physical activities, the liver is left with too little energy to do its extremely vital work. Most of the available *Pitta*-energy should be directed to the liver and also, to some extent, to the kidneys. This helps the kidneys to filter the blood plasma, to keep the body fluids balanced and blood pressure normal.

Although the brain makes up merely one fiftieth of the body mass, it generally contains more than one quarter of the body’s entire blood content. However, during the *Pitta* period at night, most of the blood located at the back of the brain moves into the liver for storage and purification. If you are mentally or physically active at this time, the liver does not receive enough blood to work with. It also cannot cleanse the blood sufficiently. This results in the accumulation of toxic material in the liver and blood stream. If

toxins keep circulating in the blood, they will settle in the interstitial fluid (connective tissues) of organs and systems, thereby raising acidity and damaging them, including the liver itself. High blood toxicity can lead to secretions of stress hormones, brain fog, injured capillaries, arteries and heart muscles. Most heart diseases are the result of a poorly performing liver that is unable to remove all toxic, noxious substances from the blood on a daily basis. If we do not give the liver the energy it needs to conduct the most basic physiological activities, we sow the seeds of illness throughout the body.

Sleep can be divided into two main parts – before-midnight and after-midnight. Among adults, the most important processes of purification and renewal occur during the two hours sleep before midnight. This period involves deep sleep, often referred to as “Beauty Sleep.” It lasts for about an hour from 11pm to midnight. During this period, you enter a dreamless state of sleep where oxygen consumption in the body drops by about eight percent. This results in profound physical rest and relaxation. The physiological rest, which you gain during this hour of dreamless sleep, is at least three times deeper than what you get during the sleep after midnight, when oxygen consumption in the body rises again by 5-6%.

Growth factors, commonly known as growth hormones, are secreted profusely during the hour of deep sleep. These powerful hormones are responsible for cellular growth, repair and rejuvenation. People age faster if they don’t produce enough growth hormones. The latest “fashion” in the beauty market is to consume synthetic growth hormones, which create “fantastic” rejuvenating results, but can also have devastating side effects, including heart disease and cancer. On the other hand, if the body makes them, at the right time and in the correct amounts, as happens during deep sleep, they can keep the body vital and youthful at every age.

Deep sleep never occurs after midnight and it comes only if you go to sleep at least two hours before midnight. If you miss out on deep sleep regularly, your body and mind become overtired. This triggers abnormal stress responses in the form of constant secretions of stress hormones such as *adrenaline*, *cortisol* or *cholesterol* (yes, cholesterol is a stress hormone that rises with stress!). To keep these artificially derived energy bursts going, at least for a while, you may have to take recourse with such stimulants as cigarettes, coffee, tea, candy, cokes, alcohol, etc. Once the body’s energy reserves have been depleted, chronic fatigue results.

Fatigue can be considered to be a major causal or contributing factor of today’s health problems. When you feel tired, it is not just your mind that is tired. In fact, when fatigued, all the cells that make up your heart, lungs, digestive organs, kidneys, etc., suffer from low energy and are unable to function properly. When you are tired, your brain no longer receives adequate amounts of water, glucose, oxygen and amino acids – its most essential nutrients. The short supply of brain nutrients can lead to innumerable problems in a person's mind, body and behavior. When you drive a car during the night, for example, your body has to keep fighting the “sleepy” hormone *melatonin*, which naturally tries to keep your body at its lowest level of performance and activity. According to research in the field of *chronobiology*, attention span after midnight drops considerably. This dramatically raises your risk for making mistakes and having an accident. Most one-way road accidents occur during nighttimes, and accidents in factories are 20 percent more likely to occur on the night shift.

Doctors at the University of California, San Diego, have found that losing a few hours of sleep not only makes you feel tired during the following day but can also affect the immune system, possibly impairing the body’s ability to fight infection. Since immunity diminishes with tiredness, your body is unable to defend itself against bacteria, microbes, and viruses and cannot cope with the build-up of harmful substances in the body.

Frequent tiredness and low energy precedes any type of chronic disease and most acute illnesses, including cancer, heart disease, multiple sclerosis, chronic fatigue syndrome, AIDS, the common cold and

the flu. An ever-increasing number of children are the victims of sleep deprivation, and its consequences. The critical role of sleep and sleep disturbances in child development has been repeatedly demonstrated. According to published research, psychopathology in children could result from or be exacerbated by insufficient sleep and consequent fatigue and sleepiness. There exists a particularly strong relationship between sleep problems and neuropsychological functioning in children. Sleep disruptions have often been implicated in attention deficit hyperactivity disorder (ADHD) in children, because sleep deprivation and the resultant sleepiness could lead to ADHD-like symptoms. There are clear indications that learning and attention skills could be significantly compromised by insufficient sleep or sleep disruption. This is no way is limited to children only.

Most tiredness results from missing out on the two hours of sleep before-midnight. Any treatment of disease that does not include natural “deep sleep therapy” cannot lead to lasting success, since the body’s healing system itself, the immune system, depends on proper, healthy sleeping cycles to be vital and efficient.

Pitta, which controls *AGNI*, the digestive fire, also becomes disturbed when you regularly eat your dinner late or have snacks during *Pitta* (night) time. Consequently, *Pitta* will be disrupted also during following lunchtime, which causes disturbances in the liver, spleen, gallbladder, stomach and pancreas. The main principle at work here is, that whenever you disturb or use up *Pitta* energy during the night, you also disrupt all the *Pitta* functions and *Pitta* organs during the following day.

The Second Vata Cycle

The time from 2am to 6am is controlled by *Vata*. Its early morning cycle is responsible for moving the body’s waste products from the liver, the cells, the intestines and all other areas of the body towards the organs and systems of detoxification and elimination. The lymphatic system neutralizes harmful microbes, metabolic wastes, cellular debris, worn out cells and cells damaged by disease. While the rectum forms fecal matter, which triggers a bowel movement, the kidneys pass urine to the bladder, which causes urination. The skin also receives waste products that begin to surface at this time. Hence, the importance of washing or showering in the morning. The entire body is geared towards excretion of useless waste material (about 70% of the body’s waste is eliminated through the lungs, 20% through the skin, 7% through urine, and 3% through feces).

At the end of the *Pitta* period, which marks the beginning of *Vata* time, the body temperature begins to drop and phase out at about 4am (peak of *Vata* time). After that, it gradually rises again. Towards the end of *Vata* time, when nature starts becoming active, both body temperature and stress hormone levels (*adrenaline* and *cortisol*, etc.) will have risen high enough to jumpstart the day with a thorough clean out. To be able to support complete and efficient waste removal, though, the body needs to be awake and in a vertical position. Therefore, Ayurveda recommends that we get up preferably before sunrise or at dawn, but not after sunrise. Since the times of sunrise vary from season to season and country to country, *Vata* also undergoes certain fluctuations. Still, six o’clock is the most applicable and recommended time to rise for most people (with the exception of young children, teenagers and even adolescents whose melatonin cycle is slightly different and who may require at least one hour extra sleep in the morning and evening).

The use of an alarm clock to wake you up in the morning abruptly cuts down the gradual phasing out of the various, subsequently occurring sleep patterns and can cause irritability, headaches and nervousness throughout the day. You may feel as if you haven’t really woken up yet. The easiest way of controlling the waking times is to adjust the bedtimes in the evening. For example, if you generally need 8 hours of sleep to feel refreshed and rested in the morning, you would greatly benefit from going to sleep at around

10 pm. If you need more hours to feel refreshed, then go to bed even earlier. Should you only require 7 hours of sleep (although most adults need about 8 hours) then go to bed at 10 pm and get up at 5 am, an even better time for *Vata* to be effective. The bowel movement is the strongest type of movement in the body and requires a large portion of the body's energy. To support the body in this effort, we need to be up and about bright and early. Going to sleep early in the night and rising early in the morning is one of the most important health recommendations you can get.

Risks Of Deviating From Nature's Routine

Deviating from any of the natural rhythms on a regular basis may disrupt the balance of your body and mind. For example, let us presume that you sleep until 8 am, which is 2 hours into the slow *Kapha* period. This means that the eliminative functions/movements of *Vata* are not able to complete the removal waste during *Vata's* final phase at around 6am. However, since *Vata's* influence is still very strong at this time, its movement becomes reversed, similar to the course of a river that is held up by the wall of a dam. Hence, part of the waste is being forced back into the body, instead of being taken out of the body. This situation also applies to the urinary system. Some portion of the urine backs up and returns to the kidneys, which upsets fluid balance in the body and leads to swelling of face, eyes and abdomen. In addition, waste materials that the skin tries to eliminate begin to enter the lymph and blood stream. As fecal matter starts backing up in the colon, congestion occurs throughout the gastro-intestinal tract. Lymph ducts become obstructed, leading to edema in the intestines and other parts of the body. Such lymphatic swellings can be felt, for example, as hard lumps above or around the belly button area. These knots, which can become as big as a fist, are sensitive to the touch (detectable when lying on the back).

The occurrence of lymph congestion greatly stresses the heart and undermines its effort to maintain proper circulation. The misdirected *Vata* pressure may reach all the way to the respiratory system, mouth, sinuses, ears and brain, leaving toxic deposits in these areas. Among other symptoms, this can cause heaviness, dullness and swelling of eyes and face. These symptoms of discomfort involve fluids such as mucus and lymph, which makes them *Kapha*-related problems. Since there are more fluids in the body during the *Kapha* period (6am to 10am), it stands to reason to avoid anything that could have congesting effects at that this time. Ayurveda points out that sleeping during the *Kapha* period in the morning can cause severe congestion, leading to respiratory and circulatory problems. Both of these are *Kapha* disorders. Sleeping during the *Kapha* period can also result in dullness of mind, general heaviness and lethargy. Not being exposed to sunlight during the morning hours keeps *serotonin* secretions low. This may cause lack of happiness and enthusiasm, and eventually end up as chronic depression. The desire to sleep on and not wanting to get up in the morning are beginning signs of depression.

A recent German study confirmed that rising late in the morning might even be a major risk factor for heart attacks. It has been known for quite some time that more people die from heart attacks *at 9 o'clock on Monday mornings* than at any other time and day of the week. The study found that most of the attack victims get up at around 7.30am, which is the Ayurvedic "danger time." If "oversleeping" becomes habitual, the body cannot efficiently remove waste via the lungs and other organs of elimination, leading to congestion and exhaustion of the heart.

Remember a weekend when you slept late and woke up late. Did you feel poorly, as if you were drugged? Or sluggish enough to spoil the rest of the day? This is due to the fact that the liver was unable to remove toxins from the blood, further aggravated by the sluggish circulation during the *Kapha* time.

Another side effect that arises from sleeping into the *Kapha* period is that AGNI gets subdued, causing digestive problems. AGNI naturally increases with rising *serotonin* levels in the morning. It is for this reason that we need to see the light of the sun when it rises. Since *serotonin* is closely linked to happiness, and happiness is the most essential prerequisite of good health, it is obvious that exposure to natural light from dawn to dusk is one of the most important health-promoting factors.

There is an old saying that aptly summarizes the reasons why all the ancient cultures in the world have always adhered to the circadian rhythms: “Early to bed and early to rise, makes a man healthy, wealthy and wise.” I might add to that, “Early lunch and early dinner makes you a winner.” Simply by adjusting your daily routine to the timing of natural law, you will establish the most essential preconditions for healing, health and happiness to occur in your life. Since the cycles of *Vata*, *Pitta* and *Kapha* are fixed by the circadian rhythms, you cannot create your own individual rhythms without having to put up a struggle against the powerful stream of natural law. The degree of deviation from nature’s rhythms will reflect the degree of struggle in the body, that is, the discomfort or disease in body and mind. Disease is a measure to force a person to once again, or for the first time ever, follow nature’s laws.

You may have experienced the phenomenon of *jet lag* when you traveled to far away places that are located in different time zones. Sunrise and sunset occurred at different times and upset your biological clock for several days before the cells and organs of your body were able to adjust themselves to the new day and night cycle in that country. Before being your old self again, you might have felt hungry in the middle of the night, tired in the morning, and totally awake in the early morning hours.

There is one basic rule that applies to the experience of jet lag: For every hour of time difference, you require one day for adjusting your biological rhythms to the circadian rhythm in that particular part of the world to which you travel. After a maximum of ten days (for a 10-hour time difference), the cellular functions in your body will return to normal, provided you adhere to the natural cycles of day and night prevalent at the new location.

Many people in the developed world create an “artificial” jet lag in their lives on a daily basis. They allow other factors such as working conditions, television or social commitments to dictate to them when they should eat, sleep and wake up, thus disrupting the body’s natural links with nature’s rhythms. This in itself may be one of the most energy-depleting influences of our time. I urge every person who suffers a health issue to start living in harmony with all the natural rhythms of the body, to whatever extent possible. This will greatly aid the healing process and prevent illness from arising in the future. Being in tune with the natural rhythms of life is one of the best insurance policies for healthy people to remain healthy. All it requires is to listen to and act upon the constant messages your body is sending you.

Listen To Your Body, and It Will Keep You Healthy !

Like a switched-on radio receiver, your body continuously receives a vast amount of data and information from the external world. The earth, stars, sun and all life forms constantly emit radiation, which your body registers and processes to ensure balanced functioning and a harmonious relationship with the environment. Everything radiates, including light, warmth, air, earth-electric fields, microwaves, magnetic fields, radioactivity, etc. In response to all these visible and invisible influences, your body produces concrete messages, which try to tell you what to do at any given moment. Sleep, hunger, thirst, and any other natural urges or occurrences in your body indicate that your “radio” is switched on and you are “in tune” with the natural world. All of us are constantly challenged to listen and act on the messages we receive.

When we are no longer in tune with the outer forces, such as the cycles of the sun and moon, we begin to feel out of balance, and perhaps fall ill. This means we need to take more self-responsibility, which requires commitment to self, self-appreciation and self-love. These are the very same qualities that an illness may possibly help reinforce in us (the main purpose behind the disease-process). Instead of just dealing with the symptoms of a disease, we may greatly benefit from locating its origin(s) because it can teach us much about ourselves.

It is much more convenient to blame a virus for the cold you catch than to acknowledge that irregular sleeping habits or eating a lot of junk food, and the reasons behind this behavior, may have something to do with it. In truth, everything negative has a positive opposite hidden within it. Given the circumstances that you have created for yourself, it actually is not a bad stroke of luck or a form of punishment that makes you fall ill. All forms of ill health serve as opportunities to learn more about yourself, your body, your past, and the way you choose to live your life right now. Illness can lead you to a heightened state of awareness if you start seeing it as a challenge to move forward in your life rather than it being just a nuisance.

It requires an open mind and heart to be able to listen to and follow the rules that nature has laid out for the smooth and effortless functioning of the body. To insist that everything needs to be explained scientifically before it is valid and worthy of consideration is not only impractical, but also shows lack of self-confidence and poor sense of judgment. The messages that we can receive from nature are direct and need no intellectual interpretation. In fact, trying to figure out everything to know it intellectually can actually steer you away from the ability to listen to the inner wisdom bestowed to you by nature itself. The wisdom of how to live a healthy, happy life is intrinsic to the body, mind and spirit of every person

The Body's Many Messages

To give a simple example, you don't really have to understand the exact mechanisms behind the hunger signal that the body is giving you when it needs food. All you need to do is to eat and experience how the hunger subsides. By habitually ignoring the natural urge to eat, your stomach, pancreas and small intestines may get "upset" and start adjusting to the new rule of living by keeping their production of digestive juices low, so as not to waste the body's precious resources. So when you suddenly eat a substantial, normal meal, you are likely to suffer indigestion.

On the other hand, if your stomach tells you that you are not hungry, i.e., that you don't require any food at the moment, but you still eat out of politeness or curiosity, the digestive system won't be able to process the food properly. This is another cause of indigestion.

If you feel the natural urge to have a bowel movement, the body sends you in the direction of a bathroom. But by disregarding this signal because it comes at an inconvenient time, your body has no other choice but to hold on to the waste. Eventually, the urge to defecate subsides, and more and more water is withdrawn from the feces until it is too dry and hard to be eliminated. This condition is known as constipation. Or, destructive bacteria begin to break down some of the waste, leading to toxic gases and other noxious substances. This may cause blood poisoning and other disturbances in the digestive system.

When your body feels tired and sleepy you have the natural urge to lie down and sleep. However, a cup of coffee or a cigarette will provide you with enough *adrenaline* to keep you awake. If you ignore the body's sleep signals as a matter of routine, the over-secretion of adrenaline and other stress hormones may end up making you hyperactive, and unable to relax or sleep properly.

Ignoring the natural messages of the body lies at the basis of most illnesses today. To add to the already existing confusion about health matters, books, radio, television and especially magazines bombard you with an overwhelming amount of advice and information on the latest slimming diets, routines and lifestyle programs that are supposed to be “so good for you.” For example, not so long ago we were told that potatoes and pasta were among the most fattening foods, then nutritionists considered them good for slimming, and the latest low carb craze dismisses them as junk food. Torn between various health doctrines, we look for perfect answers to our problems. At the end, when your body is exhausted while trying to adjust to one diet after another, you may begin to realize that your requirements are totally unique and undergo constant changes, often from one day to the next.

If you are a sensitive person you must have noticed that at certain days of the month or times of day you are able to digest a particular food item more easily than at other days or times. The same food can make you feel vital and energetic on one day and cause you an upset stomach, bloating or cramping on another day. You may find that the same pasta dish may leave your stomach quickly after one meal whereas two weeks later the same dish will sit there like a rock and make you feel congested and even add weight to your body. Apart from the daily and seasonal cycles of change, the answer to this mysterious behavior of the body lies in the continuous movement of the planets and their various positions.

Good Health Requires Natural Instinct

In 1984, Nobel laureate Carlo Rubbia proved that the human body is composed of mostly energy and only very little matter. To be exact, for each particle of matter there are 974.600.000 units of energy (photons). In other words, only one billionth of your body consists of matter, the rest is vibrational energy. All matter that comprises your physical body, the chair you are sitting on and the planet you are living on behaves essentially in a quantum-mechanical way. Since all external influences, such as solar storms, climate changes and the moon’s passage through a particular zodiac represent different energy states, they can instantly trigger corresponding activities, responses and transformations within your body. As a result of receiving these outer stimulations, your body starts sending subtle signals or intuitive messages to tell you that its requirements for food, water, rest, exercise, warmth, coolness, etc., have changed. This, however, requires sensitivity and wakefulness on your part. Both these qualities are absent, if you suppress your body’s natural urges (hunger, thirst, defecation, urination, sleep, etc.), overload your digestive system with food and waste, or even make yourself dependent on other people’s advice, however useful it may appear to be.

Any good system of health care can be recognized by one attribute: It teaches you how to listen to your body and how to become self-dependent in knowing what is useful for you at every moment in time. In any case, let experience guide you and find out what works for you and what doesn’t. A theory alone does not make you healthy. As you begin to listen to your body’s subtle messages, you will find that its behavior, activities, natural urges, and symptoms of disease are far from being random or coincidental.

Health trouble begins when we doubt our body’s ability to make the right choices, and this is exactly what we have learned to do, almost right from the beginning of life. Many of our natural instincts were discouraged or subdued by man-made rules, beliefs, manipulation, and advertising. They dictate to us our lifestyle, eating habits and times of eating, sleeping, and elimination of wastes.

If we keep ignoring the body’s basic instincts, the mind begins to look for substitutes, which causes (legitimate) cravings or addictions to foods, beverages, stimulants, sex, etc. By giving a little extra attention to your body, it will soon tell you the difference between a balanced and an unbalanced message.

If, for example, your stomach is still full and you want to eat something, you will find that it is not your stomach that wants more food. Through the message of food craving the body is trying to tell you that it is no longer able to digest and assimilate foods properly and is consequently suffering from malnutrition. This cellular famine leads to the cravings. If your stomach is empty and you feel hungry, ask your stomach what it really would like to eat. The body's nutritional and emotional requirements shift from day to day in direct response to changes occurring in the near and far environment. A set dietary plan would, therefore, confuse the body's specific needs, and distort the messages it is trying to convey to you.

The body's natural instincts follow certain principle forces that are common to every part of physical creation. The unique representation of these forces in your body ultimately determines your natural inclinations and instincts. It is responsible for the specific characteristics of your body type. To restore your body's natural instincts, which is essential for regaining lasting health and vitality, you may first need to discover your personal body type.

Learning To Be Healthy

What Is My Body type?

One very important step in the pursuit of good health is, first, to find out what body type you are and, second, what you can do to help your body recover its natural state of balance and vitality. Ayurveda recognizes that every person has a unique psycho-physiological body type that responds to foods, medicine, climate, seasons, stress, colors, smells, etc., in a unique and specific way. No two people can exactly be the same because the three bodily humors, or *doshas*, – *Vata*, *Pitta*, and *Kapha* – are each represented in varied degrees in every person living on the planet. Along with the genetic make-up, this creates the individualistic qualities of looks and behavior and different instinctive choices concerning the types of foods, colors, climate and environment. So before we can restore balance in the body and mind, we may need to find out who we are in a psycho-physiological sense.

When we identify ourselves as *Vata*, *Pitta*, *Kapha* body types, we should keep in mind that no one constitution is better than another. The three *doshas* are composed of the great elements of nature, *earth*, *water*, *fire*, *air*, and *space*. These five elements are *proto-elements*, which means that they are energies vibrating at different frequencies. For example, the photons (particles of light) that are constantly generated in the air that surrounds you have a different characteristic pattern of energy than the energy that is created by the particles sitting in a piece of clay or the water that flows in a stream. All existing matter, no matter how dense, is but a process of a constant intermingling of these five elements or vibrational energies. In the body, these elemental energies are grouped together and represented as the three *doshas*, thereby forming an inseparable link with the environment. The forces of nature work inside and outside and the more we recognize and realize their great powers within us, the more we tend to harmonize with the outer world. Good health is the spontaneous result of harmony between the natural world and us.

Vata, *Pitta*, and *Kapha* are the main principle forces in control of all life in the universe. At present, they are greatly disturbed and cause havoc and turbulence, both within us and in our environment. By restoring balance of the three *doshas* in our body we automatically pacify the great elements that constitute our world. This is very necessary now since we also need to create a healthy environment in order to become and stay healthy.

When *Vata* goes out of balance in nature, it causes earthquakes, droughts, hurricanes, and tornadoes. Disturbed *Pitta* generates heat waves and great destruction through fires. Irritated *Kapha* leads to excessive cold, rain and flooding. In the body, an unbalanced *Vata dosha* causes gas, pressure, pain, dryness, shaking, and nervousness. If *Pitta dosha* is disturbed, the body overheats, acidifies, or suffers from inflammatory diseases. An imbalanced *Kapha dosha* leads to congestion in the stomach, chest and sinuses, as well as water retention and weight gain, not much different to similar phenomena in the environment. As you begin to create balance in your internal spaces, the external ones will also begin to shine more bright and become vital and fresh. The knowledge of your constitutional makeup will help you build a harmonious link with the constitution of your environment and derive all the benefits that nature can provide you with on your journey to living a healthy, fruitful and fulfilling life.

The human constitution is composed of all three *doshas* or dynamic forces of nature. Human consciousness chooses a unique combination of the three *doshas* to carry out and fulfill its unique purpose in life. Working together in harmony, the *doshas* allow the individual to grow mentally, physically and spiritually to the highest degree possible. Knowledge of the three *doshas* and their respective concentrations in the body can hence be very beneficial for self-improvement of your body, mind and spirit.

There are ten basic body types. Ayurveda defines them as *single-dosha* types, *dual-dosha* types, and *sama-dosha* types. *Sama-dosha* is the rarest of all body types and manifests only when all the three *doshas* are present in equal proportions. *Single-dosha* types are also relatively rare as only few people are influenced by one *dosha* alone. The most common types are the *dual-doshas*. Each *dual-dosha* can contain various proportions of the two components. Thus, a *Vata-Pitta* type exhibits more air energy whereas a *Pitta-Vata* type has more fire energy in him. A *Kapha-Pitta* type is dominated by water energy with fire energy being the subordinate force. A *Vata-Kapha* type is mostly controlled by air energy, with water and earth energies being secondary. And a *Kapha-Vata* type exhibits more water and earth principles, with *Vata's* air energy as the subordinate force.

THE TEN BODY TYPES

Single-dosha types:

<i>Vata</i>	Air/Space
<i>Pitta</i>	Fire/Water
<i>Kapha</i>	Water/Earth

Sama-dosha type

Vata-Pitta-Kapha all elements equally present

Dual-dosha types:

Vata-Pitta 1. Air/Space 2. Fire/water

Pitta-Vata 1. Fire/Water 2. Air/Space

Pitta-Kapha 1. Fire/Water 2. Water/Earth

Kapha Pitta 1. Water/Earth 2. Fire/Water

Kapha-Vata 1. Water/Earth 2. Air/Space

Vata-Kapha 1. Air/Space 2. Water/Earth

The following questionnaire will give you an idea of your particular traits and characteristics and the possible imbalances in mind and body. From there onwards you will be able to understand why each one of us has special needs and requirements and what we can do to meet all of them. Begin by answering all the questions for all the three *doshas*. After that, add up the numbers for each section, and then study the characteristics of the body type that scored the most points. Keep in mind that your current diet, lifestyle, and physical problems may somewhat influence your evaluation. So to give you more accurate results when answering the questions, take into account the habits, and characteristics and health issues that may have developed during the past 10-20 years. You may also want to repeat the assessment after six months of implementing the Ayurvedic programs. The results of your next evaluation will be more in line with your true constitution.

BODY TYPE QUIZ

Vata

1. I am generally a very active person, and my body movements are quick.
2. My memory retention is quite poor.
3. I am very quick to learn new things.
4. I am naturally enthusiastic, vibrant, and vivacious.
5. I am very tall (or very short), very thin, and I have difficulties putting on weight.
6. My joints protrude and the tendons and veins in my hands and forearms are clearly visible.
7. My hair is generally dry, wiry, thin and dull.
8. I tend to be indecisive and hesitant when it comes to making choices.
9. I get easily constipated and cannot tolerate gas-forming foods such as beans.
10. I worry a lot even when there is no reason.
11. Under stress, I am nervous, agitated, restless or paranoid.
12. I tend to have cold hands and cold feet, even in the summertime.
13. I love hot weather and sunbathing.
14. My skin is generally dry, dark, cold, leathery and rough.
15. My eyes are narrow, small, and dull and tend to be dry and itchy.
16. My sleep is often disturbed and interrupted and I have difficulties falling asleep.
17. I speak quickly and others may call me talkative.
18. If left on my own, I tend to skip meals and sleep at irregular times.
19. Being in the midst of nature makes me calm, happy and relaxed.
20. I make a good counselor or teacher.

*Vata score*_____

Pitta

1. I am generally a very efficient, precise and organized person.
2. I tend to perspire profusely and, sometimes, have a strong, unpleasant body odor.

3. I prefer cool foods and beverages; heat irritates me.
4. I may retain water and have a puffy face or swollen eyes.
5. I am quick to lose my temper and can be irritable, cynical, and sharp.
6. I can get angry very easily, but calm down quickly again.
7. I have a strong appetite and I often eat more than I need.
8. I feel uncomfortable when I skip a meal or if it is delayed.
9. I have very regular bowel movements and it is more likely for me to have loose stools than to be constipated.
10. Impatience is one of my greatest weaknesses.
11. My body is medium built, athletically toned and of medium height.
12. My skin is yellowish/reddish, and is prone to freckles, moles, rashes, pimples and sunburn.
13. I generally cannot tolerate foods that are hot and spicy but under stress I crave them, as well as other intoxicating foods and beverages.
14. I am susceptible to early graying and baldness; my hair is thin, fine and straight, and is red, blond or sandy colored.
15. My eyes are almond shaped, green, light brown, or hazel. My sclera (white of the eye) are sometimes yellow and/or bloodshed.
16. I am very competitive, success-oriented and somewhat forceful.
17. I sleep for about six to eight hours and my dreams can be of violent contents.
18. Under stress, I have the tendency toward ulcers, insomnia, diarrhea, and weight loss.
19. I tend to be critical of others and myself.
20. I believe myself to be endowed with intelligence, charisma, reliability, and even brilliance. I feel very comfortable in the role of leadership and I think am quite good at it.

Pitta score _____

Kapha

1. My body build is large, compact and wide. My thighs, arms, buttocks, chest and hips are big.
2. I prefer doing things slowly and methodically.
3. Although I have a soft, gentle and mellifluous voice, it is often congested with mucus.
4. Friends refer to me as calm, placid, easygoing, or even "laid-back."
5. My sleep is deep, uninterrupted and profound and I need to sleep eight to twelve hours to feel comfortable during the next day.
6. My skin is thick, oily, soft, smooth, clear, gleaming, cool; it has a somewhat pale complexion.
7. I feel better when I skip a meal occasionally.
8. I love hot weather and sunny days. Cold, damp weather bothers me.
9. My eyes are round, large and clear with thick eyelashes. They are sensual pools of black or blue.
10. I walk slowly, with a measured gait.
11. I am a sweet-natured, affectionate and forgiving person.
12. My hair is abundant, thick, blond or black, and curly.
13. I am physically strong, have good stamina, long endurance and a steady level of energy.
14. When I am under stress, I tend to overeat, oversleep, feel groggy upon awakening, and am slow to get going in the morning.
15. My digestion and metabolism seem to be slow and I tend to feel heavy after eating.

16. I have a tendency toward mucus aggravation, phlegm, chronic congestion, asthma and sinus problems.
17. I do not learn as quickly and as easily as some people, but whatever I have learnt and understood is retained in my memory for a long time.
18. When I feel unhappy or stressed, I become narrow-minded, stubborn, neglectful, possessive or attached.
19. I would love to do nothing and be lazy, but I am hard working.
20. I hold on to many things, including money, relationships and body weight.

Kapha score ____

After adding up the numbers for all the applicable attributes in each section, compare the total scores for *Vata*, *Pitta* and *Kapha*. If, for example, your totals are *Vata* 15, *Pitta* 12, and *Kapha* 4, then your body type is *Vata-Pitta* (*Vata-dominating*). Should *Vata* be 3, *Pitta* be 4, and *Kapha* be 11, then you can consider yourself a *Kapha* type. It may be that your score for *Vata* turns out to be 10, for *Pitta* 19, and for *Kapha* 10; in this case your second *dosha* is not yet clear. Treat yourself as a *Pitta* type and take the test again six month later; you will then find that either *Vata* or *Kapha* has taken a clearer position due to the clearing of impurities. In the rare case that your scores are something like, *Vata* 13, *Pitta* 14 and *Kapha* 14, then your body type is SAMA.

It is good to know that no one particular body type is more advantageous than another. A SAMA or *Kapha* type may have a stronger constitution, which seems to be more favorable, but he doesn't usually realize when he steps over the line. When out of balance, he is slower to restore his health. By contrast, those with a weaker constitution like the *Vata* type are prevented from making too many mistakes because aches, pains and other forms of discomfort won't let him.

The emphasis lies on making each body type perfectly balanced and bringing out all its inherent strong and healthy characteristics. The different percentages and associations of *Vata*, *Pitta* and *Kapha* in each person are responsible for structuring a unique individual. To give you an idea of the main characteristics of a *Vata*, *Pitta* or *Kapha*-dominated body type, please see the corresponding lists below. Try to remember, though, that you are always a combination of *all three doshas*.

CHARACTERISTICS OF THE BODY TYPES

The Vata Type

- ❖ Light, thin physique, narrow body frame; bent or irregularly shaped nose
- ❖ Moves and performs activity quickly
- ❖ Tendency toward dry, rough, cold, and dark skin
- ❖ Aversion to cold weather
- ❖ Irregular hunger and digestion
- ❖ Light, interrupted sleep, insomnia
- ❖ Enthusiasm, vivaciousness, imagination, perceptiveness, spiritually inclined
- ❖ Excitability, changing moods, unpredictable

- ❖ Quick to grasp information, but also quick to forget
- ❖ Tendency toward worry, anxiety, restlessness
- ❖ Tendency toward bloating and constipation
- ❖ Tires easily, tendency to overexertion and hyperactivity
- ❖ Mental and physical energy comes in bursts
- ❖ Low tolerance to pain, noise, bright light

The basic theme of the *Vata*-type is “**changeable**.” Since *Vata* is composed of the elements of air and space, movement and changeability are natural characteristics of this body type. *Vatas* dislike any form of status quo. They love excitement and constant change but if that is not available to them, they create an irregular lifestyle, e.g., having different bedtimes each day, skipping meals, etc. Their unpredictable nature makes them among the least stereotyped people.

Vata types often feel isolated and awkward when they have to stand up against the earthy *Kapha* type or the intensive *Pitta* type. But their “airy” flair, mobility and vivacious nature inspire particularly *Pittas* and *Kaphas* who lack these qualities. *Vatas* look elegant when they are dressed-up. Clothes fill their need for insulation and confidence; their dry, lean and almost “hungry” look is ideal for modeling, a reason why most high-fashion models are *Vatas*. Physically, *Vatas* are the thinnest of all the body types; their shoulders and hips are narrow and often rounded. Some *Vatas* are chronically underweight, and despite eating large amounts of food, they rarely put on any weight. Other *Vata* types are thin during their youth and become overweight in middle age.

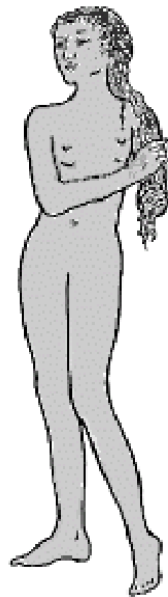


Illustration 8: The Vata Type

Among all the body types, *Vatas* are the most likely to have physical irregularities. Some *Vata* types have hands or feet that are too large for their petite body, or they may be too small. Their teeth may be crooked, protruding or undersized. *Vatas* may be well shaped, but under stress and when constipated they are prone to develop spinal deformity (scoliosis) or other skeletal problems. Some *Vatas* come with very light bones, others with very heavy, but elongated bones. You can recognize a *Vata* by his visible joints, tendons and veins. This is due to low fat content under their skin. Another typical indication of a *Vata* physiology is the audible cracking of joints.

A balanced *Vata* type is enthusiastic, energetic and uplifting in spirit. His generally clear mind and exalted sense of awareness makes him the best candidate for spiritual development. *Vatas* are ruled by their heightened sense of touch and hearing. They feel and hear the world more than they see it, a reason why they need frequent cuddles and words of encouragement. Sex in itself is not so important to the *Vatas*, but the feeling of being loved and cared for is. They have no difficulties in going for long stretches without sex but once they have found a partner who truly accepts and loves them for who they are, they are very fulfilling sexual partners. *Vata* types need matured *Kapha-Pitta* or *Pitta-Kapha* types to give their best in a relationship.

Since *Vata* is the principal force of movement in the body, it regulates bowel activities, absorption of food, breathing, speaking, transport of blood, lymph and nerve impulses. It is also in charge of the movement of the muscles and the body as a whole. *Vata* is very pronounced in the nervous system. Therefore, *Vata* imbalances are likely to show up as nervous disorders, including tremors, spasms, seizures, anxiety, depression, and clinical mental disorders. Once *Vata* has returned to balance, such disorders, which otherwise may defy conventional treatment, often disappear spontaneously.

Vatas who are out of balance tend to worry a lot even when there is really nothing to worry about. This may end up as insomnia as well as constant restlessness and fearfulness. Fear, which is the *Vata* type's most typical emotion, affects his digestion and, particularly, the elimination of body waste. *Vata's* main seat is in the colon. When disturbed there, it causes constipation and gas which, in turn, leads to increased restlessness and nervousness. Also, when *Vata* is deranged, the stomach and intestines may cramp due to trapped air putting strong pressure on the gastro-intestinal and abdominal structures. Irregular menstrual cycles, PMT and menstrual cramps are also more often found among *Vata* types.

Vatas easily get unbalanced when they don't get enough rest and sleep, and particularly, when they miss out on the two hours sleep before midnight. By pushing themselves too hard and having an irregular lifestyle, they easily overexert themselves, which can lead to chronic fatigue and any of the above mental or physical problems. The main key to balancing *Vata* is "regularity."

The following factors are the most irritating for the Vata type:

- Excessive exercise and physical strain
- Sleep deprivation (especially lack of before-midnight sleep)
- Falling
- Irregular mealtimes
- Sitting for many hours
- Tuberculosis
- Suppression of natural urges
- Cold climate
- Cold foods and beverages
- Stimulants of any kind
- Excessive noise
- Fear and grief
- Fasting
- Pungent, astringent and bitter foods
- Late autumn and winter

The Pitta Type

- ❖ Medium build, well-shaped, athletically toned
- ❖ Medium strength and endurance
- ❖ Sharp hunger and thirst, strong digestion
- ❖ Tendency toward anger and irritability when under stress
- ❖ Can be arrogant, self-centered
- ❖ Adaptable, intelligent, bright
- ❖ Tendency toward reddish skin and hair, moles, freckles, skin problems
- ❖ If out of balance, prematurely bald and/or grey
- ❖ Pointed, reddish nose
- ❖ Piercing, sometimes bloodshot eyes
- ❖ Aversion to sun, hot weather
- ❖ Prefers cool foods and beverages
- ❖ Enterprising character, likes challenges, good organizer
- ❖ Sharp intellect
- ❖ Good, precise, articulate speaker
- ❖ Can't skip meals
- ❖ Medium memory
- ❖ Successful leader

The theme that describes the *Pitta* type best is “**intense**.” He is mostly dominated by the fire element and its various qualities. Fire represents the dynamic force of nature and is responsible for all transformational processes in the body and mind. The mental body, which is comprised of thoughts, feelings and emotions, is a function of *Pitta*. The *Pitta* energies are located in the central region of the body which is the area generally referred to as the solar plexus. The solar plexus acts like a “switchboard” for both psychological and physiological activities. The “gut feeling” that we sometimes have about a certain person or situation is locked into the *Pitta* force. It gives us the natural instinct to search for pure foods, clean air, fresh water, etc., so that we are able to remain in physical, mental and emotional balance.

Pitta dosha also helps us to be moderate in eating, drinking, sexual activity, and other needs. This instinctive quality is highly developed in the balanced *Pitta* type, which makes him a symbol of “*Sattva*,” that is, one who has purity of mind. A disturbance of *Pitta*, however, results in the loss of discrimination of what is useful and suitable, and what isn't. It likely leads to excessive use of stimulants such as alcohol, tobacco, drugs, as well as power and influence. Any of these alter the proper proportion of bile constituents in the liver's bile ducts and thereby generate intrahepatic stones. *Pitta* also means bile. Upsetting *Pitta dosha* in the above way leads to the bilious personality this body type is known for.

We all need the *Pitta* energy to translate ideas into concrete realities. Since it is most profusely available in the *Pitta* type, he exhibits a very dynamic, ambitious and, perhaps, even aggressive personality. *Pittas* get things done. Their great vision and foresight is due to the fire element that gives them a clear inner and outer vision. However, if a *Pitta* person abuses his power and upsets his balance, he is the first one to develop eye problems and difficulties with his inner vision, too.



Illustration 9: The Pitta Type

Pitta dosha, being located in the most central position in the body, keeps *Vata* and *Kapha* in check. This also is represented in the *Pitta's* personality; he is one who always wants to be in control in every situation. When his *Pitta dosha* is balanced, he is indeed the most successful of all body types. His one-pointed focus and brilliance nearly always finds a solution to every problem and he excels at almost anything. His real expertise lies in the mental field where he exerts his true power and skills. He makes an eloquent and articulate speaker and a good leader of society.

Because of *Pitta's* strategic position in the body, *Pitta* types are excellent at playing central roles in life. The solar plexus is related to sun energy, which controls all life on the planet. *Pittas* are aware of their solar plexus power and are, therefore, naturally self-confident. If they are able to transmute the excesses, indulgence and arrogance, which they may have acquired in their life, they are likely to have access to the most profound knowledge of Self. *Pittas* are also very good in passing on what they have learned through their often amazing insights and experiences.

The situation changes, through, when the *Pitta* energies move outside the solar plexus into other parts of the body. The *Pitta* type suddenly becomes fiery, jealous, cynical, angry and egotistic. He rapidly begins to lose control, like a forest fire that is quickly spread by strong winds. If his sense of “I-ness” becomes exaggerated, he may try to subdue his *Vata* and *Kapha* counterparts, especially in the area of sexuality. *Pitta's* overwhelming passion for always wanting to be a winner in every area of life may leave very little room for a wholesome sexual interplay. He may not have the necessary patience and humility that is required during the most intimate moments of sharing and equality. The unbalanced *Pitta* type also tries to use every means to avoid admitting defeat. The most suitable partners for *Pittas* are the strong *Kapha* types, or otherwise, the *Kapha-Vata* or *Vata-Kapha* types.

In physical terms, the dispersion of excessive *Pitta* energy can lead to heartburn, stomach ulcers, burning sensations in the intestines, and hemorrhoids. The then destructive *Pitta* energy may also affect his skin, which becomes prone to rashes, pimples, inflammation and acne. The skin, particularly in the face and chest, may easily redden and become hot. Rosacea is not uncommon among *Pittas*. Hot flushes

and profuse perspiration of the upper half of the body are also a typical sign of *Pitta* imbalance. Unbalanced *Pitta* women who go through menopause frequently experience such symptoms.

The *Pitta*'s eyes can easily become bloodshot and blurry and are often oversensitive to sunlight. This sensitivity to sunlight and watering eyes are the main reasons why *Pittas*, whose *doshas* are out of balance, insist on wearing sunglasses. Their natural internal heat makes them the worst candidates for sunbathing. They prefer the cool and shady places, and they love taking cold showers when outside temperatures begin to rise. If they don't follow their natural instincts regarding exposure to sun and heat, they quickly burn their skin and develop heat fatigue.

Physically, *Pittas* are well proportioned, athletically built and of medium size. The same applies to their face. Their eyes are of medium size with a sometimes penetrating glance. You can easily recognize a Caucasian white *Pitta* type from far away, as he is likely to have red, blond or sandy-colored hair. He is also the first among the body types to have grey hair or go bald. *Pittas* rarely feel cold, even during the winter. When the sun comes out, they are the first to complain that it is too warm. Their skin is fair, warm and soft, and is most likely marked by freckles and moles or other skin blemishes (note: some of these *Pitta* characteristics do not apply to races with dark hair and dark skins).

Pitta types have only medium physical energy, which prevents them from over-exercising or going beyond their limits. Their stamina is moderate, but their digestive energy is abundant. However, overeating can lead to sudden intestinal problems. For this reason, they greatly benefit from moderate food intake and a balanced lifestyle. Eating more than what equals two cupped hands full at one meal gets them into intestinal trouble. Impure foods, polluted water and air, alcohol, coffee, cigarettes, soft drinks etc., are particularly upsetting to *Pitta* types, and often cause very uncomfortable cleansing reactions, such as skin eruptions, stomach problems or emotional distress. *Pittas* also get affected by wearing clothes that are made from synthetic materials. *Pitta*'s main warning signal that he is out of balance is anger, which may fuel his fire energy to the extent that his body becomes toxic and diseased. The main key to balancing *Pitta* is "moderation."

The following factors are the most irritating for the Pitta type:

- Anger
- Insufficient sleep
- Strong sunshine
- Fasting
- Sesame seeds and sesame products
- Wine and other alcoholic beverages,
- Coffee and other stimulants
- Vinegar
- Impure foods
- Unripe fruits
- Linseed
- Yoghurt
- Pungent, salty and sour foods
- Late summer and autumn

The *Kapha* Type

- ❖ Compact, strong and heavier build
- ❖ Well developed and lubricated joints
- ❖ Great physical strength and endurance
- ❖ Hair may be black, blond, dark brown, thick, wavy, oily
- ❖ Stable and reliable personality
- ❖ Steady energy; slow and graceful in action
- ❖ Tranquil, relaxed personality, slow to anger
- ❖ Cool, smooth, pale, often oily skin
- ❖ Hidden veins and tendons
- ❖ Slow to grasp new information, slow to forget
- ❖ Heavy, prolonged sleep
- ❖ Tendency to excessive weight, obesity
- ❖ Slow digestion, mild hunger
- ❖ Excessive need for sleep
- ❖ Calm, affectionate, complacent, tolerant, forgiving, nurturing, maternal
- ❖ Tendency to be possessive, stubborn, attached, narrow-minded.

The Kapha type is controlled by the elements of earth and water, which makes him the most grounded and stable of all the body-types. One word that describes him most is “slow.” The force of Kapha pervades the food element and in the body it is mainly located in the upper thoracic cavity. Both stomach and lungs are central areas of Kapha activity. Proper lubrication of the mucus lining and joints plays a major role in keeping his body strong and resistant to disease.

Since *Kapha* types imbibe the material elements of earth and water, they are the most attuned to the pace of earthly survival. It is, therefore, not surprising that they have the longest life spans of all three types. In a way, they represent Mother Earth and her qualities of nurturing, vitality, and stability.



Illustration 10: The Kapha Type

Kaphas, who represent the *food force*, are the complete opposites of the *Vatas*, who represent the *mobile force*. *Pitta* is the *dynamic force* between them. A *Kapha* person is affectionate, sensual, calm and forgiving. He makes an excellent parent because he is naturally tolerant and does not become irritable even when there is a lot of noise or turbulence around him. *Kapha* types exist mainly on the physical and astral planes. They feel more at home on planet earth than *Vatas* or *Pittas* do, since the earth and water elements are most concentrated in their bodies. Their dominating senses are smell and taste, which makes food one of their favorite things. This naturally makes them good cooks, a characteristic that is rarely found among *Vatas*.

Physically, *Kaphas* have great strength and stamina. Most weight lifters are *Kaphas* who can access and utilize vast energy reserves. Their bones and joints are heavy and well-built, but are hidden under a fat protective skin. They have wide hips and broad shoulders, as often found among rugby players and heavyweight boxers. Their compact and heavy bodies thrive on athletic performance and physical activities. They are very willing to perform strenuous physical labor because they feel so much more alive afterwards.

Too much sitting or sleeping, on the other hand, can make *Kaphas* lethargic and lazy, which slows their already low metabolic rate. A sedentary lifestyle predisposes them to putting on weight very easily; this may sometimes even happen by merely looking at food. They tend to deal with unresolved emotional issues through eating, because eating gives them the most pleasure. In this sense, food is their temporary way out of an unpleasant situation. Unbalanced *Kaphas* can be recognized by their excessive weight. They often become obese if “things don’t move” in their lives.

Kaphas have the biggest eyes of all the body-types. Their dark or blue pupils stand in clear contrast to the milky white sclera, which makes them very attractive. A typical *Kapha* trait is their skin, which is silky smooth, soft, cool, thick, and pale, without a sign of freckles or moles. Even at an advanced age, their skin tends to be clear and without wrinkles. Its natural oiliness gives the skin a shiny glow.

Kapha types do everything slowly, including eating, walking, and talking. They are slow to anger and slow to react. Calm and self-contained, they love peaceful environments. They are the most relaxed and the most romantic of all body-types, and a romantic dinner for two is one of the most exciting things for them. *Kaphas* tend to flirt innocently with everyone and rely on bodily feelings, which makes them ideal lovers. They rarely feel obstructed in their flow of sexual energy and they have plenty of it. *Kapha* types make wonderful partners for all body-types, especially for those who have vital sexual prowess and a need for many offspring. *Kaphas* find fulfillment in caring for a family.

When *Kapha types* are unable to deal with inner conflicts they tend to keep them inside the body, unlike *Vata* types who spurt out whatever they think and feel. This is when stored unrest and antagonism can disturb the *Kapha’s* basic metabolism and cause congestion, stagnation, and a heavy form of depression. Depression and melancholia are the vibrations that transform the *Kapha’s* most precious assets into very destructive forces. Most cancers are caused by an imbalance of *Kapha dosha* and *Kapha* types are the most likely to develop *Kapha* imbalances; hence they are more prone to develop cancers than other body-types.

Because *Kapha dosha* controls the moist tissues of the body, the mucus lining is the first one to show signs of imbalance. Unbalanced *Kaphas* frequently complain of chest colds, wet coughs, asthma, sinus congestion, allergies, and painful joints, especially during late winter and spring times (*Kapha* season).

Another indication of an unbalanced *Kapha* type is his tendency to hold on to possessions, positions at work, money, food, energy, and relationships. He would prefer everything to remain as it is. And to keep

it that way he tries very hard to please everyone, except himself, which again makes him a possible candidate for cancer (also see “Cancer – Who Makes It?” in Chapter 9).

Even though it is not necessarily a part of their nature, *Kapha* types benefit greatly from excitement in their lives. Status quo situations turn the *Kapha*'s stability into inertia, which turns out to be their greatest enemy. *Kaphas* thrive physically, emotionally and spiritually if their focus is on having enough stimulation in life. Exercising, going out, traveling, singing, dancing, playing musical instruments, etc, “keeps them alive.” They need to progress in life to feel good. By contrast, watching television makes them passive and depressed. Also, lack of exercise, cold and heavy food, overeating, and receptive work slow them right down. They only recognize their great assets of inner security and steadiness when they are in action. This keeps them youthful and healthy. The main key to balancing *Kapha* is, therefore, **stimulation**.

The following factors are the most irritating for the Kapha type:

- Sleeping during daytime
- Heavy food
- Sweet, sour and salty food
- Milk and dairy products
- Cold and damp
- Spring and early summer
- Sugar and sweets
- Laziness
- Lack of exercise and physical activity
- *Too much sleep*

CHAPTER 6

A Life of Balance



This chapter is dedicated to the main procedures, methods and insights that you can use to actually create a life of balance. Once balance is achieved, good health results quite spontaneously. This principle of natural law applies to every living being and to nature as a whole. Yet creating balance is not something you will only have to do just once in life, rather it is an ongoing process that allows your body and mind to function in perfect coordination and harmony with each other. A life of balance will equip you with the ability to joyfully and passionately meet the constantly increasing challenges of our time, endowed with the tools of physical and mental strength, creativity and wisdom.

The factors that could possibly disrupt your health have increased tremendously within the relatively short period of the past few decades. Not so long ago, it was relatively easy to live in harmony with the laws of nature and the environment. Now you have to be very alert not to get caught up in the destructive effects of man's creations. Many of the big city children grow up with the notion that food means junk food; drinking water is not necessary, but soft drinks are; nature is something you watch on the "Discovery" Channel, an American cable television station.

The costs of forsaking a life of balance are astronomical. Many people argue that our modern way of life with its ever-increasing comforts and material acquisitions doesn't allow for a healthful way of life. As a nation, the United States has become dependent upon a health care system that makes us sicker, becomes unaffordable for most, and pushes the country towards the brink of financial bankruptcy. While we are spending more on health care than most developing countries taken together, 65% of the population is unhealthy and suffers from one health problem or another.

Never before have we been in such a strong need of living a balanced life. Balance or good health of mind, body and spirit is an option most of us can choose to create by following the simple, yet powerful recommendations given in this chapter. A good number of guidelines presented here are derived from the ancient medical science of Ayurveda. I have updated and improved them as a result of regular feedback that was given to me by thousands of patients who have applied them in their daily lives.

Guidelines for Daily Routine and Diet

Regularity

► Follow the rhythms of nature as described in Chapter 5. This ensures that your body and mind can function with ease and optimal energy.

Regular rest and sleep: Bedtime: 9-10pm

► Don't worry if you have difficulties with falling asleep; just lie with your eyes closed and relax; and you will still get 90% of the benefit from sleep. This program can help eliminate the causes of sleep disturbance.

Regular exercise and physical activity

► Morning and /or evening walk.

► Surya Namaskara or “sun salutation” – the most ancient, complete and simple exercise program (see illustration 9).

► Body squatting forms a very important, natural part of life among all tribal people. Benefits include:

- Improved respiration of almost all cells in your body. The squat incorporates the use of almost all the muscles in your body.
- Increased Chi or life force through important meridians (which control most psycho-physiological functions in the body).
- Improved pumping of fluids, aiding in removal of waste and delivery of nutrition to all cell tissues.
- Beneficial physiological stress to your hormonal system.
- The squat movement encourages easier passage of feces through the colon and more regular bowel movements.

Start off with just a few squats, and increase the number by 1-2 each day. When you are capable of performing 100 squats in a row, your body will start relying on Chi for its energy requirements instead of using up its physical energy resources.

► Choose any other form of physical exercise that suits your body type (see section on “Balancing the Doshas”).

► Whenever you exercise, always inhale through your nose while keeping your mouth closed to avoid harmful “adrenaline breathing.” Mouth breathing can lead to rapid depletion of one's energy reserves and trigger the release of stress hormones. You may exhale through your mouth if necessary. Aerobic exercises are good as long as you maintain nose breathing (versus mouth breathing).

► Exercise only up to 50% of your capacity. Don't allow yourself to become tired. For example, if you can swim for 30 minutes before feeling tired, swim only for 15 minutes. In time, your capacity for more exercise will increase. Over-exercising weakens the immune system and floods the blood with harmful acidic chemicals.

► Expose your body to fresh air at least once or twice every day to ensure proper circulation and oxygen supply to its trillions of cells.

► Regular practice of Yoga, Tai Chi, Chi Kung, Winsor Pilates, or similar fitness programs is highly recommended for maintaining energy and flexibility. The Five Tibetan Rites as described in the book

Ancient Secret of the Fountain of Youth by Peter Kelder is one of the most excellent exercise routines you can follow.

- ▶ PranaYama: Five-minute breathing exercises to increase Prana or Chi (life force energy), as explained below, best done before meditation and before eating.
- ▶ Meditation according to your choice: I recommend the “Technique of Conscious Breathing,” as described in my book “It’s Time to Wake Up” and summarized in Conscious Breathing Meditation below.

Regular Mealtimes

- ▶ Lunch should make up the main meal of the day. Eat at around 12:00 – 12:30 p.m. (the best time to eat is when the sun is in its highest position).
- ▶ Dinner should be light since the digestive power is low in the evening. A heavy meal taken in the evening remains mostly undigested.
- ▶ Eat dinner between 6:00 p.m. and 7:00 p.m. so that the main digestion is completed before bedtime and does not interfere with your sleep.
- ▶ Eat your meals at about the same time every day, so that the digestive system can always perform at its best.
- ▶ Eat according to your hunger level. If you are not hungry don’t eat. Wait until your natural appetite (digestive power) has returned. Note: food cravings have nothing to do with hunger and should be treated like an addiction (see Chapter 7, Employing Nature’s Healing Powers).
- ▶ Drink about 6-8 eight glasses of water each day. Pure and fresh water is best. Make it a daily habit of drinking one glass of water about ½ hour before each meal and one glass of water 2-2 ½ hours after each meal. This improves digestion and keeps the blood thin (for exact directions see section on ‘Drinking Water – The Greatest Therapy of All’).
- ▶ Sit down when you eat, even if it is for a small snack. The digestive system is better able to secrete balanced amounts of digestive juices when eating in the sitting position.
- ▶ Eat in a settled environment without radio, television or reading. Any distraction from eating impairs the enjoyment of food and the ability of the body to supply the appropriate enzymes for digestion.
- ▶ Sit quietly for 5-10 minutes after the meal so that the food has a chance to settle in the stomach before getting up from the table. Lying on your left side for a few minutes and going for a 15-minute walk afterwards also greatly aids digestion.

Morning

Bowel Movement:

- ▶ For optimum health, the bowel movement should occur regularly in the morning after rising, ideally at the end of the Vata period (at around 6:00 a.m.) while Vata is still strong enough to eliminate waste materials from the system. Give yourself that extra time, but do not force a bowel movement. Never suppress natural urges, as this may lead to great disturbance of Vata in the body and even cause internal injuries.
- ▶ Every morning after rising drink one glass of warm water. This will help to end the “drought” of the night and increase regularity of the bowel movement. Then drink a second glass of warm water, but add a

teaspoon of honey and the juice from one slice of fresh lemon. This helps remove AMA and harmful bacteria from the gastrointestinal tract, and assist the intestines in eliminating any accumulated waste material. Wait for at least 30 minutes before eating breakfast.

Regular Dry Brushing and Oil Massage:

► Quickly brush your whole body with a dry body brush made of natural bristle or a good natural loofah. This will improve circulation, strengthen and rejuvenate the skin, and help with lymph drainage. The brushing of the skin also opens the pores and increases effectiveness of the oil massage, if applied afterwards.

► Abyanga or oil massage: Massage yourself with either sesame oil or else with coconut, sunflower or olive oil (all cold pressed and unrefined, available from natural health food stores). Abyanga helps draw out toxins and improve circulation. Conclude the massage with a warm bath or shower (see directions for oil massage below). Sesame oil, in particular, quickly penetrates all the layers of the skin, binds to and removes toxins of various kinds (including harmful fatty acids) and helps rid the blood vessels of plaque and cellular debris. This supports the body in preventing and reversing hardening of the arteries. Abyanga also stimulates growth hormone production and improves immunity (almost one third of the immune system is located in the skin).

Breakfast

► If you are not hungry, skip breakfast (Kapha types rarely need breakfast).

► If hungry, eat a light breakfast. Food choices may consist of light wholemeal products (check for wheat allergy!). Oatmeal or any other hot cereal with cold pressed coconut oil or unsalted butter, unrefined sea salt, almond milk, and perhaps stevia or xylitol sugar for sweetening makes a hearty, nourishing breakfast. Wetabix or toasted whole-wheat bread with butter, are fine, too. Besides almond milk, rice milk and oat milk are also good alternatives to cow's milk.

Note: Soy milk should be avoided due to its natural food toxins (enzyme inhibitors, a possible gene-manipulation, and its potentially harmful effects on hormonal balance (if in doubt use the muscle testing procedure of Chapter 1).

Also, do not add fruits to your cereals, as this lead to fermentation and toxicity.

► Avoid animal protein such as cheese, meat, ham or eggs as well as sour foods, including yogurt and citrus fruit. All of these quickly subdue AGNI, which is naturally low in the morning. A breakfast consisting of only fruit (other than citrus) is fine.

Lunch Meal

► Make lunch the main meal of the day.

► Avoid drinking beverages with the meal since this would dilute the concentrated digestive juices and become a cause of indigestion and weight gain. Sipping a cup of hot water during the meal, however, can help increase the digestive power. To maintain thinness of blood and normal secretions of bile, it is best to drink a glass of water about ½ hour before lunch and again 2-2½ hours after lunch.

► If salad is part of your meal, eat it as a starter (avoid salad at dinner time,) and before eating any cooked food. Since raw food requires different digestive enzymes than needed for cooked food, eating

these food items separately, i.e., one after the other, makes it easier on the digestive system. Eating raw food items after having eaten cooked foods will leave them mostly undigested and subjected to fermentation. During cold days and in the winter, you may naturally desire to eat salads less often; this is due to their strong cooling effects on the body.

Note: Make certain to use a full-fat salad dressing, such as olive oil and lemon for your salad. A team of researchers at Iowa State University conducted a study that showed that the salad's nutrients are only digested and absorbed properly when consumed with a full-fat salad dressing versus as reduced-fat salad dressing.

Evening Meal

► In the evening, Ayurveda recommends that you avoid eating meat, pork, poultry, fish, ham, eggs, nuts, etc., because AGNI is too low at that time to handle protein foods, which during the day would require 6-8 hours of digestion in the stomach. Be aware that production of digestive enzymes stops at around 8pm and heavy food items will linger in the stomach until the early morning hours. At this time, the stomach may discharge the mostly undigested food into the small intestine, giving rise to a decomposition process.

► Yogurt, cheese, fruits and salads should also be avoided in the evening. These foods have a naturally high bacteria content. When exposed to the warm and moist environment of the stomach and small intestine during the night, they end up causing indigestion and fermentation (along with plenty of low quality alcohol).

► Oily, fried and deep-fried foods, as well as root vegetables such as potatoes (with the exception of cooked carrots, beetroots, or white radish), are also very difficult to digest at night. Coconut oil is fine to use.

► An example for a light dinner is freshly prepared vegetable soup served with whole wheat pita bread, whole wheat toast, rye crackers, etc., all with unsalted butter, or coconut oil; or else cooked vegetables with rice or other grain foods. The soup/vegetables may be seasoned with spices and herbs, vegetable bullion, unrefined sea salt, as well as butter or coconut oil added during or after cooking.

General Guidelines

► It is best to avoid heavy, oily, and fried food; aged cheeses; large amounts of yogurt; onion and garlic, especially in raw form; highly processed and refined foods; fizzy drinks, alcohol, coffee, regular tea; artificial sweeteners; and sugar, except xylitol and stevia.

► Try to include one or two pieces of fresh fruit per day in your diet. If you use fruit juice, make sure it is freshly prepared and no older than one hour (best diluted with water). Packaged fruit juices are pasteurized, which makes them acid-forming, deprives them of natural enzymes, and depletes the body of important minerals and vitamins. Many brands contain artificial sweeteners, which dehydrate the body and may cause damage to the nervous system and immune system. Eat preferably one kind of fruit at a time.

Fruit or fruit juices should always be taken on an empty stomach. Since fruits leave the stomach within 20-40 minutes without requiring any stomach action, it is better not to eat them with other foods, which

otherwise leads to fermentation, bloating, and even diarrhea. The best times for eating fruit are mid-morning and mid-afternoon, or for breakfast with nothing else.

For optimal digestion, fruits should preferably be consumed when in season. When picked too early, they have not reached their natural ripening stage and lack most vitamins and important sugars. They may also be irritating the intestinal walls due to their high antibody content and enzyme inhibitors (which are toxic to the body). Once full sun-ripened these toxins become neutralized. Since fruits have a cooling influence, they are less suitable during the cold season when we need more warming foods. The best types of fruit are the ones that naturally grow in your environment. To properly digest fruits from another country we require different digestive enzymes. We can only produce these enzymes if we have lived there for some time and our bodies have adapted to the new environment.

► You may take soaked dried fruit, e.g., sultanas, figs, dates, prunes, either for breakfast or as a snack like other fruit. “Muscle test” which ones are the most suitable for you! Dried fruits also contain enzyme inhibitors which can make them gas-forming and constipating. Soaking them breaks down these inhibitors and makes them easily digestible.

► Eat 8-12 almonds, preferably without the skin, on a daily basis. This provides vital nutrients to the cells of the body, and particularly to the eyes and bones. Remove the skin by placing the almonds in boiled water for 10-15 minutes and then peel them.

Note: the skin contains harmful acids used to protect the nut from insect attack and fungus, and may cause some irritation, even allergies, to some sensitive individuals.

► It is best to avoid leftover foods, with the exception of rice and beans, that you can keep for a day or two and then reheat them. With regard to vegetables, the life force (Prana or Chi energy) and important enzymes and vitamins dissipate after one hour of cooking them. Frozen food is void of the life force. Fruits should be eaten only fresh. Microwaves used to cook food cause total disintegration of the food’s molecular structure and destroy its life force. Without its life force, food cannot be digested and assimilated properly.⁶

► For deep tissue-cleansing, drink hot (ionized) water frequently: Boil water for 15-20 minutes. Keep it in a thermos flask and every ½ hour, take 1-2 sips or more according to thirst. To have a cleansing effect, the water must be boiled this long and be taken as hot as one would take tea. You may put a small piece of fresh ginger in the flask. By boiling the water continuously for at least 15 minutes, large numbers of (negatively charged) oxygen ions are generated. When ingested by taking frequent sips of this water throughout the day, these negatively charged ions start to systematically cleanse the tissues of the body and help rid them of positively charged ions – those associated with high acidity and toxins. If you have excessive body weight, this technique can help you shed many pounds of body-waste without any major undesirable side effects (see more details in Chapter 7).

► Avoid cold foods or beverages as they can “extinguish” AGNI, the digestive fire, for many hours. They may also damage the nerve endings of the stomach. A hand, held in icy water, becomes numb. Similarly, cold things make the stomach cells contract and prevent them from secreting proper amounts of digestive juices. They also make the stomach insensitive to potentially harmful foods or beverages and effectively disrupt its communication and potential warning signals to the brain. In addition, digestive enzymes require a very specific environmental temperature to operate. By cooling down the enzymes’

⁶ There are numerous serious health problems resulting from regular use of microwave ovens. During a classic experiment on several thousand healthy cats that were given highly nutritious, but microwave-treated foods for six weeks, all cats suddenly died from starvation. The nutrients from these foods were in their body, but were not able to enter the cells. Destroying the life force of food makes it useless to cells. Therefore, modern preparation or production methods are a leading cause of illness and death.

environment, their digestive and anti-cancer properties begin to diminish too, predisposing a person to excessive weight gain and even cancer. Also, the sudden cold influence, as caused, for example, by ice cream or iced beverages, forces the body to increase its internal heat generation in order to compensate for the harmful drop in temperature. This response wastes the body's energy reserves and may make it feel even hotter and thirstier than before, particularly during the summer period. Foods and beverages that are of room temperature or warm are the most suitable and natural ones for the human body.

► Use the spices appropriate for your body type generously. You will find them listed in the Ayurvedic food charts below. Spices not only enhance the flavor of food, but also contain vital nutrients and aromas that help with the digestion and metabolism of food. People who suffer from low metabolism (mainly Kapha types) can speed up their metabolic rate by as much as 30 percent by using warming or heating spices in their food. Chili peppers or chili-containing spice mixes should be avoided, though, as they affect the chest and cause mucus irritation in the stomach and intestines. If you like it hot, cayenne pepper is the best option.

► If available, take ¼ - ½ glass of freshly prepared carrot juice before lunch. Note: Pitta types should do the muscle testing for carrot juice before attempting this regimen.

► For one day per week or month take only a liquid diet (soups, freshly made juices, water, herbal teas, ionized water, etc.). Then gradually build up to a normal diet again. This will greatly relieve the digestive system and improve its ability to remove any accumulated toxic waste. Women benefit greatly if they have a “liquid day” about one or two days before their monthly menstruation; it helps to make the menstrual period more comfortable and effective.

Drinking Water -- The Greatest Therapy of All

Dehydration is perhaps the most common, yet largely unrecognized problem prevalent in modern societies today. Alcohol, coffee, tea, and soft drinks have become the primary choice for satisfying thirst, especially among the younger generations. The principal effect of these beverages, however, is to remove water – the most important substance in the body – from the blood, cells and organs. Drinking enough fresh water is an essential prerequisite for avoiding disease and slowing the aging process. Anyone who is healthy and wants to stay that way needs to drink about 6-8 eight-ounce glasses of fresh water each day. This will ensure that the 60-100 trillion in the body receive their daily-needed ration of water in order to maintain efficiency of digestion, metabolism and waste removal.

Suggestions:

- Start the day by drinking one glass of warm water to end the “drought” of the night and remove accumulated wastes from the excretory organs. As previously mentioned, this can be followed by a glass of warm water with lemon and honey.
- About half an hour before each meal drink one glass of water. Doing this will keep your blood thin and thereby enable it to take up nutrients and distribute them to the cells. The water also helps increase the secretion of digestive juices and prevents bile from becoming too viscous. By contrast, drinking a lot of water or other beverages *with* your meal dilutes the digestive juices, which greatly undermines the digestive process.
- Following a meal, the blood uses up a considerable amount of water to distribute nutrients to the cells and can, therefore, become water deficient quite quickly. Drinking another glass of water approximately 2 ½ hours after each meal restores the blood's water requirements.

These simple guidelines can help prevent the most serious major diseases that are prevalent in modern societies today. Drinking sufficient amounts of water at the right times can and should be part of every other therapy used in the treatment of disease.

A note of caution: Any attempt to restore proper hydration of the body should be made gradually, otherwise this may cause serious harm to the body! A dehydrated person, that is, anyone who has not taken the minimum required amount of water and/or has depleted the cells of excessive amounts of water by consuming caffeine or sugar-containing foods or beverages for a considerable length of time, is susceptible to becoming ill. During dehydration, the body's cells are no longer able to function efficiently. To protect themselves against further loss of water they make their membranes less penetrable to water diffusion by pulling in extra amounts of fats, including *cholesterol*. This survival mechanism, however, prevents metabolic waste from leaving the cells, that consequently begin to suffocate in their own waste. Some of the cells, in order to survive in this toxic environment, may eventually need to undergo genetic mutation and become cancerous.

During the state of dehydration, the kidneys hold onto water and so does the rest of the body. At this point many people start craving and overeating salt or salty foods because the body needs more salt to hold on to the little water it has left. This, however, causes the kidneys to contract and filter even less water than before. Urine becomes more and more concentrated and scarce. In this condition of extreme dehydration it would be unwise to suddenly start drinking gallons of water. Since the cells have created a barrier in order to save water, they are in no position to absorb this much water all at once. The water would simply stagnate outside the cells and lead to water retention and weight gain. Given these circumstances, the kidneys are not able to filter much of it (scarce urine) and any sudden intake of large amounts of water can indeed cause severe lymph congestion, swelling, and in some cases, even death. The transition from a state of severe dehydration to improved hydration should be very gradual and is best monitored by a health practitioner who knows about the basics of water metabolism.

Guidelines for Gradual Re-hydration

Add *only* about one glass of water per day to the amount of water you usually drink and check whether urination increases. If it does, drink another 1-2 glasses. If not, reduce the amount to a third or half glass of water per day. It is of principle importance that your kidneys begin to filter more water when you drink more water. You don't want to create a "dam" in your kidneys, which could end up flooding even your lungs. In time, the kidneys will recognize that water is no longer a scarcity in the body and make the necessary adjustments to increase urination. At the same time, the body will naturally decrease its salt production and salt retention. When this occurs, the urge to eat a lot of salt or salty foods will also lessen. This response is caused by the water's own natural diuretic effects.

If you are on diuretic drugs it is important for you to know that water is a much more efficient diuretic than any other drug can possibly be, and it has no harmful side effects. Diuretic drugs should be decreased gradually and under supervision of a health practitioner. Once the kidneys have no more difficulties with eliminating urine, you can increase your water intake to the natural minimum daily requirement of 6-8 glasses a day. This will drastically reduce the health risks imposed by an illness. To undo years of dehydration and be completely hydrated again, however, it may take up to a year, and sometimes even longer.

A note of caution: When the body is dehydrated, it tries to *retain* its salt in order to hold onto water. Once urination increases following improved hydration, these salts are gradually passed out with the urine. If the hydration attempts are implemented too fast, those areas with the most salt retention may develop lymph edema. Any emerging puffiness of or around the eyes or swelling of the ankles indicates that the hydration process should be done more gradually. As the swellings decrease, you may resume drinking normal quantities of water. With increased water intake, your body will also be able to remove any excessive salt. You should, therefore, be sure to take some unrefined salt⁷ as an important part of your diet. If your untrained muscles start to cramp, particularly during the night, your body is most likely not getting enough salt (or it is getting the wrong type of salt).

Both water and salt are absolutely essential for keeping the water metabolism balanced and for generating enough hydroelectric energy to maintain cellular activities. *Drinking water* can be considered to be the most important therapy of all therapies because there is simply nothing in the body that doesn't depend on it. Drinking water and cutting out any energy-depleting (over-stimulating) influences should be the very first treatment in the case of an illness, before attempting to do anything else. In most cases, the problem will disappear naturally.

Exercise Yourself to Health

The Purpose of Exercising

Under normal circumstances, exercising one's body would not be necessary. Man, like every other animal, was meant to live in nature, have plenty of fresh air, and be involved in enough physical activity to keep the body fit and vital. Technological and economic advancements, however, have led to an increasingly sedentary lifestyle, which requires physical exercise to keep our bodies healthy and strong.

The purpose of physical exercise is not only to prove to ourselves that we are able to defy the aging process, look good, or prevent a heart attack. Exercise also helps us to enhance our capacity to digest food, eliminate physical and emotional impurities, and increase firmness and suppleness, as well as our ability to deal with stressful situations. Especially the lymphatic system, which drains toxic and noxious substances from the connective tissues of the organs and muscles, depends on the daily movement of all the parts of the body. Unlike the blood, which has a heart to circulate it around the body, the lymph fluid has no such direct pumping device to do the same. The lymphatic system heavily relies on the breathing apparatus and how well we use it. When the muscle responsible for the breathing action of the lungs (diaphragm) extends into the abdomen, it exerts great pressure on the intestinal lymph vessels, thereby squeezing their contents. This forces the lymph to move through the lymph ducts, such as the thoracic duct. Thus, each inhalation and exhalation acts as an indirect pump for the lymphatic system. Shallow breathing that accompanies a sedentary lifestyle (and intestinal congestion) has a detrimental effect on proper lymph drainage. Exercise can greatly improve lymphatic functions and thereby prevent multitudes of diseases.

⁷ Regular, refined table salt (sodium chloride) is a major cause of heart, lymph, and kidneys problems and should be avoided. See also section on the great benefits of unrefined salt in Chapter 7.

Physical exercise is a great immune-stimulant if done in moderation, and it also improves neuromuscular integration in all age groups. Its effect of boosting self-confidence and self-esteem stems to some extent from the improved oxygen supply to the cells and the resulting well being in all parts of the body and in the mind. Exercise is an excellent means of increasing happiness in life, especially if it involves challenges that require creativity.

The conventional approach to exercise believes that a good workout needs to take you right to your limits, leaving you exhausted and tired afterwards. This is not true. Exercise that exhausts your body is an indirect act of violence directed against it, and the body perceives this treatment as a kind of punishment for not performing well enough. The pain that shows in people's faces when they struggle through a tough workout program is an indication that the body suffers from overexertion. This sort of exercise defeats its very purpose. Any form of physical exertion upsets *Vata* and causes the secretion of abnormal amounts of stress hormones such as *adrenaline*; this leaves the body restless and shaky. The body, thus depleted of energy, is unable to do the repair work that arises from the strenuous workout, leaving the cardiovascular system weak and vulnerable to other stress factors.

Post-exercise exhaustion is a serious cause of illness that affects many unsuspecting people who think they are doing themselves a favor when they push their body to the limit. In the excitement of competitive sports, you may not be aware at first how strenuously you are exerting yourself, but once the *adrenaline rush* is over, the side effects start kicking in. Apart from exhaustion and possible injury, professional athletes are more likely to suffer from immune deficiency which makes the body prone to infections of all sorts. Athletes consume a lot more prescribed drugs than the average person does. The thymus gland, which activates *lymphocytes* and controls energy supplies, may actually shrink in size and leave the body weak and debilitated as a direct result of over-conditioning the body and stressing the mind.

Exercise According to the Doshas

Exercise is best done according to one's capacity and psycho-physiological body type. A *Vata* type, who has the lowest capacity for exercise, benefits mostly from such easy ways of keeping fit as walking, dancing, bicycling, short hikes, balancing and stretching. *Vatas* generally do well with Yoga, Tai Chi, and Chi Kung. Since *Vata* types experience energy in bursts, they should be particularly careful with not overdoing it, because when their energy suddenly drops, they can feel depleted for a long time afterwards.

Pitta types, being competitive by nature, are equipped with more drive and energy than *Vatas*. They generally are not satisfied with the more ordinary forms of working out. To achieve physical satisfaction they need a more goal-oriented exercise program. However, they also don't have boundless energy and are better off exercising in moderation. *Pittas* feel challenged by hiking in the mountains, skiing, jogging, swimming, playing tennis, or other sports that create in them a sensation of achievement.

In sports, you can easily recognize the unbalanced *Pitta* types. They are often bad losers and may get angry if they feel they are "not good enough." *Pittas* who get angry while performing should look for a less competitive exercise program to increase their level of satisfaction. Since excessive heat is a sign of unbalanced *Pitta*, swimming, which has a cooling influence, is one of the best forms of exercise for them. A walk in the cool forest is another excellent way to pacify an unbalanced *Pitta* type.

Kapha types are the ideal candidates for a good or moderately heavy workout. Weight training, running, rowing, aerobics, long distance bicycling, dancing for a long time, and playing football, basket ball and tennis are all very suitable for a *Kapha*. The *Kapha* type's steady energy gives him the necessary endurance and stamina to last through long competitive games without feeling tired. Exercise will clear

out any excessive *Kapha* congestion, remove excessive water and fat, and improve general circulation. This will leave him feeling refreshed and buoyant afterwards.

Basic Guidelines for Healthy Exercise

- It is best not to exercise at more than 50% of your capacity, whatever that means to you. The purpose of exercising is not to prove to others how capable you are, but to derive personal benefit and satisfaction from it. If you are able to run for 30 minutes before you are tired, then make the choice to run only for 15 minutes. Getting tired during exercising defeats the very purpose of exercise. Feeling refreshed, revitalized and energetic afterwards indicates that the workout has been successful. In due time, your capacity for exercise will naturally increase on its own.

- Stop exercising when you feel the need to breathe through the mouth. Once you are forced to breathe through the mouth, rather than through the nose, you have gone beyond the 50% threshold of your capacity for exercise at that time. This is a sign that your body has moved into the adrenaline-breathing mode, which uses up your basic energy reserves and depletes cellular oxygen. You have reached your limits when you feel your heart pounding violently or when you begin to sweat profusely or your body shakes. In that case it is good to finish off with a short period of walking and breathing normally. The basic rule is to always breathe through the nose and not through the mouth. Exercise to the point of perspiration once a day.

- It is best to exercise during daylight. The best capacity for exercise is available during the *Kapha* period in the morning (6am to 10 am) and at the end of the *Vata* period in the afternoon (5pm-6pm). The benefits of exercise increase dramatically when it is done in sunlight (see Chapter 8, Sunlight – Medicine of Nature).

- Ayurveda discourages exercising after sundown. Allow the body to slow down in the evening and prepare itself for a restful and rejuvenating sleep. Never exercise just before or after a meal, as this impairs *AGNI*, the digestive fire, and causes indigestion. However, walking for 15 minutes after meals works as a good digestive aid. Always drink water before and after exercising to prevent the blood from thickening and the cells from becoming dehydrated.

Surya Namaskara (Sun Salutation)

Surya Namaskara (illustration 15) is one of the most ancient and integrated exercise programs around. It is an integral part of Yoga, which benefits both the mind and the body. It is unique in the sense that it strengthens and stretches all the major muscle groups, massages all the internal organs, supports lymph drainage from every part of the body and enlivens the energy centers and acupuncture points of the body. This exercise program increases blood flow and circulation, conditions the spine, and improves flexibility of the joints. Grace, suppleness, as well as physical stability are the natural results arising from daily practice.

Directions: *Surya Namaskara* consists of two cycles of twelve postures each. During the first cycle, in positions #4 and #9 the right knee is brought forward to the chest, and during the second cycle it is the left knee that is brought forward to the chest. Apart from this exception, all the movements are exactly the same for both cycles. The twelve postures or positions are performed one after another in fluid sequence

and coordinated with the breath. It is important not to strain with this exercise because benefits can only be felt when it is done easily and effortlessly. When you feel tired, lie down and rest, and breathe freely. Begin with one or two complete cycles and see how you feel afterwards. This way, the exercise will gradually increase your capacity for more. As a general guideline, men can eventually do as many as twelve complete (double) rounds, ladies as many as six.

You will find that after a few cycles your breath will naturally adjust itself to the different movements. After having done this exercise for a few days, the sequence of movements will be automatic and you will no longer need to look at the instruction pictures.

Breathing Exercises (PranaYama)

Ayurveda recommends simple breathing exercises or *PranaYama* that help to refresh energy and restore vitality to both mind and body within minutes. The word *PranaYama* is composed of two Sanskrit words. *Prana* means “the life force” or “the breath of life.” It carries vital energy from the surroundings into the body. *PranaYama* can cause an extraordinary balance in consciousness. *Yama* means exercise that increases the flow of *Prana* and thereby stimulates all the functions of body and mind. *PranaYama* has a deep cleansing effect and it purifies the *nadis*, which are the pranic currents of energy in the body.

The benefits of *PranaYama* include reduction of stress and tension, improved respiration and circulation, as well as heightened awareness and clarity of mind. Especially those suffering from respiratory ailments, headaches or migraines, and depression, may derive great relief from *PranaYama*. For maximum results, any of the following three types of *PranaYama* (according to body type) should be performed twice a day for five minutes each, preferably on an empty stomach in the morning and in the evening, or when under stress. There is one *PranaYama* most suitable for each of the different body types, although *Vata PranaYama* can be done by anyone suffering from any kind of affliction. Breathing should be normal and effortless. For maximum benefit, one should sit straight but comfortably, and with eyes closed.

Breathing should be coordinated with the movements of the body. Whenever you extend the spine or elongate the body, inhale and when you bend or fold the body, exhale.

Vata PranaYama

A person of *Vata* constitution or *Vata* imbalance benefits most from *alternative nostril breathing* which brings balance on all levels of mind and body. For this exercise,

- 1. Close your right nostril with the thumb of your right hand and inhale through the left nostril.**
- 2. Then close the left nostril with the middle or ring finger of the same hand and exhale through your right nostril.**
- 3. Hold your finger there and inhale. Release, and once again close the right nostril with your thumb and exhale through your left nostril.**
- 4. Remain there and breathe in again.**

Repeat this sequence for five minutes. Make sure to breathe in a relaxed and natural way while sitting straight and comfortably. This *PranaYama* supplies a larger and equal amount of oxygen to both hemispheres of the brain, empties the lower lobes of the lungs from excessive amounts of carbon dioxide,

and makes room for more oxygen to be taken to the cells, giving them an “oxygen bath.” *Vatas* who feel tense, restless, and stressed can quickly return to balance by practicing this *PranaYama*.

SURYANAMASKARA

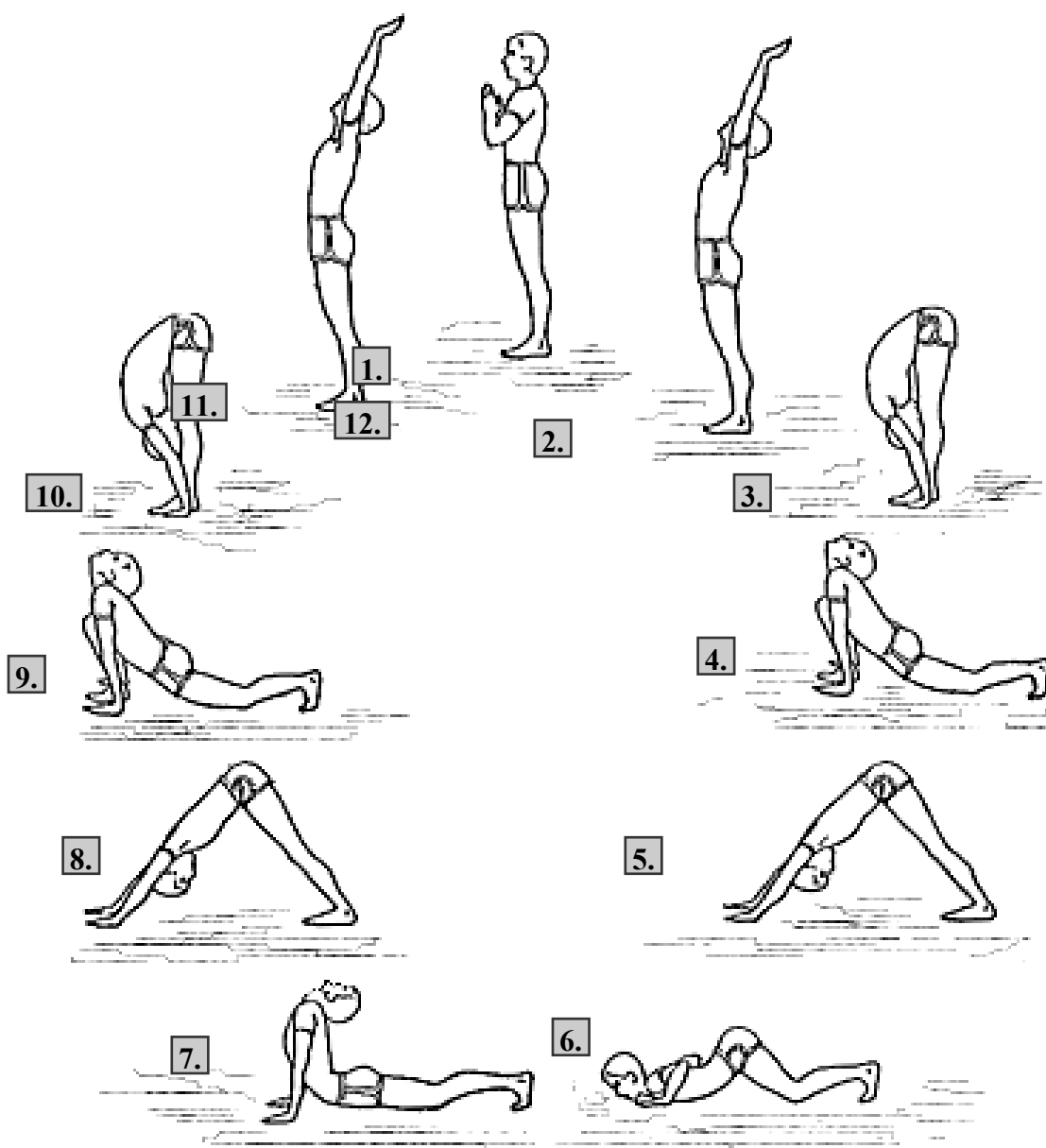


Illustration 15: Surya Namaskara

Pitta-PranaYama

A person of *Pitta* constitution or *Pitta* imbalance can “cool down” and enhance female energies in the body by performing *left nostril breathing*. The left nostril corresponds to the cooling system in the body. If it is blocked, the body is overheating. For this exercise,

- 1. Close your right nostril with the thumb of your right hand and inhale through your left one.**
- 2. Then close your left nostril with your middle or ring finger and exhale through your right one.**

Repeat for five minutes, breathing normally and naturally, and sitting upright and comfortably.

Kapha-PranaYama

A person of *Kapha* constitution can literally warm up and increase male energies in the body by performing *right nostril breathing*. The right nostril corresponds to the heating system in our body. If it is blocked the body becomes too cold. For this exercise,

- 1. Close your left nostril with the middle or index finger of your right hand and inhale through your right nostril.**
- 2. Then close the right nostril with your thumb and exhale with your left one.**

Repeat for five minutes, breathing effortlessly and sitting upright and comfortably.

Obese-Pranayama

A person who suffers from obesity should perform a fast *PranaYama*.

- 1. Sit in a comfortable position, take a deep breath and exhale quickly and forcefully through the nose. You will naturally inhale after each exhalation.**
- 2. Repeat for one minute, then rest for one minute.**
- 3. Do this exercise for a total of five times, resting for one minute after each time.**

This exercise speeds up the metabolic rate and is the *equivalent of running two miles*. You will begin to feel hot and start sweating. It is important at this stage not to take cold or chilled beverages, as they shut down AGNI and increase the build-up of fat in the body. Drink water of room temperature.

Conscious Breathing Meditation

Conscious Breathing is practiced in a comfortable sitting position and with eyes closed. It is best to sit straight to make it easier for the body to breathe without strain. For maximum results, this meditation is practiced for about 15 minutes twice a day, in the morning and in the evening, preferably before or at least 2-3 hours after eating food.

As you close your eyes, simply bring your attention to the end of your nose or to your chest and experience the movements of inhalation and exhalation. Breathe easily and naturally. The longer you practice, the more readily will your mind follow the rhythm of breathing and become relaxed. To go into a peaceful state your mind does not have to stop thinking. In fact, the only mistake you can make with this practice is trying to stop thinking or prevent thoughts from coming. If you are carried away by thoughts, feelings or emotions please do not do anything to stop them. Simply bring your awareness back to the breathing, to your nose or chest and if the thoughts continue to be there, fine. An increased thought activity during the practice indicates that stress is being released from the nervous system; stress release naturally results in increased physical activity which, in turn, increases mental activity, i.e., thoughts, feelings, mental pictures, etc.

Continue this process until you feel that about 15 minutes have passed. There is no reason to be anxious about doing this correctly. Breathing is natural and having the attention on it is natural, too. There is nothing you can do to improve upon what nature is already doing perfectly. Also don't try breathing with greater emphasis or deeper than you would normally do in the sitting position.

By repeatedly allowing your mind to follow the inhalation of fresh air into the body and the exhalation of used air out through your nose, your mind will become increasingly quiet and peaceful. If for a brief moment your mind becomes still altogether, you will only be aware of yourself, without a thought or feeling. For this brief moment you are Self-realized or "Self-referral" because your Self is the only thing to which it can refer. It is for this instant that your mind has given up thinking; your body follows suit by becoming very relaxed. This is the time when body and mind are perfectly coordinated, a moment of healing for both body and mind. There is nothing you can possibly do from your side, though, to produce or experience these moments. They occur when you expect them the least, i.e., when you are totally relaxed about the process, with no expectations or effort.

With regular practice of conscious breathing you will find that this peaceful and relaxed state of your mind will extend in time and accompany you during mental and physical activity throughout the day. There will be a strong sense of calmness and of being centered and self-confident, even in stressful situations or amidst noise and chaos. The depth of this experience will increase to the point that your own unbounded awareness will coexist with the most dynamic activity of your body and mind.

Directions:

1. Close your eyes and sit comfortably.
2. Bring your attention to the end of your nose or to your chest, and breathe consciously, but naturally.
3. When you are aware of other thoughts, let them be there, and gradually bring your attention back to the breathing.
4. After about 15 minutes open your eyes slowly.
5. Ideally meditate twice a day, morning and evening before eating.

Abyanga – Daily Oil Massage

The main purpose of *Abyanga* or oil massage as part of the Ayurvedic daily routine is to assist in preventing the accumulation of physiological toxins (*AMA*) and to lubricate and promote flexibility of the

muscles, tissues and joints. The classical texts of Ayurveda indicate that daily oil massage promotes softness and luster of the skin, as well as youthfulness. The skin is a major producer of endocrine hormones and is connected to every part of the body through thousands of cutaneous nerves. Daily oil massage can, therefore, balance the two master systems of the body – the nervous system and the endocrine system. The following are a few directions to assist you in learning the Ayurvedic daily do-it-yourself oil massage.

- Unless specific oil has been recommended for you, cold-pressed (also called expeller-pressed) and unrefined sesame oil (not the Chinese roasted sesame oil) should be the preference. Although sesame oil is suitable for all body types (for external use), if you find it irritating to the skin, you may try olive oil or coconut oil as an alternative. To purify the massage oil “cure” it by heating it to about 100 degrees centigrade, the boiling point of water. Add a drop of water to the oil at the beginning and when the water begins to splutter you will know that the proper temperature has been reached. You may prepare the entire content of the bottle in one go or as needed.
- Before beginning the massage, the oil should be at or slightly above body temperature, especially during winter time. Start by massaging the head if you intend to shampoo afterwards. Place a small amount of oil on the fingertips and palms and begin to massage the scalp vigorously. Since the head and feet are considered to be the most important parts to be emphasized during Abyanga, spend proportionally more time on the head and feet than on other body parts.
- After massaging the head, gently apply oil with your hands to your face and outer parts of your ears.
- Massage both the front and back of the neck, and the upper part of the spine.
- You may want to apply a small amount of oil to your entire body and then continue with the massage of each area.
- Next massage your arms. The proper motion is back and forth over the long bones, and circular over the joints. Also massage hands and fingers.
- Now apply oil to the chest and abdomen. A very gentle circular motion should be used over your heart. Repeat this circular motion, following the “bowel pattern” from the right lower part of the abdomen, moving clockwise towards the left lower part of the abdomen.
- Massage the back and spine. Some areas are probably more difficult to reach, so you may want to ask your partner to help you.
- Massage the legs. Like the arms, use a back and forth motion over the long bones and circular over the joints.
- Lastly, massage the soles of the feet. Since all body reflex points are situated in the feet, a good amount of time should be spent on massaging the feet.

Ideally, one should spend about 5-10 minutes on the massage, possibly every morning. If there is not enough time for a full body massage, then a mini-massage of 1-2 minutes on the head and feet is preferable. After your massage, take a warm shower or bath. Use soap only on the genital area and under the arms. This will leave a thin film of oil on the skin that is very beneficial for toning the skin and keeping the body muscles warm throughout the day. If, however, you have applied too much oil, a mild soap made from natural ingredients can be used to wash it off. Sesame oil in particular has a disinfecting action, which helps to ward off harmful microbes.

Diet According to Body Types

“No illness which can be treated by diet should be treated by any other means,” said Moses Maimonides (1135-1204). The use of food as medicine is not just a treatment model that was almost common knowledge in ages past, but it is now increasingly being recognized as a matter of survival. Most chronic diseases share nutritional deficiency as the number one cause for the underlying degeneration of cells, tissues, or organs. Instead of food being our best medicine, modern food production has turned our best foods into man’s most harmful poisons. Much of the younger generations have almost completely lost touch with the notion that *they are what they eat*. Even educated doctors tell their patients that their heart attacks, cancers, and arthritic pains have nothing to do with the foods they eat. Only very rarely does a doctor question his patient about his eating habits, something that should be dealt with before subjecting the diseased person to a series of tests that have no other purpose than to find a label and a corresponding drug or procedure for the symptom from which he is suffering. The treatment consists of methods that make the symptom(s) disappear. If successful, the patient is now considered disease-free, at least for a little while. Buying into the illusion of cure is costly only to the patient. Everyone else profits greatly from it.

Since you cannot expect to receive much help from those who only know how to treat the effects of illness and not its causes, you may need to take your health into your own hands. Foods have an almost immediate effect on the body. In fact, it is known that the body’s biochemistry changes within several minutes of eating a meal. You can easily verify the powerful influence that food has on your body through muscle testing (see Chapter 1 for details). If you eat something that is outright harmful to you, your stomach will signal indigestion. Some foods can even be more damaging than just causing heartburn. Research has shown that eating meat in the evening can trigger a heart attack in the morning.

So to make it easier for you to figure out which diets and lifestyles are the most beneficial ones for you, determine which body type you are. As discussed earlier, different people digest and utilize the same food in a different way. If a *Vata* and a *Pitta* type go to a restaurant and order the same meal, one of them may feel invigorated afterwards and the other one dull and heavy. The following food charts provide you with specific lists of foods that are most suitable for each of the three main body types. In an ideal situation, you would not require any lists to know what foods are good for you because your natural instinct would make that decision for you. But most people’s *doshas* were already thrown off balance with their first taste of manufactured baby formula, and whatever man-made foods became their source of nourishment after that. Once a *dosha* is out of balance in your body, you tend to yearn for exactly those kinds of foods that maintain that imbalance. For example, an unbalanced *Pitta* type may crave spicy, sour and salty foods, and an unbalanced *Kapha* type chooses to eat cakes, candy, and oily foods. Our natural instincts also fail us when we orient our tastes towards nutritional information, time schedules, and the promises of advertisements.

Since the three forces of nature (*doshas*) are represented in our body in a unique and individual way, each one of us has different requirements for the various nutrients contained in food. *Our* body is only able to utilize the nutrients of those foods that are suitable for *our* body type, just as certain feeds are only suitable for certain animals and not others. Try giving a rabbit olive oil to eat, and it will get sick in no time. Give the oil to a rat, and it will have no problem digesting it.

Now, first determine your body type or dominating *dosha* by reading the sections below and, perhaps, filling out the body type questionnaire at the end of Chapter 5. Then look up the charts and choose the foods that balance that *dosha*. For example, if you have scored *Vata* 6, *Pitta* 15, and *Kapha* 8 in the Body Type Quiz, refer to the section “Pitta Pacifying Diet found in this chapter.”

So in order to know yourself better, familiarize yourself with the food charts that are applicable to your body type, and choose to eat more of those foods that are on the “favor” list, and avoid those that are on the “avoid” list. Those items in the “reduce” category should be eaten in moderation, that is occasionally and in small amounts.

You don’t need to become overly fixated about sticking to the food lists, especially if you are not just one clear body type. However, these lists can be very helpful in your quest for discovering the most ideal foods for you to return to a balanced state of body and mind. If you feel attracted to a particular food that is not on your list, double check with the muscle test and you will have a better sense of whether your body can benefit from it or not. Both the food lists and the muscle test may help you to get to know yourself better and to restore your natural instincts. If you are an experienced dowser, you can also use dowsing tools to confirm the correctness of your choice of foods. If in doubt about what body type you are, you may even use these methods to determine your exact body type. If most items on the *Vata* favor list, for example, test positive for you, you are most likely a *Vata* type, or you have a major *Vata* imbalance, such as constipation.

Note: Whenever I have used the word “Reduce” in the food charts, I suggest that you use the respective food items only in moderation, which means, not every day and only sparingly.

VATA PACIFYING DIET

Favor: Warm foods and beverages; moderately heavy; added *ghee*, butter, oil; mostly high fluid-containing and nourishing foods. Foods that have the sweet, sour and salty tastes.

The *Vata* type – influenced mainly by the elements of air and space – is naturally sensitive to foods that are light, dry, and cold. *Vata* types lack the qualities of *heavy*, *oily* and *hot*, that, when taken in the form of food and beverages, keep him balanced. Also, foods that contain the dominant tastes of *sweet*, *sour* and *salty* pacify *Vata*, but those that are *pungent* as in spicy foods, *bitter* as in bitter greens, and *astringent* as in tea or beans, greatly upset it. A meal consisting of a lettuce salad, hot vegetable curry with steamed potatoes, kidney beans and ice cream can derange *Vata* for many days, whereas a meal consisting of an avocado with lemon and salt, stir fried asparagus, and Basmati rice with almonds can keep the *Vata* type balanced and strong.

Vata dosha is cold, dry, and light by nature, which are the qualities dominant in autumn and early winter. Especially during this time of year, *Vata* needs to be soothed and nourished by soft and warming foods such as hearty stews and soups, long cooked vegetable casseroles, freshly prepared bread, puddings, and hot cereals. Butter, oils, and cream, too, keep *Vata* in check. Since sensitivity is one of his characteristics, the *Vata* type becomes upset when there is too much noise and disturbance around meal times.

Vata types are the most likely to need a more nourishing breakfast. Hot cereals such as porridge cooked with almond milk or oat milk soothe *Vata*, and so does cream of rice or cream of wheat. *Vatas*, however, get agitated and nervous by caffeine-containing beverages such as coffee or tea, due to their bitter and astringent tastes and stimulating effects.

Vata types tend to suffer from constipation with dry and hard stools if they have too much rice, pasta, or other wheat products, yet when eaten with plenty of well-cooked, juicy vegetables they are *Vata* pacifying, too. Potatoes in any form are likely to cause *Vata* problems since they have a drying and dehydrating effect. Popcorn is another typical *Vata*-raising food. *Vata*’s main rule regarding starch-

containing foods, often referred to as carbohydrates, is to add copious amounts of fats, otherwise they tend to pass too quickly through the small intestine and end up being fermented by bacteria in the large intestine. This causes the typical bloating *Vatas* so frequently complain about.

Vatas also benefit from spices that are mild, soothing, sweet, and heavy, as listed below. Since their digestive fire (ANGI) tends to fluctuate and be irregular, ginger, cardamom, fennel, and cinnamon can stimulate the appetite and improve digestion. These help to reduce gas, a problem that *Vatas* are particularly prone to develop.

The *Vata* type is the only body type that requires more salt in his body and can benefit from adding it to his food, although it is always better to use it during the cooking. Care is to be taken, however, when the salt is eaten as dry, salted snacks, such as crisps. Processed, commercial salt aggravates *Vata*, whereas unrefined salt calms it (also see Chapter 7).

It is better for the *Vata* type to choose unprocessed foods such as unsalted nuts, which are sweet, heavy, and oily, all qualities that pacify *Vata*. Be aware that nuts and seeds are very concentrated and rich foods, which means they should be consumed only in small quantities. *Vatas* can digest them more easily when they are ground or made into butters. But be careful with commercial nut butters. They become rancid within a few days after grinding them, even if kept in the refrigerator. Nut butters are notorious for causing food poisoning and inflammation in the gastro-intestinal tract. It is best to make nut butter fresh and keep it for no longer than 2-3 days. One of the best nuts for pacifying *Vata* are almonds (8-10 a day), without the skin.

Ripe and sweet fruits are also very beneficial to the *Vata*, provided they are eaten on an empty stomach and not in the evening. *Vata* types should avoid fruits that have an astringent taste, as in unripe bananas or persimmons, whereas the sour taste of grapefruit helps to pacify *Vata*.

The drying, cooling, and light elements of Air and Space/Ether are the most dominating elements in the *Vata* type, and in a balanced state *Vata* shows a natural aversion to the following foods:

AIR/SPACE FOODS

- | | |
|---|---|
| <ul style="list-style-type: none"> • All cabbage families • All dry, rough, and stale foods • Bitter vegetables • Hollow vegetable with tiny seeds (except peppers) | <ul style="list-style-type: none"> • Greens and lettuce • Most nightshade fruits and vegetables • Most dry and compact legumes |
|---|---|

Vata Food Chart

FRUITS

Favor

Apricots
Avocado
Bananas
Berries

Cherries
Coconut
Dates, fresh
Figs, fresh

Grapefruit
Grapes
Lemons
Mango

Stewed fruits
Soaked dried fruits
Melons (sweet)
Oranges

Papaya
Peaches
Pineapple
Plums

Rhubarb
Tangerines

Reduce

Apples
Cranberries

Dried Fruits, cooked
Pears

Pomegranate
Quince

Avoid

Persimmon

Prunes

Watermelon

Note: all fruits should be ripe, sweet, and be consumed on an empty stomach. Apples and pears should be cooked.

VEGETABLES

Favor

Artichokes
Asparagus
Beetroot
Carrots
Celery(cooked)
Cucumber, seedless
Green beans

Leeks, cooked
Okra (lady
fingers), with fat
Pumpkin, orange
and white
Radishes, cooked

Sweet potatoes with fat
Summer squash (yellow
crookneck, zucchini)
Watercress
Winter squash (acorn,
butternut)

Reduce

Broccoli
Collards
Corn, fresh
Jerusalem artichoke

Lettuce
Mustard greens
Onion, cooked
Parsnips

Plantain
Radishes
Spinach
Turnip greens

Avoid

Bell peppers
Brussels sprouts
Cabbage
Cauliflower
Celery, raw

Eggplant
Endive
Kohlrabi
Mushrooms
Onion, raw

Peas
Potatoes, white
Swiss chard
Sprouts
Tomatoes

Note: The *Reduce* and *Avoid* items, with the exception of cabbage, potatoes and sprouts, are acceptable if cooked well, and with oil and *Vata* spices added. Raw vegetables should be avoided altogether.

GRAINS***Favor***

Basmati rice, white
Oats, cooked

Whole rice, well cooked,
Wheat cereal, not dry

Wild rice

Reduce

Amaranth
Barley
Bulgur
Couscous

Whole Wheat Pasta
Quinoa
Rice flour
Udon noodles

Unbleached white flour,
Whole wheat flour

Avoid

Buckwheat
Corn
Cereals, dried

Millet
Oats, dry
White flour pasta

Rye

LEGUMES, BEANS, PEAS***Favor***

Aduki beans
Mung beans (split or whole)

Pink lentils
Tofu, cooked

Toor dhal

Reduce

Black chickpeas
Muth beans

Urad dhal

Avoid

Black beans
Black-eyes beans
Chick peas
Lentils, brown

Kidney beans
Lima beans
Navy beans
Pinto beans

Soybeans
Split peas
White beans

DAIRY***Favor***

Buttermilk, home-made
Cottage cheese, home-made

Cow's milk, certified raw
Unsalted butter,

Ghee
Yoghurt, home-made

Caution: With the exception of ghee and butter, use these foods very sparingly. If they cause mucus, coating on tongue, or congested nose/sinuses, discontinue immediately and avoid them altogether. Dairy products can lead to serious lymphatic congestion and thickening of blood vessel walls (see more details in section *Milk Controversy* of Chapter 14)

Reduce

Cheeses, hard and soft

Goats milk

Sour cream

Avoid

All commercially produced dairy products, including low fat milk and ice cream, with the exception of unsalted butter and cream

NUTS AND SEEDS

Favor

Almonds
Brazil nuts
Cashews
Chestnuts

Pecans
Pine nuts
Pistachios
Pumpkin seeds

Sesame seeds, roasted
Sunflower seeds
Walnuts

Note: peanuts should be avoided.

SWEETENERS

Favor

Brown rice syrup
Date syrup
Honey, raw
Palm sugar

Rock sugar
Stevia
Sugar cane juice

Unrefined sugar cane products
Xylitol

Reduce

Barley malt

Maple syrup

Molasses

Avoid

Honey, heated or cooked
White sugar

Sugar substitutes (Aspartame, Saccharin, Sweet'N Low, NutraSweet, etc.)

Note: If *Candida Albicans* is an issue in your body, avoid all sweeteners except stevia and xylitol.

Oils/Fats***Favor***

Almond
Unsalted Butter

Ghee
Sesame

Sunflower

Reduce

Coconut
Mustard

Olive
Safflower

Walnut

Avoid

Animal fats, except butter and *ghee*
Corn

Canola
Mixed vegetable oils

Light fat products
Synthetically derived fats

Note: All refined and heat-pressed oils are harmful to your health!

HERBS. SPICES. CONDIMENTS***Favor***

Allspice
Almond extract
Anise
Asafetida
Basil
Bay leaf
Black cumin
Black pepper
Caraway
Chutney, coconut or mango
Cardamon
Cinnamon
Cloves
Cilantro

Cumin
Dill, leaves or seed
Fennel
Gomasio
Ginger, dried or fresh
Lemon juice
Licorice root
Mace
Marjoram
Mango powder
Mustard seeds, black and yellow
Nutmeg
Olives, black or green
Oregano

Paprika
Peppermint
Rosemary
Sage
Rock salt
Unrefined Sea Salt
Savory
Spearmint
Tamarind
Tarragon
Thyme
Vanilla

Reduce

Cayenne
Chili peppers
Coriander seed
Curry, leaves and powder

Fenugreek
Garlic, cooked
Horseradish
Mint

Parsley
Saffron
Turmeric

Note: You may use these spices in moderation but avoid raw garlic and all very bitter and astringent tasting spices and herbs.

BREWS, BEVERAGES, TEAS

All are acceptable except for:

Alcohol	Cranberry juice	Blackberry tea
Apple juice	Pear juice	Burdock tea
Caffeinated beverages	Prune juice	Dandelion tea
Carbonated beverages	Pungent beverages	Power Drinks
Cold beverages	Tomato juice	

PITTA PACIFYING DIET

Favor: Cool or warm foods and beverages; moderately heavy; less added butter and fats except for *ghee* and *coconut oil*; foods that are of sweet, bitter and astringent tastes.

The *Pitta* type is naturally equipped with a strong digestive power that allows him to choose from a larger variety of foods than suitable for the other body types. His main adversary, however, is overeating. As long as he does not abuse his strong digestive power, it is hard to throw him off balance. When suffering from digestive trouble, just eating lesser amounts of food can restore his physical balance.

The dominating elements in the *Pitta* type are fire and water. Therefore, pungent and sour foods (both have heating properties) as well as salty food (containing commercially produced salt) upset *Pitta* and should be used sparingly. The sodium chloride in table salts causes water retention, mal-absorption of nutrients, and blood pressure problems. If used in moderation, unrefined sea and rock salt, on the other hand, have beneficial effects even for the *Pitta* type. The dominating presence of the fire element makes the *Pitta* type prefer cooling, refreshing foods and beverages, especially during the hot summer season.

Unlike the *Vata* type who benefits from oily, sour, salty, and heating foods, the *Pitta* type is greatly disturbed by them. (**Note:** if you are a *Vata/Pitta* type and not sure which one of the two *doshas* is the dominant one in your body, apply the muscle test for a couple of major food items from the *Pitta* list and see whether the results match your body type score). *Pitta* types benefit more from bitter and astringent tastes, both of which are contained in lettuces, herbs and green leafy vegetables. Legumes are mainly astringent and are generally liked by all *Pitta* types. Foods that have cold, heavy, and dry qualities are generally more suitable for the *Pitta* type. Mint, for example, has cooling properties whereas honey is heating. Wheat is both cooling and heavy compared to the light and heating properties of buckwheat or millet; and potatoes or cauliflower are very dry in comparison to the oiliness of eggs or peanuts. The *Pitta's* strong AGNI faces no problem in digesting the more dry, cold and heavy foods, and they are, therefore, not gas-forming for him. Grain foods, on the other hand, cause him trouble if they are left whole. Brown rice and heavy wholemeal bread can upset *Pitta dosha*, so does brown unrefined cane sugar. The *Pitta* type is the only one that can get away with eating white sugar from time to time. Maple and carob syrups are also more easily digested by the *Pitta* type, unless he eats these regularly and in large amounts (which unbalanced *Pittas* tend to do).

The fats that are contained in meat, eggs, pork, etc., strongly irritate *Pitta* types. Fried and oily foods, too, perturb a *Pitta's* stomach, causing heartburn and even ulcers. He also has great difficulties with digesting meat and fish proteins. These foods tend to heat up his body and cause circulatory problems. Most of the *Pitta* types who eat meat or other animal foods on a regular basis develop a pouch around the stomach, hold on to excessive lymph fluid and suffer from coronary heart disease. *Pitta* types thrive on a purely vegetarian diet, but fall ill if they don't. Their digestive system is not equipped with the specific

enzyme systems needed to successfully handle flesh or other concentrated protein foods, such as cheese. Carbohydrates such as vegetables, grains, pulses and fruits and salads, greatly satisfy a *Pitta's* stomach.

A steak can make a balanced *Pitta* bad-tempered and aggressive. So can alcohol, tobacco, and coffee. These items are far too acidic for the already sour-taste-dominated *Pitta* type. Mint, fennel, and Liquorice teas are all pacifying *Pitta*, whereas regular tea aggravates it. The liver breaks down regular tea into large amounts of uric acid, which tends to cause sluggishness and thickening of the blood. Fresh, cool water is the best beverage for this body type.

Pittas are better off staying away from Indian or Mexican restaurants whereas Chinese and Japanese foods suit them better. Salty snacks, like crisps, can also upset their sensitive stomach lining. *Pitta* types thrive on fresh and unprocessed foods, preferably organically grown. The remnants of pesticides or other impurities contained in foods are more likely to be felt by the *Pitta* type, and can even cause “food” allergies. In many cases, it is not the food the *Pitta* type reacts to, but the chemical poisons and additives they contain. **Note:** To test for food allergies, take your pulse; then place a small piece of the food under your tongue and take your pulse again; if it is higher than before you may be allergic to that particular food. *Ghee* (*clarified butter*) is one of the main foods to pacify irritated *Pitta* and can be used for cooking, and on breads. It pacifies imbalances resulting from excessive secretions of bile and stomach acid.

Pitta types should be particularly careful not to eat unripe and prematurely picked fruits, as they tend to ferment in the intestines and cause loose stools or diarrhea. Since the heating properties of the fire element are dominating in the *Pitta* type, in a balanced state he has a natural aversion to “fire foods,” which can be summarized as follows:

FIRE FOODS

- | | | |
|---|--|--|
| <ul style="list-style-type: none"> • Acidic foods/medicines • Meat and its products • Fish • “Heating” grains | <ul style="list-style-type: none"> • Vinegar • Pickles • Hot spices • Nuts • Salt and salty foods | <ul style="list-style-type: none"> • Sour/pungent fruits and vegetables • Oily foods • Red-looking food |
|---|--|--|

Pitta Food Chart

FRUITS

Favor

Apples
Coconut
Dates, fresh
Figs, fresh
Grapes, dark

Mangoes
Melons
Oranges, sweet
Pears
Pineapple, sweet

Plums, sweet
Pomegranate
Prunes, soaked
Raisins, soaked
Watermelon

Reduce

Apricots
Avocado
Dried fruits, sweet

Kiwi, sweet
Lemons
Limes

Quince, sweet
Strawberries, sweet

Avoid

Bananas
Berries
Cherries
Grapefruit

Grapes, green
Papaya
Oranges, sour
Peaches

Pineapples, sour
Persimmon
Plums, sour
Rhubarb

Note: *Pitta* types are very sensitive to unripe, sour, and chemically treated fruits, which can cause fermentation-related diarrhea and bloating.

VEGETABLES

Favor

Artichokes
Asparagus
Bitter and sweet
vegetables
Broccoli
Brussels Sprouts
Cabbage
Cauliflower
Chicory
Collards
Cucumber

Dandelion
greens
Endive
Green beans
Jerusalem
artichoke
Leafy green
vegetables
Lettuce
Mushrooms
Okra

Parsnips
Peas
Potatoes, white
Pumpkin, white
Sprouts
Sweet peppers
Winter squash (acorn,
buttercup, butternut,
spaghetti)
Watercress
Zucchini

Reduce

Bamboo shoots
Carrots, cooked
Celery
Corn, fresh

Kohlrabi
Leeks, cooked
Mustard greens
Parsley

Pumpkin, orange
Spinach
Tomatoes, in salad
Turnip greens

Avoid

Red Beets
Beet greens
Carrots, raw
Eggplant

Horseradish
Hot chilli peppers
Onions, raw and cooked
Radishes

Swiss chard
Tomatoes, cooked
Tomato sauces, ketchup
Turnips

GRAINS***Favor***

Barley
Basmati rice, white

Oats, cooked
Pasta

Wheat

Reduce

Barley flour
Bulgur
Cereals, barley or wheat

Couscous, all types
Pasta, whole wheat
Unbleached white flour

Wheat bran
Whole wheat flour

Avoid

Amaranth
Buckwheat
Brown rice
Corn

Millet
Oats, dry
Quinoa
Rice in excess

Pasta in excess
Rye

LEGUMES, BEANS, PEAS***Favor***

Aduki beans
Black beans
Black-eyes beans
Chickpeas

Lima beans
Mung beans, split or whole
Navy beans

Pinto beans
Split peas, all kinds
Urad dhal

Note: Consume not more than 1-2 times a week, and *avoid* brown and pink lentils, as well soy beans, soy milk and tofu (they contain at least two very toxic enzyme inhibitors).

DAIRY***Favor***

Butter, unsalted
Milk, certified raw (from non-grain fed cows)

Cottage cheese

Ghee

Reduce

Lassi, sweet

Yoghurt, home-made

Cream cheese

Caution: With the exception of ghee and butter, use dairy foods very sparingly. If they cause mucus, coating on tongue, or congested nose/sinuses, discontinue immediately and avoid them altogether. Dairy products can lead to serious lymphatic congestion and thickening of blood vessel walls (see more details in section *Milk Controversy* of Chapter 14)

Avoid

Buttermilk
Cheeses, hard

Commercial dairy
products, Goat's
cheese

Ice cream
Sour cream

NUTS AND SEEDS***Favor***

Almonds (8-10 a day)
Coconut
Poppy seeds

Pumpkin seeds,
raw or
roasted

Sunflower seeds, raw or
roasted
Water chestnuts, cooked

Reduce

Walnuts

Pecans

Avoid

All other nuts and seeds

OILS/FATS***Favor***

Coconut
Sunflower

Ghee
Unsalted butter

Reduce

Avocado

Olive

Safflower

Avoid

Almond
Animal fats, except butter
Apricot

Corn
Mustard
Sesame, dark

Vegetable, mixed
Canola

Note: All refined and heat-pressed oils are harmful to your health!

SWEETENERS***Favor***

Barley malt
Date syrup
Fructose
Maple syrup

Rock sugar
Palm sugar
Stevia
Xylitol

White sugar, in
moderation

Note: With the exception of xylitol and stevia, eating sweeteners in large amounts or regularly can lead to blood sugar problems and high acidity in the body (candidiasis).

Avoid

Brown, unrefined cane sugar	Honey (except for small amounts, 1-2 teaspoons per day)	Molasses
Brown rice syrup		Sugar substitutes (aspartame, saccharin, Sweet'N Low, NutraSweet)

HERBS, SPICES, CONDIMENTS

Favor

Apple cider vinegar	Coconut milk/cream	Peppermint
Black cumin	Coriander	Rose water
Cilantro (green coriander)	Curry leaves	Saffron
Coconut, grated or roasted	Dill leaves	Spearmint
	Fennel	Turmeric
	Mint	Wintergreen

Reduce

Almond extract	Cloves	Orange peel
Basil, fresh	Dill seed	Parsley
Black mustard seeds	Ginger	Salt
Black pepper	Lemon juice	Tamarind
Caraway	Mace	Vanilla
Cardamom	Nutmeg	
Cinnamon	Olives, black	

Avoid

Allspice	Gomasio	Preservatives and additives, chemical
Barbecue sauce	Horseradish	Pickles
Anise	Mango powder	Rosemary
Asafetida (hing)	Mustard	Sage
Basil	Marjoram	Salt, iodized
Bay leaves	Mayonnaise	Salty foods
Catsup	Yellow mustard seeds	Soy Sauce
Cayenne	Onion, raw	Thyme
Fenugreek	Oregano	Vinegar
Garlic	Paprika	

Brews, Beverages, Teas

All are OK except:

Alcohol	Bottled, boxed juices	Papaya juice
Banana shake	Cranberry juice	Sour fruit juices
Caffeinated beverages (coffee, tea)	Ginger tea	Tomato juice
Carbonated beverages	Ginseng tea	Sage tea
Chocolate beverages	Grapefruit juice	
Clove tea	Power drinks	

KAPHA PACIFYING DIET

Favor: Warm foods; light and dry in texture; cooked without much water; only small amounts of butter, oil, and sugar; foods of pungent, bitter, and astringent tastes; foods and beverages that have a naturally stimulating influence.

The *Kapha* type imbibes profuse amounts of the water and earth elements. This makes him naturally strong, heavy and stable. The qualities present in the air energies, however, are not well represented in his body, which makes him naturally want foods that can give him the drive, movement and agility he requires to maintain physical and mental balance. The *Kapha dosha* has the exact opposite properties of the *Vata dosha*, which prompts him to eat mostly *Vata*-increasing foods. These are the dry, light, and heating foods. Honey, beans, and barley, for example, are foods that have a drying effect and are, therefore, able to remove excessive fluids from the *Kapha*'s system. Potatoes, too, produce a similar benefit in this body type.

An ideal food for the *Kapha* type is the astringent legumes that help to cleanse his intestinal tract from excessive mucus. Combined with heat-producing spices, they stimulate his digestion and help with the removal of stagnant waste material. Many vegetarian Mexican and Indian dishes are good for the *Kapha* type. Since his sense of smell is highly developed, the exotic smells of herbs and spices satisfy him. His often sluggish and slow metabolism can benefit greatly from an eye-watering spicy meal. A spicy and bitter appetizer such as romaine lettuce with added pepper can kindle his AGNI, so can chewing on a piece of fresh ginger. *Kaphas* don't need or even want much of a salad dressing that is sour and oily.

Generally, *Kapha* types should make certain that there are enough pungent, bitter, and astringent tastes present in each meal. Spices such as cumin, fenugreek, and turmeric are both astringent and bitter. Green leafy vegetables, including kale and spinach, that are cooked with plenty of spices also help to pacify *Kapha*, but care should be taken not to add too much water during cooking.

During the summer, the *Kapha*'s body is warm enough to eat fruits, salads, and some raw vegetables. These foods, however, can greatly upset his balance in the winter, when his body requires mainly cooked foods with hot spices. Cayenne pepper is especially beneficial for him, since it breaks down excessive mucus. Chili pepper, however, can sometimes cause congestion in his lungs. Cooling foods such as dairy products, milk shakes, ice cream, cream, butter, sugary sweets, cakes, etc. make the *Kapha*'s system cold, cause mucus congestion, and lead to heaviness, lethargy, and depression. Besides the dulling effect on the

Kapha type, they also increase his body weight, whereas the heating influence of pungent, bitter, and astringent foods keeps his weight in check.

Fats and oils are far too heavy for the *Kapha* type and should be used sparingly. *Kaphas* not only secrete fats in their external skin, which makes their skin smooth and silky, but also through their internal skin – the gastrointestinal lining. Unlike, the Vata type who must add fats to their food in order to digest it, the *Kapha* type supplies his own fats; hence the reduced need to add them to the food

Deep fried foods quickly suppress this type's AGNI, which is the lowest among all the body types. However, expeller-pressed corn oil, sunflower oil or safflower oil are more digestible for him since they possess heating qualities (use in small quantities only). *Ghee* is a good choice, too, when used in cooking.

Salt or salty foods quickly imbalance the *Kapha* type because they tend to cause him to retain water. Many *Kaphas* suffer from swollen feet and arms because of too much salt consumption.

Since the balanced *Kapha* type is mainly influenced by the elements of Earth and Water, he has a natural aversion to Earth/Water foods, which are listed below:

EARTH/WATER FOODS

- | | |
|--|--|
| <ul style="list-style-type: none"> • Salty tasting foods • Sweet, juicy fruits • Sweets and sweet tasting foods • Sweet, watery vegetables | <ul style="list-style-type: none"> • Cool, milky foods • Oily foods • Sticky and cold foods |
|--|--|

***Kapha* Food Chart**

FRUITS

Favor

Apples Apricots Berries Cranberries Cherries	Dried fruits Figs, dried Peaches Pears Persimmon	Pomegranate Quince Prunes Raisins
--	--	--

Reduce

Grapes Kiwi Lemons	Limes Mango Oranges	Strawberries Tangerine Tamarind
--------------------------	---------------------------	---------------------------------------

Avoid

Avocado Bananas	Coconut Figs, fresh	Grapefruit Melons
--------------------	------------------------	----------------------

Papaya
Pineapple

Plums
Rhubarb

Watermelon

VEGETABLES

Favor

Asparagus
Beets
Bell peppers
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Corn, fresh
Eggplant

Endive
Garlic
Green beans
Jerusalem artichoke
Leafy green vegetables
Leeks
Lettuce
Mushrooms
Mustard greens
Okra
Onions

Parsley
Peas
Potatoes, white
Radishes
Spinach
Sprouts
Turnips
Turnip greens
Watercress

Reduce

Artichoke
Parsnips

Plantain
Summer Squash

Zucchini

Avoid

Cucumber
Pumpkin, all kinds

Sweet potatoes
Tomatoes

Winter squash (acorn, buttercup,
butternut, spaghetti)

GRAINS

Favor

Barley
Buckwheat

Corn
Millet

Rye

Reduce

Amaranth
Basmati rice, white (small
amount)
Barley cereals
Couscous

Cornmeal
Millet cereals
Oats, dry
Oat bran
Pasta, rye

Quinoa
Rye cereals
Rye flakes

Avoid

Brown rice
Oats, cooked

Steamed grains
Rice flour

Wheat
Whole wheat flour

LEGUMES, BEANS, PEAS

Favor

Aduki Beans
Black beans
Chickpeas

Lentils, pink
Lima beans
Navy beans

Pinto beans
Split peas

Reduce

Black-eyes beans
Mung beans

Urad dhal

White beans

Avoid

Kidney beans
Tofu

Lentils, brown

Soybeans

DAIRY

Favor

Caution: With the exception of small amounts ghee and butter, use dairy foods very sparingly. If they cause mucus, coating on tongue, or congested nose/sinuses, discontinue immediately and avoid them altogether. Dairy products can lead to serious lymphatic congestion and thickening of blood vessel walls (see more details in section *Milk Controversy* of Chapter 14)

Reduce

Ghee
Goat's cheese, unsalted
Goat's milk
Lassi, spiced and with honey

Butter
Buttermilk
Cheese
Cow's milk
Dairy products

Ice cream
Sour cream
Yoghurt

NUTS AND SEEDS

Reduce

Coconut
Poppy seeds

Pumpkin seeds, roasted
Sesame seeds

Sunflower seeds,
roasted

Avoid

All nuts

OILS/FATS

Reduce

Almond	Safflower	Sunflower
Corn	Ghee	
Mustard	Unsalted butter	

Note: These oil/fats OK all in small amounts

Avoid

Apricot	Coconut	Sesame
Avocado	Olive	Soy

Caution: All refined and heat-pressed oils are harmful to your health

SWEETENERS

Favor

Honey, raw and unheated (but not more than one tablespoon a day) and stevia

Reduce

Barley malt	Brown rice syrup	Dates syrup
Maple Syrup		

Avoid

Brown cane sugar	Honey, cooked	Sugar cane juice
Fructose	Molasses	All Sugar substitutes
Glucose	Palm sugar	White sugar

HERBS, SPICES, CONDIMENTS

Favor

All are good for K-types except mango powder, miso, olives, salt, tamari, vinegar

BREWS, BEVERAGES, TEAS

Favor

Aloe Vera juice	Carob beverages	Pear juice
Apple juice	Carrot juice	Pineapple juice
Apricot juice	Cherry juice	Pomegranate juice
Berry juice	Mixed vegetable juice	Prune juice

Note: all fruit juices should be freshly pressed, diluted with water, and taken on an empty stomach. Use only in moderation, since too much fruit sugar can upset *Kapha dosha*.

Reduce

Almond drink	Grape juice	Lassi
Almond milk	Mango juice	
Caffeinated beverages	Vegetable broth, salted	

Avoid

Alcohol	Cold beverages	Milk shakes
Banana shake	Comfrey teas	Orange juice
Carbonated beverages	Grapefruit juice	Papaya juice
Chocolate beverages	Lemonade	Sour beverages
Coconut milk	Licorice tea	Tomato juice

Important for all body types

In the above food charts I have omitted beef, pork, poultry, fish, eggs and similar foods because they can create major imbalances in all three body types (see section on vegetarianism). When heated, their proteins coagulate, which makes even more harmful for the body. The animal foods chicken, turkey and shrimp have a slightly less damaging effect. Dead foods are deprived of their life force. The body has to mobilize extra energy to get rid of it, which may give you the incorrect belief that these foods make you strong. The overall, long-term effect is physical, mental and emotional imbalance. Ayurveda claims that these foods reduce *Ojas* in the body, which is the chemical equivalent of bliss. Bliss results when the body vibrates at a high frequency.

The following foods have similar effects: Heavy, deep-fried and oily foods, hard cheeses, leftover and processed foods, refined and genetically altered, as well as excessively sour and salty-tasting foods. Also, overeating of any food prevents the body from producing *Ojas*, and leads to gastrointestinal problems.

Ghee – Its Value and Preparation

Ghee is clarified butter. Although it is prepared completely from butter, its properties, according to Ayurveda, are very different from butter itself. In many cases, *ghee* is recommended in the diet. *Ghee* is particularly useful for the *Pitta* constitution; it helps to digest and absorb food better and makes food tastier. Its benefit lies in the fact that it stimulates *AGNI* without fueling *Pitta dosha*. Also *Vata* and even *Kapha* types benefit from *ghee*. Unless you have access to an Indian Health Food store that sells *ghee*, you have to prepare it yourself, using the following recipe.

How to Prepare Ghee

1. Place any amount of unsalted butter in a deep Porcelain, Pyrex or stainless steel pan over medium-low heat (be sure that the butter does not scorch while melting). Allow complete melting to occur and then reduce heat to low.

2. In the next 30-40 minutes the water in the butter will boil away (approximately 20% of butter is composed of water). Milk solids will appear on the surface of the liquid and at the bottom of the pan.
3. Be alert to remove the liquid from the heat as the milk solids turn golden brown on the bottom of the pan (otherwise, the *ghee* may burn). At this point, you may notice that the *ghee* smells like popcorn and you can see tiny bubbles in the *ghee* rising from the bottom.
4. Strain the *ghee* while still hot or warm, pouring it through a cotton cloth into a stainless steel or Pyrex-type container. At this point it is very hot, so you should always be cautious. Another way of doing this is to let the *ghee* cool down and then strain it by pouring it through a cotton cloth or handkerchief directly into clean glass jars or bowls.
5. *Ghee* can be stored at room temperature for several weeks and it keeps indefinitely when kept in the refrigerator. Put a teaspoon full (per person) into food or on food afterwards. *Ghee* can be used in the same way as cooking oil, in the place of butter, or as a *digestive aid* dripped over food.

Note: Caution should always be observed when handling hot liquids. Ghee should never be left unattended during the heating process.

If *ghee* is not available, other good alternatives are coconut oil, olive oil and butter (check with your body type list).

A Summary of General Principles Regarding Diet

1. A half teaspoon of grated ginger taken with a pinch of salt is an excellent appetizer and kindles AGNI, the digestive fire. Splashing of cool water over face, neck, and hands before meals also stimulates AGNI.
2. Eat in a settled environment and quiet atmosphere and with a settled mind. Company and environment should be pleasant. Do not work, listen to music, read, or watch TV during meals.
3. Always sit down to eat. Eat at roughly the same times each day.
4. Eat neither too quickly nor too slowly (about 20 minutes) and without interruption.
5. Eat to about $\frac{3}{4}$ of your stomach capacity, which equals the amount of two cupped hands full (your hands). Ideally one third of the meal should consist of liquid food (soupy consistency).
6. Avoid taking a meal before the previous meal has been digested. Allow approximately 3 to 6 hours between meals, depending upon the types of food consumed.
7. If you desire to drink anything with your meals, it is best to sip hot or warm water. Avoid drinking large quantities of liquids before, during, or within the first two $2\frac{1}{2}$ hours after meals.
8. Drinking excessive amounts of water (3-4 liters a day) may produce obesity and kidney disorders, whereas drinking too little water causes dehydration. To meet the minimum requirements for water take 6-8 glasses of water (at room temperature or warm) each day. You may need to increase the amount during hot, dry weather, when exercising, or during stress.
9. Cold foods and beverages may reduce your resistance to disease, impair AGNI, and cause mucus congestion.
10. Diet should be balanced by including all the six tastes – sweet, sour, salty, pungent, bitter and astringent – in at least one meal per day. However, check out specific taste preferences regarding your particular body type and physiological needs or imbalances in the previous section.

11. It is best not to heat or cook with honey; heat destroys it and makes it toxic.
12. Never eat just before going to bed. There should be at least three hours between eating and sleeping.
13. Chew your food thoroughly – the digestive process starts in the mouth.
14. Ayurveda does not favor the intake of too much raw food like raw vegetables, uncooked oat flakes, uncooked grains, etc. Fruits are an exception as they are already “cooked” or ripened by nature (see also about section of Chapter 14, *Raw Versus Cooked Foods*). The *Pitta* type is the only one suited to eat more raw foods.
15. It is best not to eat when the mind is dominated by strong emotions such as anger, worry, sorrow, etc., but to wait until it has become more settled.
16. Sleeping after meals causes sluggishness, and increases *Kapha* and body weight. It is good to rest for 10-15 minutes after a meal and then go for a 15-minute walk.
17. Food should always be delicious and pleasing to the senses and be prepared by a happy cook.

Sequence of Dishes during Lunch

- *Before you eat, be sure that your stomach is empty and that you actually feel hungry. If you feel you need to kindle your digestive fire, AGNI, take ½ teaspoon of grated ginger with a pinch of salt before eating. Spraying or sprinkling your face, neck, and hands with a little cold water before your meal also increases AGNI.*
- *Liquid foods, such as soups, should be eaten towards the beginning of the meal, unless your meal includes a fresh, raw salad. In this case, eat the salad first, followed by the soup. Normally, the stomach first processes and removes liquids before it can attempt the digestion of the more solid and concentrated food items. Therefore, drinking a lot of liquid with your meals only sets you up for indigestion.*
- *It is useful to know that the stomach does not operate like a washing machine, but stores the ingested foods in layers, one on top of the other. To avoid digestive problems and flatulence I recommend the following sequence of dishes. Foods listed are examples only. Ideally, choose those foods that are listed in your body type food chart:*

Stage A

Salads made with raw food items that may include lettuces, endives, avocado, chopped cucumber, grated carrot, chopped celery stalk, bell pepper, hiccama, sprouts, cilantro, basil leaves, mint leaves, parsley, young white radish, roasted or raw pumpkins seeds, sunflower seeds, etc. For the dressing, lemon juice or Balsamic vinegar with olive oil (for *Vata* types), almond or rice milk with olive oil (for *Pitta* types), or a little sunflower oil with herbs and spices (for *Kapha* types), are all good choices.

Stage B

Cooked vegetables such as asparagus, cabbage, broccoli, carrots, cauliflower, okra, butternut, zucchini, Swiss chard, snap beans, peas, Portobello mushrooms, or other wholesome fresh vegetables. To make the vegetables more digestible and delicious-tasting, add spices and herbs (see your food chart), some fat (about one tsp. coconut oil, olive oil, butter, etc.), unrefined salt, perhaps a small piece of vegetable bouillon, coconut milk, or other natural condiments. Perhaps the easiest and most healthy method of cooking involves the use of *Waterless Stainless Steel Cookware* (see details in section 9 of Chapter 7).

Note: Vegetables should be cooked exactly tender, not too little, and not too much. Both overcooked and half-cooked vegetables create toxins, bloating, and dullness.

Stage C

Grain foods, such as Basmati rice, bulgur wheat, oats, barley buckwheat, millet, whole wheat couscous, whole wheat pasta, or other grains. To digest grain foods requires fat. You may add spices, herbs and salt.

Stage D

Dhal and beans, including Mung beans, lentils, chickpeas, kidney beans, etc. Add fat, spices, herbs salt, and other condiments. Eat any stage D foods not more often than 1-2 times per week.

Important for non vegetarians: Stages C and D should be omitted if you include animal protein in your meal. Animal protein and starch foods, such as meat and potatoes, or fish and rice, cannot be digested properly when eaten in the same meal.

The amounts of food at stages A and D should be small, at stages B and D more substantial. If desired, the latter two stages may be eaten together. The total amount of food at lunchtime should not exceed two cupped hands full.

Lunch does not always have to consist of all four stages. In fact, it is easier on the digestive system to have not more than 3-5 basic ingredients in one meal, such as salad, vegetables, and rice.

Also, try to avoid eating two concentrated food items in one meal, such as rice with potatoes, rice with bread, beans with cheese, pasta with cheese, chicken with bread or other starchy foods. The combination of beans with rice, however, is fine.

Lunch should always include a substantial serving of cooked vegetables to support proper bowel activities.

A Note on Legumes and their Digestibility

Due to the large amount of enzyme inhibitors and anti-nutrient compounds – antigrowth factors – there is a limit as to how many legumes humans and animals can eat without suffering digestive problems. The normal cooking process of up to several hours for most beans does not entirely destroy these toxic compounds. Also, there are a variety of other substances in beans that cause gas. Mainly, these are the indigestible carbohydrates *raffinose*, *stachyose*, and sometimes *verbascose*, which provide substrate for intestinal micro-flora to produce flatus.

Most of the legumes' enzyme-inhibitors, which protect the plants against insect attacks or fungal infestation, are not fully denatured by the normal cooking process. The protein *alpha-amylase* inhibitors, for example, may represent as much as 1% of wheat flour and, because of their heat resistance, persist through bread-baking. Consequently, they are typically found in large amounts in the center of loaves. For that reason, when people eat a lot of the inner parts of bread, instead of the crusty parts, they tend to develop flatulence.

The problem with the legume soybean is even more pronounced than found with other legumes or grains. In soy products, because of the necessity of achieving a balance between the amount of heat necessary to destroy the enzyme inhibitors and that which may result in damage to the nutritional properties of soy,

most commercially available edible-grade soybean products retain 5 to 20% of the enzyme inhibitor activity (for trypsin) originally present in the raw soybeans from which they were prepared. This means that soy products have a toxic effect on the body, and should not be consumed on a regular basis, if at all. Likewise, eating other legumes more often than 1-2 times per week can impair immune functions and cause GI-tract disturbances.

Yellow Mung beans (dhal), if soaked for 30-60 minutes prior to cooking (30-40 minutes cooking time) contain the least amount of these compounds and are the easiest to digest. But, once again, the rule of thumb is to not eat them more often than 1-2 times per week.

Ideal Daily Routine – Dinacharya

The following outline summarizes an ideal daily routine, which can help anyone to restore his health or prevent illness from arising. Many people find that they can stick to some of the points but not to all of them. This is fine. Begin implementing those first that seem to be the easiest for you. As they become a natural part of your way of life, you may discover that you can implement more and more of them in your daily routine.

Morning:

- Arise early in the morning (before sunrise)
- Clean teeth, scrape and clean tongue
- Drink a glass of warm water
- Drink another glass of warm water, but this time with lemon and honey
- Evacuate bowels and bladder
- Dry brush the body
- Apply oil massage to head, body and soles of feet
- While massaging, swish 1-2 tablespoons of cold-pressed sunflower or sesame oil in your mouth for 3-4 minutes and then spit it into the toilet
- Warm bath or shower, ideally followed by a brief cold shower
- Yoga Asanas (postures) and PranaYama (breathing exercise)
- Meditation
- Light breakfast before 8am (optional for Kapha types)
- Work or study

Afternoon:

- Lunch at 12-1pm: Substantial meal according to body type and season
- Brief rest after lunch, ideally followed by a walk of 10-15 minutes
- Work or study
- Yoga Asanas and PranaYama (optional)
- Meditation (optional)

Evening:

- Dinner: Light meal according to body type, between 6pm-7pm.

- Brief walk for 10-15 minutes
- Pleasant relaxing activity such as listening to music
- Early to bed (before 10pm)

Note: Exercise should be done on a daily basis, away from meals (up to 1/2 hour before or 2-3 hours after meals) and according to body type. The best time for exercise is in the morning during the *Kapha* period or else during the late afternoon.

Vegetarian Diet – One Solution to Many Health Problems

Vegetarians Live Longer and Healthier Lives

It is not necessary to be a vegetarian to enjoy benefits from an Ayurvedic diet and lifestyle. However, a balanced vegetarian diet is often considered necessary, particularly when the body is afflicted with disease. Vegetarians have believed all along that living on a purely vegetarian diet can improve health and quality of life. More recently, medical research has found that a properly balanced vegetarian diet may in fact be the healthiest diet. This was demonstrated by the over 11,000 volunteers who participated in the *Oxford Vegetarian Study* which for a period of 15 years had analyzed the effects of vegetarian diet on longevity, heart disease, cancer, and various other diseases.

The results of the study stunned the vegetarian community as much as the meat producing industry: “Meat eaters are twice as likely to die from heart disease, have a 60 percent greater risk of dying from cancer and a 30 percent higher risk of death from other causes.” In addition, the incidence of obesity, which is a major risk factor in many diseases, including gallbladder disease, hypertension, and adult onset diabetes, has been found to be much lower in those following a vegetarian diet. Those who take less meat in their diet have also been found to have fewer problems with *cholesterol*. The American National Institute of Health, in a study of 50,000 vegetarians, found that the vegetarians live longer and also have an impressively lower incidence of heart disease and a significantly lower rate of cancer than meat-eating Americans.

Our diet is very important for our health. According to the *American Cancer Society*, up to 35% of the 900,000 new cases of cancer each year in the United States could be prevented by following proper dietary recommendation. Researcher Rollo Russell writes in his *Notes on the Causation of Cancer*: “I have found of twenty-five nations eating flesh largely, nineteen had a high cancer rate and only one had a low rate, and that of thirty-five nations eating little or no flesh, none of these had a high rate.”

Could cancer lose its grip on modern societies if they turned to a balanced vegetarian diet? The answer is “yes” according to two major reports, one by the World Cancer Research Fund and the other by the Committee on the Medical Aspects of Food and Nutrition Policy in the UK. The reports conclude that a diet rich in plant foods and the maintenance of a healthy body weight could prevent four million cases of cancer worldwide. Both reports stress the need for increasing intake of plant fiber, fruits and vegetables and reducing daily red and processed meat consumption to less than 80-90g.

If you are currently eating meat on a regular basis and wish to change over to a vegetarian diet, unless you suffer from a major cardiovascular illness *do not* give up all flesh foods at once! Start by reducing the

number of meals that include red meat, beef, pork, veal, etc., and substituting poultry and fish during these meals. In time, you will find that you are able to take less poultry and fish also, without creating strain on the physiology.

Note: Although the uric acid content of fish, turkey and chicken is less than in red meat and, therefore, not quite as taxing to the kidneys and tissues of the body, the degree of injury that is sustained to the blood vessels and intestinal tract from eating these coagulated proteins is no less than it is with the consumption of meat (more details on this subject follow).

Death in The Meat

Research has shown that *all* meat eaters have worms and a high incidence of parasites in the intestines. This is hardly surprising given the fact that dead flesh is a favorite target for micro-organisms of all sorts. A 1996 study by the Department of Agriculture (USA) showed that nearly 80% of ground beef is contaminated with disease-causing microbes. The primary source of these bugs is feces. A study conducted by the University of Arizona found there are more fecal bacteria in the average kitchen sink than in the average toilet bowl. This would make eating your food on the toilet seat safer than eating it in the kitchen. The source of this biohazard at home is the meat you buy at the typical grocery store.

The germs and parasites found in meat weaken the immune system and are the source of many diseases. In fact, most food poisonings today are related to meat-eating. During a mass outbreak near Glasgow, 16 out of over 200 infected people died from the consequences of eating *E. coli contaminated meat*. There are frequent outbreaks reported in Scotland and many other parts of the world. More than half a million Americans, most of them kids, have been sickened by mutant fecal bacteria (*E. coli*) in meat. These germs are the leading cause of kidney failure among children in the United States. This fact alone should prompt every responsible parent to prevent their children from eating flesh foods.

Not all parasites act so swiftly as *E. coli* though. Most of them have long term effects that are noticed only after many years of eating meat.

The government and the food industry are trying to divert attention away from the escalating problem of meat contamination by telling the consumer it his fault that these incidents happen. It is very obvious that they want to avoid hefty law suits, and bad mouthing of the industry. They tell you that you don't cook your meat long enough. It is now considered a crime to serve a rare hamburger. And if you haven't committed this "crime," any infection will be attributed to not washing your hands every time you touch a raw chicken, or letting the chicken touch your kitchen counter or any other food. Yet, the meat, they say, is totally safe and meets the standard safety requirements imposed by the government. It evades all good reason, except a strong vested interest on behalf of the government and meat industry, to even propose such a "solution" to 76 illnesses a year.

The new mutant bugs found in today's meat are extremely deadly. For you to come down with *Salmonella* poisoning, you have to consume at least a million of these germs. But to become infected with one of the new mutant bugs, you just have to ingest a measly five of them. In other words, a tiny particle of uncooked hamburger making it from a kitchen utensil to your plate is enough to kill you. Scientists have now identified more than a dozen food-borne pathogens with such disastrous effects. The Center of Disease Control admits that we don't even know the bugs behind most food-related illnesses and deaths.

Much of the problem resulting from the germ-infestation of meat is caused by feeding the farm animals with foods that are unnatural to them. Cattle are now fed corn, which they are unable to digest, but makes them fat very quickly. Cattle feed also contains chicken feces. The millions of pounds of chicken litter

(feces, feathers, and all) scraped off the floors of chicken houses are recycled as cattle feed. The cattle industry considers it good protein. The other ingredients of cattle feed is ground up parts of animals, like deceased chicken, pigs and horses. Giving the cattle natural, healthy feeds would be far too costly and so unnecessary. Who really cares about what the meat is made of, as long it look like meat?

Combined with the hefty doses of growth hormones, the corn and special feeds shortens the duration of fattening up a steer for market from a normal of 4-5 years to 16 months. Of course, the unnatural diet makes the cows sick. Like their human consumers, they suffer from heartburn, liver disease, ulcers, diarrhea, pneumonia and other infections. To keep the cattle alive until the deadline for slaughter at the “ripe old age” of 16 months, the cows need to be fed massive doses of antibiotics. In the meanwhile, the microbes responding to the massive biochemical assault with antibiotics, find ways to become immune to these drugs by mutating into resistant new strains.

Those unfortunate cows that don’t drop dead prematurely due to all the poisons fed to them during their short earthly existence experience an undignified and gruesome end of life in the slaughterhouse or meat-packing plant. From there, the diseased, germ-infested meat ends up in your local grocery store, and a little later, on your dinner plate, if you so dare.

Is Meat Natural For Humans?

Vegetarians have been warned that they are not getting enough of the essential proteins humans are supposed to eat on a daily basis. Although it is known that the eight amino acids making up these proteins can be found in a simple meal of rice and beans (rice contains the amino acids that are missing in beans, and beans contain the amino acids missing in rice), meat as a source of protein is still considered to be the better option. Yet there are many more meat-free foods that contain these proteins than there are types of meat. The fact that eating *too much* protein is linked to many more serious health problems than eating *too little* protein is only rarely or not all considered in the protein discussion.

Typical disorders caused by over-consumption of protein are osteoporosis, heart disease, rheumatoid arthritis, and cancer. By contrast, those who never eat animal protein as contained in meat, fish, eggs, or dairy products, have very low rates of these diseases and don’t suffer from protein deficiency either, provided they eat plenty of fruits, vegetables, grains, etc. There is no scientific evidence as yet that might indicate a protein deficiency in persons who never eat animal protein, such as myself and billions of others. By contrast, our modern societies consume at least 50 percent more protein than they actually need to. We may not be suffering from lack of protein at all, regardless whether essential or nonessential, but from over-consumption of protein. By filling up the connective tissues of our body with unused protein, we turn the body into an overflowing pool of harmful acids and waste, thereby laying a fertile ground for disease, including arteriosclerosis and bacterial or viral infection. To consider meat a natural food for humans is, therefore, more than far-stretched, especially when it kills so many people.

At the root of the problem lies man’s inability to properly break down meat protein into amino acids. Chunks of undigested meat pass into the intestinal tract and, along with them, parasites. Most of these parasites, also known as intestinal flukes, can neither be destroyed by the heat applied during cooking or frying nor by human stomach acid. Carnivorous animals, on the other hand, kill them instantly while passing through the stomach. Their stomachs produce twenty times more hydrochloric acid than we do. This massive amount of acid helps the animal break down the meat proteins into their essential components. If a healthy young man eats a piece of meat, he may be lucky to digest 25 percent of it. By

contrast, carnivorous animals can digest the whole thing, including bones and fibrous tissue. Parasites and other bugs cannot survive the acid “assault.”

The main digestive work in carnivorous animals takes place in their stomach and not in the small intestine. Meat stays in their relatively short intestinal tract for only a little while. Our small intestine, which is about 5-6 meters long (16-20 feet), processes most natural foods within a matter of several hours. But if the food happens to be meat, it may stay in the small intestine for as long as 20-48 hours, by which time much of it is putrefied or decayed. The rotting process results in the generation of the meat poisons *cadaverine*, *putrescine*, and other toxic substances. These poisons begin to act as pathogens (causal factors of disease) in the body. Since the remnants of undigested meat can be held in the large intestinal walls of humans for 20-30 years or longer, it is not surprising to find colon cancers to be so highly prevalent among meat-eaters, but virtually non-existent among carnivorous animals and vegetarians. Colon cancer, in most cases, is just another name for constant poisoning through putrefying meat. While being digested, meat is known to generate *steroid metabolites* possessing *carcinogenic* (cancer-producing) properties.

The kidneys, which extract waste products from the blood, also suffer from the overload of meat poisons, consisting mostly of nitrogenous wastes. Even moderate meat-eaters demand three times more work from their kidneys than do vegetarians. Young people generally may still be able to cope with this form of stress, but as they grow older the risk of kidney damage greatly increases.

After many years of regularly consuming meat the body may suddenly succumb to the floods of poisonous substances emanating from undigested meat. A research study conducted in Germany showed that middle-aged persons who consumed meat in the evening were more prone to suffer a heart attack during the next morning. Too many proteins entering the blood can thicken it and drastically cut oxygen supplies to the heart and other organs such as the brain.

Animal cells, unlike plant cells that have a rigid cell wall and a simple circulatory system, die very rapidly once they are cut off their blood supply. When the animal dies, its cell proteins coagulate and destructive enzymes immediately begin to break down the cells. This, in turn, results in the formation of a degenerative substance called *ptomaine*, which is a known cause of many diseases. Cellular destruction applies to the cells of all types of dead animal flesh, as well as chicken and fish; all meat is poisoned with decomposed and putrefied protein. A dead animal, bird, or fish is no longer “fresh.” Regardless what you do with it. Putrefaction and bacterial growth start immediately after death and are very advanced when the meat is several days or weeks old, as is in most cases.

Whether it is *E. coli*, other bacteria, or enzymes acting on the dead ingested protein, they effectively send the body’s immune system on a “mission of war,” hence the stimulating effect of meat. Depending on one’s physical resources and immune capacity, the body may eventually get overwhelmed by the influx of virulent poisons and destructive germs and begin to signal “dis-ease.” Those with the weakest immune system are usually the first ones to suffer from meat poisoning.

Yes, food can actually become poisonous and kill someone! The kinds of poisons resulting from the putrefaction (decomposition) of meat or fish in the body are some of the most potent ones found in the natural world. Many of the hundreds of thousands of fragile, elderly people lying in hospitals today will be dying unnecessarily simply because they are given meat or fish to eat – an impossible feat for the digestive system after an operation, a heart attack or during a treatment for a chronic illness. These patients don't succumb to their illness, but from the putrescine, cadaverine, and infectious germs these foods release, flooding their digestive system.

Man’s entire anatomy (jaw, teeth, and digestive system, hands and feet) shows that he must have evolved for millions of years living on fruits, grains, vegetables, nuts, and seeds, etc. Before the pole shift and sudden ice-age, no humans inhabited the cold regions of the world. They all lived in the warm,

tropical places where food was plant foods were plenty and accessible. But suddenly, without warning, the tropical areas, such as Siberia, experienced a massive drop in temperature. Animals froze to death within a moment while still chewing on tropical fruit. They were recently found fully intact with the fruits in their mouth, thousands of years later. Those humans and animals that happened to live in other tropical areas of the world experienced more moderate climate shifts and survived the ice age. But they had to learn to live with the seasons as we know them today. During the cold season, they had no other option but to kill animals for food. This is when meat-eating and hunting became a necessity. Yet this has nothing to do with the original constitutional design of the human body.

Non-carnivorous animals, including the human animal, have long bowels, designed for the slow digestion of nutrient-rich vegetables and fruits. Our dental structure is only conducive to the cutting of vegetables with incisors and to the grinding of grains and fruits with molars. Our short, dull canines have no real capacity for slashing or tearing meat. We have, indeed, nothing in our anatomy that compares with the sharp claws of a tiger or an eagle. The human hand with its opposable thumb is better suited for harvesting fruits and vegetables than to killing prey. Had it been in our nature to eat flesh, we, too, would have been equipped with the same or similar hunting faculties as carnivorous animals.

Misleading Theories

Unfortunately, mainstream medical and nutritional science base their theories not so much on the basic processes that occur in the body, but rather on the contents of food. This can be very misleading, to say the least. We are being told, for example, that when we lack calcium we should drink milk because it contains a lot of calcium. We are not being told, however, that in order to digest and metabolize milk calcium, we first must dispose of the phosphorus contained in milk. To process and remove the phosphorus, though, we require calcium. Since there is more phosphorus in milk than there is calcium, the bones, teeth, muscles, etc. have to supply the extra calcium. This fact alone makes milk to be a major calcium-depleting food. Loss of calcium can cause osteoporosis and such diseases as Crohn's and Irritable Bowel Syndrome, diabetes, heart disease, respiratory ailments and cancer.

The above principle can be applied to almost everything else we believe is so good for us. Giving vitamins to people with vitamin deficiencies can make their bodies even more deficient (more details in Chapter 14). Those lacking in Omega-3 fats don't necessarily get rid of this deficiency by eating these fats (contained in such foods as fish or linseeds). People whose digestive functions have been impaired don't suddenly make better use of certain foods or nutrients simply because they eat more of them.

Just because fish has good things in it (ignore the mercury or other metals they absorb from the sea, lakes, rivers, or the antibiotics, coloring agents and other food additives that are being fed to farmed fish) doesn't mean that the body can actually absorb and make use of them.

As previously explained, once a fish or an animal has been killed, the oxygen supply to the cells is cut off. This immediately starts the process of cell-destruction through intracellular enzymes. Unless you eat the fish or chicken right away after it dies, and yes, raw, all you will get is degenerated and putrefied protein. Unless treated with carcinogenic coloring agents, meat would start to look greenish/gray in a matter of hours. Making matters worse, the cooking, baking or frying of meat, fish, eggs, etc., applies enough heat to cause any proteins that may still be intact to coagulate.

The body cannot utilize coagulated protein for cell building. As a result, these now toxic foods (coagulated protein is treated as a pathogen or disease-causing agent by the body) may at best stimulate the immune system in the small intestine and enforce a strong eliminative response in the large

intestine. This immune response makes you feel as if you are being energized by these foods, but this is far from being the truth. Deceiving as it may be, with each immune response, the body actually becomes weaker; more liver bile ducts get clogged up with stones; and the cardiovascular system is becoming congested with protein deposits in the blood vessel walls. These are the main causes of almost all chronic diseases. Eating meat also stimulates the body's growth hormones and male hormones, which can lead to overgrowth of tissues. Many young men today are extra large, very tall, and have bulgy muscles, something you rarely see in most regions of Asia, South America, and Africa, where meat is scarce and plant foods plenty. Having an oversized, bulky body is a great disadvantage, for it can predispose one to diabetes, heart disease, and other physical, as well as mental problems later in life.

As is the case with the strongest animals in the world, e.g., elephant, water buffalo, giraffe, horse, cow and gorilla, humans don't need to eat protein in order to produce it or make it available to the cells in the body. A healthy newborn baby triples its size and the number of protein-consisting cells within its first year, without ever eating any protein foods at all. You might object here by saying "But isn't mother's milk filled with protein?" Not by a long shot! Human breast milk contains only a trace of protein, namely 1.1 – 1.6 grams of protein per 100 grams of milk. Most of the healthy children in the world don't receive any other food than mother's milk during their first year. With, let's say, 1.4 percent of protein in breast milk, this is by far not enough to account for the 15 pound weight increase within the first year.

Humans and most other non-carnivorous animals don't depend on protein foods to make or maintain their muscles, cells and organs. Actually, we all derive our most essential nutrients from the air we breathe. Everyone knows that in order to live we need oxygen molecules from the air, but very few of us know that we also need and make use of the nitrogen, carbon and hydrogen molecules that the air is so densely saturated with. These four molecules are the ingredients of every amino acid. Our DNA and the liver, like theirs, are perfectly able to synthesize these molecules into amino acids, and complete proteins.

A protein deficiency occurs only in people whose liver and immune functions are seriously impaired. I personally have not eaten any protein foods, i.e., fish, meat, cheese, milk, eggs, etc. for 32 years of adulthood, and my body has hardly changed during all those years (being over 50 years old at the time of writing this). But I have seen thousands of people who have aged prematurely or suffered debilitating illnesses because of eating too much protein. There is no other time in human history where so much meat and other concentrated protein foods have been consumed as today.

The Pitta body type is especially susceptible to becoming poisoned by protein foods, such as meat, fish and cheese. They have a very limited ability to digest these foods. Naturally, the body doesn't want to digest something it doesn't need and cannot make use of. I would be suspicious of any person or institution handing out general food guidelines without regard to a person's individual body type or possible physical imbalance.

It is also worth noting that carnivorous animals have an unlimited capacity to handle saturated fats and *cholesterol*. Dogs, for example, who received one half pound of butterfat with their daily ration of meat for two years, show no signs of damage to their arteries or change of serum *cholesterol*. By contrast, the purely vegetarian rabbits quickly develop arteriosclerosis if they are fed meat or if as little as 2 grams of *cholesterol* is added daily to their food. Humans, too, have a very limited capacity to digest and process meat proteins and meat fats. If you placed a hungry infant into a cage with a chunk of meat on one side and an apple on the other, which of the two do you believe would the infant choose to eat? Correct, the apple! Place a lion cub in the same cage, and you will see the cub heading straight towards the meat. If we listened to our basic instincts, we would discover that meat was never meant for humans.

Meat – A Major Cause of Disease and Aging

Populations who eat meat regularly have the shortest life spans and the highest incidence of degenerative diseases. According to published reports on national health statistics from around the world, one out of two people in the industrialized world will die from heart disease or related blood vessel disease. In other words, heart disease is the leading killer disease in the world. In June 1961, at a time when medical institutions were still unbiased and could be trusted, the American Medical Association reported that a vegetarian diet could prevent 90% of our thrombo-embolic disease and 97% of our coronary occlusions. This means, by adopting a vegetarian diet we would be able to almost completely eradicate heart disease. Compared with meat-eating, smoking seems to be only a minor risk factor for heart disease.

Heart disease is virtually unheard of in societies where meat consumption is low and the majority of the population eats mostly traditional foods. A group of Harvard doctors and research scientists examined 400 people in a remote mountain village in Ecuador and were surprised to find that except for two men, none of the people above 75, including all the centenarians and a 121 year-old man, showed any signs of heart disease. All the villagers turned out to be complete vegetarians. Examinations of similar age groups in the United States would typically reveal a 95 percent incidence of heart disease.

Cancer, the second most common killer disease, may largely be caused by meat-eating, too. Modern cancer research claims to have found specific protein compounds responsible for certain types of cancers. This in itself may be a very important finding, but it is even more important to find out where these protein particles come from. Putrefying meat is one answer and decaying protein of dead human cells another. Meat consumption slows or hinders the complete removal of dead cells in the body by using up its resources of energy, enzymes, minerals, and vitamins. Both undigested meat proteins and decaying cell protein can, therefore, damage the human cells and impair genetic programming.

Another reason why meat-eaters have more cancers than vegetarians may be the fact that they ingest large quantities of sodium nitrates and sodium nitrites, which are *carcinogenic* preservatives that are used to make the meat look “fresh.” But meat is no longer fresh after the animal is dead. As already mentioned, if left untreated, animal flesh begins to turn into a sickly gray-green color within several days. Since nobody would buy the meat in that condition, the meat industry uses these toxic chemicals to make it look red and palatable, whereas in reality it is already decomposed and highly toxic.

The most appalling news from cancer research, however, is that secondary *amines*, prevalent in beer, wine, tea, and tobacco, react with chemical preservatives in meat and form *nitrosamines*. The American Food and Drug Administration (FDA) has labeled *nitrosamines* to be “one of the most formidable and versatile groups of *carcinogens* yet discovered.” In other words, if you are a smoker or if you drink beer, wine, or tea *and* eat meat, you produce one of the most deadly toxins that can be found anywhere. As it turns out, most meat-eaters also drink wine or beer and many of them smoke, too. When fed to test animals, *nitrosamines* produced malignant tumors in *one hundred percent* of the animals; the cancers appeared everywhere, including the lungs, pancreas, stomach, adrenals, intestines, and the brain.

There are many other cancer-producing agents that a meat-eater’s immune system has to combat. Farm animals are regularly injected with hormones to stimulate growth, are fed appetite stimulants to “force” them to eat non-stop, and are given antibiotics, sedatives, and chemical feed mixtures. There are already over 2,500 drugs routinely given to animals to fatten them and to keep them alive. Most of the harmful chemicals are still in the animals at the time of death. Many other drugs are added after the animal has been slaughtered. These drugs will still be present in the meat when it is eaten. But the law does not require listing of the cocktail of drugs added to the meat. So, you will have no way of knowing what kind of drug interactions and allergic reactions you could become a victim of by eating a juicy steak at your

favorite restaurant. It is difficult to imagine how many people today become sick for no apparent reason, due to being drugged with poisonous medicines contained in the meat they eat. And when they go to see their doctor, they are most likely given even more drugs to combat those already ingested.

One of the chemicals added to animal feed in the United States is the growth hormone *diethylstilbestrol* (DES). The FDA estimates it saves meat producers in the United States \$500 million annually. DES is highly carcinogenic and is banned as a serious health hazard in thirty-two countries. According to another report by the FDA, the antibiotics *penicillin* and *tetracycline* alone save the meat industry \$1.9 billion a year. Yet the drugs may be breeding deadly antibiotic-resistant organisms in the consumer's body.

Foods made of animal protein are nearly always propagated as being the safest foods for people with Type 2 Diabetes, and those who want avoid it. Nothing could be further from the truth. Most people believe that high blood sugar just comes from eating too much sugar or refined carbohydrates. They are correct. It has recently been proven that women who drink one regular soda such as Coke or Pepsi per day have an 83% chance of developing diabetes, (one can of soda contains 45g sugar). However, sugar pales as a cause for diabetes when compared with meat. Eating a normal size steak forces your pancreas to secrete more insulin than eating 12 times the amount of sugar contained in that one can of soda, which would amount to ½ pound sugar). In addition to that, if you also eat potatoes, a sweet desert, and drink a soda along with your meal, like most Americans do, you can expect to develop insulin sensitivity. Currently, diabetes is the fastest growing epidemic in America (more on diabetes in Chapter 11).

Other very harmful effects that may occur as a result of eating meat are generated indirectly by the tragic conditions farm animals are exposed to during their short lives. Most animals never see the light of day. They spend their entire lives in cramped and cruel surroundings, merely to die a brutal death. High rise chicken farms breed animals without exposure to fresh air or allowing them to take as much as one step. This not only greatly upsets their body chemistry, but also causes malformations and growth of malignant tumors. The sick animals are slaughtered and sold to unsuspecting customers. In the United States, chicken with *airsacculitis* (a pneumonia-like disease), which causes pus-laden mucus to collect in the lungs, are permitted for sale. Other examples of common diseases include eye cancer and abscessed livers among cows. Carcasses contaminated with rodent feces, cockroaches, and rust are routinely found in meat-packing companies, but meat inspectors are very lax about enforcing regulations because this would effectively close down the whole business.

Modern research on disease such as cancer and diabetes is mostly focused on how to combat the *effects* of a disruptive lifestyle and unhealthy eating habits. Billions of dollars are spent on discovering everything about the symptoms of disease, with little or no attention on their underlying causes. By contrast, some parts of the population in our Western society have adopted vegetarianism as a way of life and are subsequently shown to have significantly lower disease rates, especially cancer, diabetes and heart disease. These groups have no advanced medical knowledge or training to treat such diseases. Yet, they can claim to have the highest success rates.

Benefits of a Vegetarian Diet

A major study conducted in California revealed that the cancer rate among Mormons, who are known to eat only very little meat, was 50 percent lower than in the normal population. An even more comprehensive, controlled study on 50,000 vegetarians of the *Seventh Day Adventists*, compared with the same number of non-vegetarians of the same sex and age, produced similar results in the *Oxford Vegetarian Study*. The members of the vegetarian group had an astonishingly low rate of cancer of all

types, their life expectancy was significantly longer, and they suffered significantly less from cardiovascular disease than those in the control group.

In the same context, the “forced” vegetarianism of the Danes due to the allied blockage of Denmark in World War I, led to a 17 percent reduction of mortality rates in the first year of meat rationing. Norway experienced a similar positive side-effect from meat-rationing during the years of World War II (1940-1945). There was an immediate drop in national mortality rates from circulatory diseases during the period of meat shortage; the rates returned to pre-war levels when the population resumed meat consumption.

Studies from the University of Belgium, testing endurance, strength, and quickness of recovery (from physical exhaustion) in vegetarians clearly showed that vegetarians had far superior rates in all three categories. A study at Yale University proved that vegetarians have nearly twice the stamina of meat eaters. Other findings confirmed that during endurance tests, the vegetarians were able to perform two to three times longer than the meat eaters before reaching the point of complete exhaustion, and took only one fifth the time to recover from fatigue after each test than their meat-eating counterparts.

The common belief that eating meat makes you strong is unfounded and misleading. The super-strong elephant, gorilla, rhinoceros and horse all sustain their great physical strength and stamina by eating only vegetation. On present evidence, there is nothing to suggest that meat is beneficial to our health. The fact that populations like the Eskimos can survive on a meat diet without suffering heart disease is known. But it is lesser known that they also drink the blood of the animal, which is alkaline and capable of neutralizing some of the toxic effect of the meat. Still, the Eskimo’s average life span is not more than 40 years. The *Masai* tribes of East Africa also live on mostly meat and milk, but they mix their milk with blood. Their lifespan is very short, too. A typical 45-year old man looks closer to 70 or 80 years of age.

Another major benefit of the vegetarian diet is that, statistically, vegetarians are thinner and healthier. On average, vegetarians weigh about 20 pounds less than their meat-eating counterparts. According to the US Worldwatch Institute, 1.1 billion people worldwide are underweight, and another 1.1 billion too fat. In the US, 23 percent of adults are obese and 60 percent are overweight. But obesity besets poor countries too, from Brazil to China. The traditionally “lean,” mostly vegetarian populations in the world are now quickly following in the footsteps of the typically non-vegetarian populations. Eating meat is becoming increasingly synonymous with a higher standard of living. The country/subcontinent of India, for example, which traditionally has been vegetarian for thousands of years, is rapidly adopting carnivorous eating habits, much to the benefit of cardiologists and oncologists.

Harvard research showed that a vegetarian diet also reduces colds and allergies. Children especially benefit greatly from meat abstinence. Studies show that vegetarian children have better teeth and are afflicted with fewer children’s diseases than non-vegetarian children. They are also less prone to obesity, high cholesterol, diabetes and heart disease.

Food For Thought

According to Harvard nutritionist Jean Mayer, we would have enough food for the entire developing world if we ate half as much meat. Reducing meat production by merely 10 percent could release enough grain to feed 60 million people! Albert Einstein had this to say about vegetarianism: “Nothing will benefit human health and increase the chance for survival on Earth as much as the evolution to a vegetarian diet.” He predicted that producing and eating so much meat would literally be killing us and our environment. And Leo Tolstoy stated, “Vegetarianism is the taproot of humanitarianism.”

The world's output of meat increased fivefold in the second half of the 20th century. Given the current trend, by 2050, the increases in meat production will have reached a point where we could feed 4 billion extra people with the plant food used to raise cattle. Only 10 percent of the protein and calories we feed to our livestock are recovered in the meat we eat. In the case of the United States, for the 20 million tons of humanly edible and nutritious protein that is fed to livestock yearly (apart from the waste products and drugs), only about 2 million tons of meat protein is obtained; and out of that amount less than 27 percent can be utilized by the human body. Although animal protein is not really what is needed in the world today, the wasted protein could fill the food deficit around the world three times over. If you are concerned about the world's survival, consider the following numbers:

- One acre of grain produces five times more protein than an acre of pasture set aside for meat production. An acre of beans or peas produces ten times more protein, and an acre of spinach twenty-eight times more protein.
- One portion of meat contains only 20 grams of protein, whereas a 100-gram portion of beans yields 35 grams of protein. The meat, however, costs about 20 times more than the beans do. Being vegetarian saves not only lives, but also money.
- The food energy supplied by meat production uses 10 times more fossil fuel than the food energy supplied by plant production. Given the current shortage of fossil fuel on the planet, meat production may soon become unaffordable.
- Collectively, the world's livestock production produces 10 percent of all the greenhouse gases, including 25 percent of the methane, among the most potent of all.
- Eighty-five percent of the topsoil lost in the USA each year is directly associated with the raising of livestock. In this way, 4 million acres of cropland is destroyed every year. In the same way, precious rain forests have to give way to satisfy the demand for more meat in the world.
- To grow one pound of wheat requires only sixty pounds of water, whereas production of one pound of meat requires a staggering 50,000 pounds of water. To produce a pound of chicken uses up 1,800 pounds of water. Large chicken slaughtering plants, in fact, expend up to 100 million gallons of water daily, enough to supply a city of 25,000 people!
- The meat production process is so wasteful and costly that the meat-industry needs hundreds of millions in tax subsidies to survive. You never pay just for the meat you eat; the subsidies come out of your pocket. In 1977, the governments of Western Europe spent almost half a billion dollars purchasing the farmer's overproduction of meat and spent additional millions for the cost of storing it. This trend has not been different in the United States and is worsening each year. All this is precious money lost, thereby heavily burdening every national economy. In this sense, meat consumption is directly impoverishing the wealthy nations. Any wars fought in the future will revolve about energy, food and water, all three of which are heavily wasted through meat production. The worldwide increase of meat consumption is driving the world closer and closer to the brink of international conflict.

But Fish is Really Good for You, Isn't It?

Not quite so. Besides the above reasons for avoiding dead and coagulated protein foods, tests on both wild and farm-raised fish have revealed that their levels of toxic chemicals and metals are endangering the lives of pregnant mothers, developing fetuses and young children. Does this mean it is acceptable for

adults to eat fish? Scientists now say that salmon, for example – long considered to be one of the safest of all fish – should be eaten only once per month. We are exposed to numerous other sources of indoor and outdoor pollution almost all the time – not to mention the chemicals contained in most foods today. Our immune system simply cannot afford such high concentrations of toxins as found in fish, without developing a toxicity situation.

Specifically, tests on farmed salmon uncovered high levels of toxins linked to cancer and birth defects. The findings recently triggered a "scare-mongering" row as other experts insisted salmon was safe to eat regularly – and important for a healthy diet.

Sales have increased up to 15 percent a year as more people eat oily fish to prevent heart attacks, or so they are made to believe. But when samples from around the world – some from stores in London and Edinburgh – were analyzed, it was discovered that levels of 14 "organochlorine" toxins, the most hazardous of which include *PCBs*, *dioxins*, *dieldrin* and *toxaphene*, were significantly higher in European and North American farm-raised salmon than in fish caught in the wild. According to U.S. and Canadian scientists and reported by the journal *Science*, fishmeal was traced as the pollutant source.

While farm-raised catfish and trout, haddock, salmon, flounder, etc. are unsuitable for consumption due to the toxic additives in fishmeal, deep ocean fish are even more harmful than farmed fish due to excessively high levels of mercury. .

Even if fish consumption were shown to prevent heart attacks (for which there is no proof), would it be justified and wise to propagate it as being a healthy food when it is known to cause other chronic or fatal diseases? Eating food that saves one person, but kills another is much like gambling. You can never really know whether you win or lose. As always, the final judge is you, the consumer. If in doubt, I suggest that you use Kinesiology muscle testing to determine whether fish is or is not conducive to your health and well-being.

Mercury gets into water primarily through solid-waste incinerators, mines and power plants. Algae typically absorb the mercury and tiny zooplankton animals eat the algae. In turn, small fish eat the zooplankton, and from there the mercury moves up through the aquatic food chain, with the large, deep-ocean fish at the top of the chain carrying the highest mercury concentration. Also waterways that are far away from any ocean, such as the Elkhorn River in Nebraska or the Colorado River in the Western part of the United States, are known to have mercury contaminated fish. The Environmental Working Group (EWG) issued the following list of high-mercury fish:

- Swordfish
- Tuna
- King mackerel
- Halibut
- Sea bass
- Tilefish
- Pike
- Walleye
- Largemouth bass
- White croaker
- Marlin
- Shark
- Gulf coast oysters

A Note on the Blood Type Diet

"Eat Right for Your Type" is authored by Peter J. Adamo and has become widely known as the blood type diet. Since I am constantly asked to give my input to this dieting system, I have decided to add my comments here.

I agree with and respect quite a few of Peter Adamo's insights and perspectives, but have major reservations about others. The book suggests that you use your blood type to determine which foods you should be eating. According to the theory, when you eat foods that "agree" with your blood type, you reduce the risk of cancer, heart disease, diabetes, infections, and liver disease. Type A people supposedly had ancestors that were farmers. If you are of this type, you should be a vegetarian and avoid meat and dairy products. According to the author, Type B had ancestors that were nomads; therefore you should eat red meat and fish. Type O had ancestors that were hunters and gatherers; this means you should eat lots of animal protein and little carbohydrates. Type AB, had mixed ancestry, and is supposed to eat a combination of Types A and B.

Unfortunately, these theories are not supported by scientific literature, traditional knowledge and records of the world's oldest medical systems, such as Chinese Medicine and Ayurveda. Adamo's discoveries have not been confirmed anywhere else. There is little or no distinction made between individuals who have lived in the Andes, the tropical rainforests, or plains of Africa for hundreds of thousands of years. The Indian subcontinent thrived and flourished for thousands of years on a vegetarian diet, and so has most of the world's population. And where does ancestry begin anyway? Two thousand years ago, 100 centuries ago, or 60 millions years ago? How far do we go in the bloodline to determine our dietary needs? When the ice age began, many vegetarians living in formerly tropical lands were suddenly forced to eat animals in order to survive. Some ate a mixed diet, because of more moderate climates. Others in the all-year-round tropical places of the Earth continued to vegetarian foods, until more recently. The proposed theory is highly inconclusive about all that.

When I went on the high protein diet, (very similar to Type O) at age five, I felt great for about 18 months, like so many others who go on the popular Atkins diet. But then I started developing stones in my liver, a dangerous arrhythmia, and juvenile rheumatoid arthritis, among other diseases. I had no idea that all this was due to protein poisoning. Ten years later I switched to a balanced vegan diet, and most of my illnesses went away within a matter of weeks. But I still had to live with the many stones produced in my liver and gallbladder as a result of what would be known as the O-type blood diet. Forty gallbladder attacks later, I cleaned out my liver and gallbladder and was finally free of any illness or discomfort.

You won't be able to notice the effects of a high protein diet until the blood vessel walls are well-thickened with excessive protein. Eating lots of animal protein triggers a powerful immune response in order to get rid of the foreign DNA and dead, coagulated, and damaged protein of meat, fish, eggs, etc. The immune response involves a powerful energy release, thereby cleaning out impurities, improving skin functions, and making you feel more grounded. However, once the immune system is exhausted, which took a mere 18 months in my case, the situation begins to backfire and the body becomes increasingly congested.

The blood type diet theory is flawed in the sense that it does not recognize the basic body type requirements generated by the three forces/humors of nature (*Vata*, *Pitta*, and *Kapha*) that control the physicality of matter and the body of humans and animals. Only a fraction of the body's energy requirements are met through food, and there are many more influences on the body than the blood type. The 6,000-year old medical system of Ayurveda accounts for most of these influences. One's constitutional body type is not as simply and easily determined as one's blood type. The theory of blood type foods is really based on guess work, not on science or time-tested traditional knowledge as found in Ayurveda, Chinese Medicine, Greek medicine, or ancient Egyptian medicine.

If concentrated protein foods were a necessary part of the human diet, as the blood type diet advocates for the O-type, for example, why does nature not reflect that need when it formulates human milk in a mother's breast? Its protein content is a mere trace amount of 1.1-1.6%, provided to a baby at a time of

its biggest growth spurt. Wouldn't O-type babies die if they lived on so little protein for up to 18 months, since most babies in the natural world only get mother's milk to eat? On the contrary, the babies actually develop perfect organs and systems, and are emotionally the most content.

So if you are on the blood type diet and decide to continue following it, I recommend that you be vigilant about how your body feels. If you start feeling a dull sensation in your gallbladder or pain in the joints, muscles or head, or if you develop mucus and sinus problems, coated tongue, etc., you may need to reconsider your dietary regimen.

The time will come when men such as I will look on the murder of animals as they now
look on the murder of men ~Leonardo da Vinci.

CHAPTER 7

Employing Nature's Healing Powers



"The art of healing comes from nature and not from the physician. Therefore, the physician must start from nature with an open mind."
~ Paracelsus

1. The Liver Cleanse

Cleansing the liver bile ducts and gallbladder is one of the most important and effective approaches to improve your health. The liver cleanse requires six days of preparation, followed by 16-20 hours of actual cleansing. To remove the stones trapped in these two organs you will need the following items:

Apple juice	Six 1-liter (32oz) containers
Epsom salts*	4 tablespoons dissolved in three 8-oz glasses of water**
Virgin olive oil, cold-pressed	One-half glass (4oz)
Either fresh grapefruit (pink is best), or fresh lemon and orange combined***	Enough to squeeze 2/3 glass of juice
2 pint jars, one with a lid	

- Note:** * Look for Epsom salts that can be used internally.' In German-speaking countries it is known as Bittersalz. In the U.S. you may find it at most major drug stores, Super Target, Walgreens or any natural food store. Some packaging labels describe it as a natural laxative. In countries where it is unavailable, use Magnesium Citrate instead.
- ** I have chosen 'glass' (8oz) instead of 'cup' as a measuring unit to avoid confusion about what 'cup' means on different continents.
- *** If you cannot tolerate grapefruit juice or if it tends to make you nauseous you may use equal amounts of freshly squeezed lemon and orange juice instead. The effect is the same with either choice.

Preparation

- **Drink 1 liter (32oz) of packaged apple juice per day for a period of six days.** (You may drink more than that if it feels comfortable). The *malic acid* in the apple juice softens the gallstones and makes their passage through the bile ducts easy. The apple juice has a strong cleansing effect. Some sensitive people may experience bloating and, occasionally, diarrhea during the first few days. Much of the diarrhea is actually stagnant bile, released by the liver and gallbladder (indicated by a brownish, yellow color). The fermenting effect of the juice helps widen the bile ducts. If this becomes somewhat uncomfortable, you can mix the apple juice with water. Drink the apple juice slowly throughout the day, between meals (avoid drinking the juice during, just before and two hours after meals, and in the evening). This is in addition to your normal water intake. **Note:** Preferably use organic apple juice, although for the purpose of this cleanse, any good brand of commercial apple juice, apple concentrate or cider works just as well. It may be useful to rinse your mouth with baking soda and/or brush your teeth several times per day to prevent the acid from damaging your teeth. (If you are intolerant or allergic to apple juice, see the other options explained in *Having Difficulties with the Cleans*, at the end of this section.)
- **Dietary recommendations:** During the entire week of preparation and cleansing, avoid taking foods or beverages that are cold or chilled; they chill the liver and, thereby, reduce the effectiveness of the cleanse. All foods or beverages should be warm or at least room temperature. To help the liver prepare for the main flush, try to avoid foods from animal source, dairy products and fried food items. Otherwise, eat normal meals, but avoid overeating.
- **The best time for cleansing:** The main and final part of the liver cleanse is best done over a weekend, when you are not under any pressure and have enough time to rest. Although the cleanse is effective at any time of the month, it should preferably coincide with any day between full moon and new moon. The 6-day preparatory period can start 4-5 days before the full moon. You should avoid doing the actual flush on full moon day which is the day when the body holds on to bodily fluids. New moon is most ideal time for liver flushing since this is the time when the body is more engaged in self-cleansing and self-repair than during other times of the month.
- **If you take any medication:** During the entire week of preparation and cleansing, avoid taking any medication, vitamins or supplements that are not absolutely necessary. It is important not to give the liver any extra work that could interfere with its cleansing efforts.
- **Make sure that you cleanse your colon before and after you do a liver cleanse.** Having regular bowel movements is not necessarily an indication that your bowel is unobstructed. Colon cleansing, either done a few days before or, ideally, on the sixth day of preparation, helps to avoid or minimize any discomfort or nausea that may arise during the actual liver flush. It prevents back flushing of the oil mixture or waste products from the intestinal tract. It also assists the body in swiftly eliminating the gallstones. Colonic irrigation (colon hydrotherapy) is the fastest and easiest method to prepare the colon for the liver cleanse. Colema-board irrigation is the second most preferable method (see details in the following section).
- **What you need to do on the sixth day of drinking apple juice:** If you feel hungry in the morning, eat a light breakfast, such as a hot cereal; oatmeal is the most ideal choice. Avoid sugar or other sweeteners, spices, milk, butter, oils, yogurt, cheese, ham, eggs, nuts, pastries, cold cereals, etc. Fruits or fruit juices are fine. For lunch eat **plain** cooked or steamed vegetables with white rice (preferably Basmati rice) and flavor it with a little unrefined sea or rock salt. To repeat, do not eat any protein foods or fats in any form! Otherwise, you might either feel ill during the

actual cleanse or have no results at all. Do not eat or drink anything (except water) after 1:30 p.m., otherwise you may not be able to flush out any stones! Follow the exact timing given below to receive the maximum benefit from the liver flush and to suffer the least amount of discomfort during this process.

The Actual Cleanse

Evening

6:00 p.m.: Add four (4) tablespoons of Epsom salts (magnesium sulfate) to three 8 oz. glasses of filtered water in a jar. This makes four servings, $\frac{3}{4}$ glass each. Drink your first serving now. You may take a few sips of water afterwards to get rid of the bitter taste in the mouth or add a little lemon juice to improve the taste. Some people drink it with a large plastic straw to bypass the taste buds on the tongue. It is also helpful to brush your teeth afterwards or rinse out the mouth with baking soda. One of the main actions of Epsom salt is to dilate (widen) the bile ducts, making it easy for the stones to pass. Moreover, it clears out waste that may obstruct the release of the stones. If thirsty, you may drink some water before the second serving of Epsom salts. (If you are allergic to Epsom salts or are just not able to get it down, you may instead use the second best choice – magnesium citrate – at the same dosage.)

8:00 p.m.: Drink your second serving ($\frac{3}{4}$ glass) of Epsom salts.

9:30 p.m.: If you have not had a bowel movement until now and not done a colon cleanse within 24 hours, take a water enema; this will trigger a series of bowel movements.

9:45 p.m.: Thoroughly wash the grapefruits (or lemons and oranges). Squeeze them by hand and remove pulp. You will need $\frac{3}{4}$ glass of juice. Pour the juice and $\frac{1}{2}$ glass of olive oil into the pint jar. Close the jar tightly and shake hard, about 20 times or until the solution is watery. Ideally, you should drink this mixture at 10:00 p.m., but if you feel you still need to visit the bathroom a few more times, you may delay this step for up to 10 minutes. **Note:** Petit Vata types and children may only need two-third to half amount of the oil mixture.

10:00 p.m.: Stand next to your bed (do not sit down) and drink the mixture of juice and olive oil, if possible, straight. Some people prefer to drink it through a large plastic straw. If necessary, take a little honey between sips, which helps chase down the mixture. Most people, though, have no problem drinking it straight. Do not take more than five minutes to complete drinking the mixture (only elderly or weak people may take longer).

LIE DOWN IMMEDIATELY! This is essential for helping to release the gallstones! Turn off the lights and lie flat on your back with 1-2 pillows propping you up. Your head should be higher than your abdomen. If this is uncomfortable, lie on your right side with your knees pulled towards your head. **Lie perfectly still for at least 20 minutes and do not speak!** Put your attention on your liver. You may even feel the stones traveling along the bile ducts like marbles. There won't be any pain because the magnesium in the Epsom salts keeps the bile duct valves wide open and relaxed, and the bile that is

excreted along with the stones keeps the bile ducts well lubricated (unlike during a gallstone attack). Go to sleep if you can. If you cannot fall asleep, remain in bed nevertheless. Otherwise, the cleanse may be less effective.

Only get up if you feel the urge to have a bowel movement. Check if there are already small gallstones (pea green or tan colored ones) floating in the toilet. You may feel nauseous during the night and/or in the early morning hours. This is mostly due to a strong, sudden outpouring of bile, gallstones and toxins from the liver and gallbladder. In some cases, some of the oil is forced back into the stomach or it takes longer than usual for the oil to leave the stomach. The nausea will pass as the morning progresses.

The Following Morning

6:00-6:30 a.m.: Upon awakening, but not before 6 a.m., drink your third $\frac{3}{4}$ glass of Epsom salts (if you feel very thirsty drink a glass of warm water before taking the salts). Rest, read or meditate. If you are very sleepy, you may go back to bed, although it is best if the body stays in the upright position. Most people feel absolutely fine and prefer to do some light stretching exercises, such as Yoga.

8:00-8:30 a.m.: Drink your fourth and last $\frac{3}{4}$ glass of Epsom salts.

10:00-10:30 a.m.: You may drink freshly pressed fruit juice at this time. One half-hour later you may eat one or two pieces of fresh fruit. One hour later, you may eat regular (but light) food. By the evening or the next morning, you should be back to normal, and feel the first signs of improvement. Continue to eat light meals during the following days. Remember, your liver and gallbladder underwent major “surgery,” albeit without medical intervention and harmful side effects.

The Results You Can Expect

During the morning and, perhaps to some degree also during the afternoon and evening, you will have a number of watery bowel movements. These initially consist of stones mixed with food residue, and then just stones mixed with water. Most of the released stones are pea-green and float in the toilet because they contain bile compounds (see **Illustration 12a**). The stones come in different shades of green and may be bright-colored and shiny like gemstones. Only bile from the liver can cause the green color. Gallstones may come in all sizes, colors and shapes. The light-colored stones are the most recent. Blackish stones are the oldest. Some are pea-sized or smaller, and others are as big as two or three centimeters in diameter (about 1 inch). There may be dozens and, sometimes, even hundreds of stones (of different sizes and colors) coming out at once (see **Illustration 12b**).

Also watch for stones that are tan or white in color that may sink to the bottom with the stool. These are calcified and semi-calcified gallstones that are released from the gallbladder and contain heavier substances with lesser amounts of cholesterol (see **Illustrations 12c&d**). Fully calcified stones don’t float in the water. All the green and yellowish stones are as soft as putty, thanks to the action of the apple juice.

You may also find a layer of white or tan-colored chaff or foam floating in the toilet. The foam consists of millions of tiny white, sharp-edged cholesterol crystals that can easily rupture small bile ducts. They are equally important to release.

Try to make a rough estimate of how many stones you have eliminated. To permanently cure bursitis, back pain, allergies or other health problems, and to prevent diseases from arising, you need to remove **all** the stones. This may require at least eight or ten cleanses which can be performed at 3-4 week intervals (try not to cleanse more frequently than that). If you cannot cleanse this often, you may take more time between cleanses. The important thing to remember is that once you have started cleansing the liver, keep cleansing it until no more stones come out. In some people, leaving the liver half clean for a long period of time (three or more months) can cause greater discomfort than not cleansing it at all.

The liver, as a whole, will begin to function more efficiently soon after the first cleanse and you may notice sudden improvements, sometimes within a few hours. Pains will lessen, energy will increase and clarity of mind will improve considerably.

However, within a few days, stones from the rear of the liver will have traveled forward towards the two main bile ducts exiting the liver, which may cause some of the previous symptoms, or even all of them, to return. In fact, you might feel disappointed because the recovery seems so short-lived. But all of this shows that there are still stones left behind, ready to be removed during the next round of cleansing. Nevertheless, the liver's self-repair and cleansing responses will have increased significantly, adding a great amount of vitality to this very important organ of the body.

As long as there are still a few small stones moving from some of the thousands of small bile ducts towards the hundreds of larger and two main bile ducts, they may combine to form larger stones and reproduce previously experienced symptoms, such as backache, headache, earache, digestive trouble, bloating, irritability, anger, etc. The recurring symptoms may, however, be less severe than before.



Illustration 12a: Green color gallstones



Illustration 12b: Mixed types of gallstones





Illustrations 12c: Calcified and semi-calcified gallstones (cut in halves)

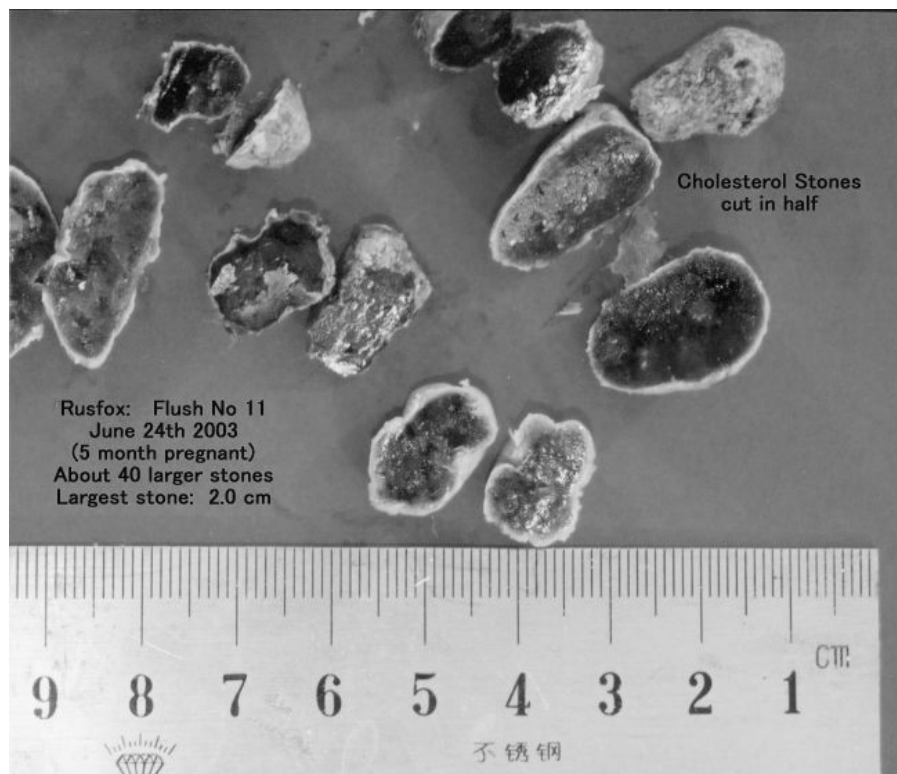


Illustration 12d: More Cholesterol Stones Cut in Half

Once the old symptoms of disease or discomfort are gone and a new cleanse no longer produces any stones, which usually happens after 8-10 cleanses (in more severe cases it may take more), your liver may be considered to be in excellent condition. Still, it is recommended to repeat the liver cleanse every 6-8 months. Each cleanse will give a further boost to the liver and take care of any toxins that may have accumulated in the meanwhile. **Note:** Never cleanse when you are suffering an acute illness, such as an upper respiratory infection, the flu or even a simple head cold! If you suffer from a chronic illness, however, cleansing your liver may be the best thing you can do for yourself.

Important! Please read carefully.

The liver cleanse is one of the most invaluable and effective methods to regain one's health. There are no risks involved if all of the directions are followed to the letter. Please take the following instruction very seriously. There are many people who followed a liver flush recipe that they received from friends or through the Internet, and suffered unnecessary complications. They did not have complete knowledge of the procedure and believed that just expelling the stones from the liver and gallbladder was sufficient to improve their health.

It is very likely that, on their way out, some of the released stones will get caught in the colon. They can quickly be removed through colonic irrigation. This should ideally be done on the 2nd or 3rd day after the liver flush. If any of the stones remain in the colon, they can cause irritation, infection, headaches and abdominal discomfort, thyroid problems, lymphatic congestion, and toxic blood. Even if some of the cholesterol-based stones begin to dissolve in the colon they can become a source of toxemia in the body.

If colonics are not available where you live, you can take 2-3 high water enemas instead. This, however, does not guarantee that all the remaining stones will be removed. There is no real substitute for colonic irrigation when it comes to liver cleanses. A colema-board enema, though, is the closest you can have to a professional colonic. If you settle for anything less than a colonic irrigation, mix one level teaspoon of Epsom salts with one glass of warm water and drink it first thing in the morning on the day of your chosen colon cleanse. For detailed information about colonic irrigation, colema boards, and enemas, see section 2. *Intestinal Cleansing - For Prevention and Cure*.

(To acquire a colema-board and view a video demonstration on how to use it, see *Product Information*).

On the importance of colon and kidney cleansing: Although the liver cleanse on its own can produce truly amazing results, it should ideally be done *following* a colon and kidney cleanse. Cleansing the colon (see also section on *Preparation*) ensures that the expelled gallstones are more readily removed from the large intestine. And cleansing the kidneys makes certain that any toxins coming out of the liver during the liver cleanse do not put any burden on these vital organs. However, if you have never had kidney trouble, kidney stones, bladder infection, etc., you may go ahead with the *colon cleanse—liver cleanse—colon cleanse sequence*. But make certain that you cleanse the kidneys at a later stage. There should definitely be a kidney cleanse some time after every 3-4 liver cleanses and, again, after your liver has been completely cleaned out (see *The Kidney Cleanse* in this Chapter). Or, you may drink a cup of

kidney tea (see *Kidney Cleanse recipe*) for 3-4 days after each liver cleanse. Follow the same directions as given for the main kidney cleanse

People whose colon is severely congested, or who have a history of constipation, should consider doing at least 2-3 colon cleanses before their first liver cleanse. And to re-emphasize, it is very important that you cleanse your colon within three days after you have completed each liver cleanse. By removing gallstones from the liver and gallbladder it is most likely for some of the stones and other toxic residues to become trapped in the colon. It is essential for your health to flush them out! If you are unable to do so, it is better **not** to cleanse the liver in this way.

Having Difficulties With the Cleanse?

Intolerance to Apple Juice

If you cannot tolerate apple juice (or apples) for some reason, you may substitute the following herbs: *Gold Coin Grass* and *Bupleurum*. The herbs are made into a tincture (contains alcohol) and sold as *Gold Coin Grass* (GCG), 250 ml or 8.5 oz. and is available from *Prime Health Products* (see *Product Information* at the end of the book).

Malic acid in apple juice does exceptionally well in dissolving some of the stagnant bile and making the stones softer (see details on *malic acid* below). The aforementioned herbs are also effective in softening gallstones and, therefore, can be used as a preparatory step for the liver cleanse, although it may take a little longer than if you use apple juice. The proper dosage for the tincture is 1 tablespoon (about 15 ml) daily on an empty stomach about 30 minutes before breakfast. This regimen should be followed for 8-9 days prior to the actual day of the liver flush. Gold Coin Grass is not for everyone, though. If you feel discomfort taking it, discontinue and use some of the other procedures mentioned later in this chapter's "The Liver Flush Did Not Deliver the Expected Results."

Intolerance to Epsom Salts

If you are allergic to Epsom salts or just cannot tolerate them, you may use Magnesium Citrate instead, although it is not quite as effective as Epsom salts. Magnesium Citrate is readily available from most drugstores.

Intolerance to Olive Oil

If you are allergic to olive oil or cannot tolerate it, you may use clear macadamia oil, cold-pressed sunflower oil or other cold pressed oils instead, *except canola oil*. Please note that extra virgin olive oil still appears to be the most effective oil for liver cleansing.

You Suffer from Gallbladder Disease or Don't Have A Gallbladder

If you suffer from gallbladder disease or your gallbladder has already been removed, you may need to take Gold Coin Grass for 2-3 weeks (approximately 1 bottle supply) prior to liver cleansing. For details, see the previous section.

As a general recommendation, you may also need to consider taking a bile supplement. Without a gallbladder, you may never again obtain the right amount of bile needed for the proper digestion of food. Consult with your health practitioner about which product may be the most suitable for you.

People Who Should Not Use Apple Juice

There are people who may have difficulty drinking apple juice in the large amounts required for the liver cleanse. These include sufferers of diabetes, hypoglycemia, yeast infection (Candida), cancer and stomach ulcers.

In all these cases, apple juice can be replaced with *malic acid* in powder form. The preparation period is the same as for taking apple juice, except that the 1 liter of apple juice per day is substituted by ½ - 1 teaspoon of malic acid, taken with 2-4 glasses of water at room temperature. Drink this solution in small amounts throughout the day. Food grade malic acid powder (not mixed with magnesium or other ingredients) is very inexpensive and can be purchased through the Internet or from some natural health food stores. All wineries use malic acid to produce wine.

Cranberry juice also contains a lot of malic acid and can be used as well for the preparation period (1/3rd juice mixed with 2/3rd water, 3-4 times per day for six days).

Another alternative is Gold Coin Grass. Use the same directions as given for those who are intolerant to apple juice. You may try malic acid in one cleanse and Gold Coin Grass in the next one, and see which one works best for you.

A fourth alternative is apple cider vinegar: mix 1-2 tablespoons in a glass of water and drink four of these glasses per day, for six days.

The Liver Cleanse Did Not Deliver the Expected Results

In some cases, although rarely, the liver cleanse does not produce the expected results. The following are the main reasons, and their remedies, for such difficulties:

1. It is likely that a more severe congestion in your liver's bile ducts, due to very dense structures of stones, has prevented the apple juice from softening them up during the first cleansing attempt. In some individuals, it may take as many as 2-3 liver cleanses before the stones start coming out. Those who have a history of constipation seem to be particularly affected.

Chanca Piedra, also known as "stonebreaker," can help prepare your liver and gallbladder for a more efficient release of stones, especially if you have calcified stones in the gallbladder. Take 20 drops of Chanca Piedra extract (see *Product Information*) in a glass of water, three times daily, for at least 2-3 weeks prior to your next cleanse.

The herbs, *Chinese Gentian* and *Bupleurum*, help to break up some of the congestion and will assist to prepare your liver for a more successful cleanse. These herbs are prepared as a tincture. They are more commonly known as Chinese Bitters and are made available through *Prime Health Products* (see *Product Information* at the end of the book).

The proper dosage for this tincture is 1/2 to 1 teaspoonful (about 5 ml) daily on an empty stomach, about 30 minutes before breakfast. This regimen should be followed for three weeks prior to drinking the apple juice (or using the other alternatives discussed in the previous section). Any unpleasant cleansing reactions usually disappear after 3-6 days. They can be minimized by following the tissue cleansing method of using hot, ionized water, and by keeping the colon clean.

2. You may not have followed the directions properly. Leaving out any one item from the procedure, altering the dosages, or the timing of the steps specified may prevent you from obtaining the full results. For many people, the liver flush does not work at all unless the large intestine is cleansed first. The backup of waste and gases diminishes adequate bile secretion and prevents the oil mixture from moving easily through the gastrointestinal tract. The best time for a colonic irrigation or an alternative method is the day of the actual liver cleanse (day six).

Headache or Nausea during the Days Following the Liver Cleanse

In most cases, this occurs if all of the specific directions were not followed. However, on some rare occasions, gallstones may continue to pass out of the liver after completing the liver cleanse. The toxins released by these stones can enter the circulatory system and cause discomfort. In such a case, following the liver cleanse it may be necessary to drink 4oz of apple juice for several consecutive days or for as long as the discomfort lasts. Make certain to drink the juice at least ½ hour before breakfast.

In addition, a repeat colon cleanse may be necessary to clear out any of the stones released after completing the liver cleanse. In addition, the tissue cleansing method (ionized water) detailed later in this chapter helps to remove the circulating toxins. If you place a small piece of fresh ginger into a thermos flask, the ionized water will quickly stop the nausea. If there is pain involved in the area under the right rib cage, take one tablespoon of Epsom salts in one glass of water and drink it in the morning on an empty stomach.

Feeling Sick During the Cleanse

If you have properly followed all of the directions given in the outlined procedure, but feel sick sometime during the liver flush, please don't be alarmed or feel that there is something wrong. Although rare, it sometimes happens that a person may vomit or be nauseated during the night. This is caused by the gallbladder ejecting bile and gallstones with such force that it shoots some of the oil back into the stomach. When the oil (and some bile) reenters the stomach, you may feel sick and may also be able to feel the expulsion of stones. It will not be a sharp pain, just a mild contraction.

During one of my 12 liver cleanses, I spent a miserable night. But despite vomiting much of the oil mixture, the cleanse was just as successful as all the others I had experienced. The oil had already done its job of prompting the release of bile, along with stones. In case something similar happens to you, please remember that this is only one night of discomfort or inconvenience. Recovery from conventional

gallbladder surgery may involve many more months of pain and suffering as the scar tissue mends and the unfortunate consequences of not having a gallbladder begin to unfold.

2. Intestinal Cleansing - For Prevention and Cure

Your body's health and vitality largely depend on the effortless and complete elimination of waste products from the intestinal tract. Most physical problems are caused and exacerbated by a build-up of waste material that may at first accumulate in the intestines and then spread to other parts of the body, such as the liver, kidneys, heart, lungs, face, and skin. Accumulated or trapped waste material in the large intestine may consist of impacted feces, hardened mucus, dead cellular tissue, gallstones that were released from the gallbladder, dead and living bacteria, parasites, worms, toxic substances, etc. It also undermines the colon's important role in absorbing essential minerals and bacteria-produced vitamins, including the all important vitamin B 12. Parts of the waste matter may enter the lymph and blood systems, which can make you feel tired, sluggish or ill.

Colon-related complaints include constipation, diarrhea, bloating, headaches, dizziness, nausea, sinusitis, eye and ear disorders, backaches, bad breath, body odor, sciatica, skin blemishes and diseases, abdominal gas, low energy, disorders of the nervous system, etc. A clean colon is a prerequisite for the balanced functioning of the rest of the body. To cleanse the large intestine should, therefore, be part of every healing therapy.

Keep Your Intestines Clean!

A weak, irritated and congested large intestine is a breeding place for bacteria which have no other purpose than to break down potentially hazardous waste material. As an unavoidable side effect of their truly life-saving activities, the microbes produce poisonous substances. Some of the toxins produced by the bacteria enter the blood, which delivers them straight to the liver. Constant exposure of liver cells to these toxins greatly dampens their performance, causes bile stones and reduces bile secretion, all of which leads to further disruption of digestive functions.

When you eat highly processed foods that have been stripped of most nutrients, natural fiber and life force, your colon has great difficulty in moving the food mass or chyme along. Processed foods tend to make for a dry, hard or sticky chyme that does not pass easily through the intestinal tract. The muscles wrapped around the colon can easily squeeze and push fibrous, bulky chyme along, but they struggle with fibreless, gooey, sticky chyme. When chyme sits too long in the colon, it becomes harder and drier each day. If that were the only thing that happened – chyme turning into hard, dry feces – you would only need to worry about constipation, from which millions of Americans suffer. But there is more. After the chyme/feces get plastered onto the walls of the colon, it begins to do several things, including:

- Ferment, rot and harden, thereby becoming a breeding ground for parasites and pathogens (disease-causing agents), and a storehouse for toxic chemicals that can pollute the blood and lymph and poison the body.
- Form a barrier that prevents the colon from interacting with and absorbing nutrients from chyme.
- Restrict movement of the colon walls, making it difficult for the colon to rhythmically contract in order to speed the chyme along its way. How well could you do your job if you were covered with thick sludge?

The following are some of the symptoms manifesting as a result of colon dysfunction: Lower back pain

- Neck and shoulder pain
- Skin problems
- Brain fog (difficulty concentrating)
- Fatigue
- Sluggishness
- Colds and flu
- Constipation or diarrhea
- Digestive problems
- Flatulence/gas
- Bloating
- Crohn's disease
- Ulcerative colitis
- Colitis/Irritable Bowel Syndrome (IBS)
- Diverticulitis/Diverticulosis
- Leaky Gut Syndrome
- Pain in lower stomach

The large intestine absorbs minerals and water. When the membrane of the large intestine is impacted with plaque, it cannot properly assimilate and absorb minerals, or some vitamins). Accordingly, no matter how many supplements you take, your body will begin to suffer from nutrient deficiencies. Most diseases are, in fact, deficiency disorders. They arise when certain parts of the body suffers mal-nourishment, particularly minerals (see also *Take Ionic Minerals* in this chapter). The main cause of mal-nourishment is intestinal congestion. I recommend several possible methods to aid intestinal cleansing; they are *Colonic Irrigation*, *Magnesium Oxides* and *Enema* treatments. I understand that not everyone has access to a colon hydrotherapist, so I have included some other options.

1. Colonic Irrigation

Colonic irrigation, also called colon hydrotherapy or colonic, is perhaps one of the most effective colon therapies. Within a short passage of time a colonic can eliminate large amounts of trapped waste that may have taken many years to accumulate. During a 40-50 minute session of colonic irrigation, a total of 2-6 liters of distilled water is used to gently flush the colon. Through gentle abdominal massage old deposits of mucoid fecal matter are loosened and subsequently flushed out by the water.

A colonic removes not only harmful, toxic waste, but it also tones, hydrates and rejuvenates the colon muscles. The repeated uptake and release of water improves the colon's peristaltic action and reduces the transit time of fecal matter. In addition, colonic irrigation helps restore the colon's natural shape, and stimulates the reflex points that connect the colon with all the parts of the body. This form of colon cleansing can detach old crusted layers of waste from the colon walls, which permits better water absorption and hydration of the colon and the body as a whole. However, it may take at least 2-3 colonic sessions for these latter benefits to take effect.

Colonic irrigation can also help with emotional problems. It is no coincidence that the transverse colon passes right through the solar plexus, which is the body's emotional center. Most of our unresolved or "undigested" emotional issues are stored in the solar plexus and result in the tightening of the colon muscle. This may slow bowel movement and cause constipation. Colonics can help clear the physical obstruction and release the tension that causes the emotional repression in the first place.

Colonics have a truly relieving effect. During a colonic, you may feel a slight discomfort from time to time when larger quantities of toxic waste detach themselves from the intestinal walls and move towards the rectum. However, the feeling of lightness, cleanness, and clarity of mind soon afterwards make up for that.

Colonic irrigation is a very safe and hygienic system of cleansing the colon. Rubber tubing carries water into the colon and waste out of the colon. The released waste material can be seen floating through a tube, showing the type and quantity of waste eliminated. Although some critics claim that there are risks involved in this procedure, in the many years I have worked with colonics, I have never seen any justification for these claims. Not having a colonic from time to time, on the other hand, can be very risky, given today's high incidence of irritable bowel syndrome and colon cancer.

Colonic cleansing is best done when the stomach is empty. It is beneficial to drink 1-2 glasses of water afterwards and eat a piece of fruit or have some freshly prepared fruit juice ½ hour later. The first one or two meals after the treatment should be light and not contain food items such as meat, eggs, cheese, fried food, etc.

Some people have expressed their concern about losing friendly, probiotic bacteria in the colon as a result of a colonic. It is actually much easier for the friendly colon bacteria to multiply in a clean environment than in a putrefied one. Once the colon is completely cleansed, it will have restored normal bacteria population within less than 36 hours. If you still feel concerned about this, you may use soil-based microbes, such as *Nature's Biotics* (uwardquest.com), *Primal Defense* or similar products. Be certain that whatever product you use contains live, not dead, bacteria.

After a colonic, the bowel movement will become naturally restored within about two days. If it takes longer than that, it indicates that the colon has accumulated unduly large amounts of waste over a period of many years. To soften up and flush out all the waste may require a series of colonics and, of course, liver cleanses and a balanced diet and lifestyle.

Once the colon has been thoroughly cleansed through colonics, nutritional improvements, exercise, liver and kidney cleanses, and other health programs will become many times more effective. Since an estimated 70-80 percent of the immune tissue resides in the intestines, cleansing the colon from immune-suppressive toxic waste, in addition to removing gallstones from the liver and gallbladder, can make a crucial difference in the treatment of cancer, heart disease, arthritis, AIDS and other illnesses.

2. Colema Board

If you do not have access to a colon therapist, you may greatly benefit from using a *colema board* (see *Product Information*) as a second best choice. The colema treatment is based on the same principle as colon-hydrotherapy, although it may not be as effective and thorough. The advantage is that the colema board allows you to clean your colon in the comfort of your own home. The colema colon cleanse is a do-it-yourself treatment that is easy to learn and perform.



3. Colosan Treatment

Colosan (formerly known as *ColoZone*) is a proprietary blend of various oxides of magnesium designed to gently release oxygen in the digestive tract for cleansing. Please note that there are other brands of magnesium oxides available that have similar effects, including OxyPowder, HomoZone and OxyCleanse. Some are easier to take than others.

In my practice I have found colosan to be a very useful product to counteract the following problems:

- Build-up of undigested material in the intestines and colon
- Impeded assimilation of nutrients
- Presence of pathogens and parasites that breed in the putrefaction of the digestive tract
- Detoxification or healing crisis associated with many health regimens
- Insufficient oxygen to maintain homeostasis

The main actions of Colosan:

- It releases oxygen in the intestines and colon to help speed the elimination of wastes.
- It provides needed oxygen for proper digestion and cleanses digestive membranes to allow improved uptake of nutrients.
- It eliminates the unwanted build-up of toxins, creating a clean and healthful environment where there is no room or “food” for disease-causing microbes.

How does Colosan Work?

The various oxides of magnesium contained in Colosan involve the bonding of oxygen and ozone to magnesium. This alkaline compound requires an extremely low pH in order to liberate its oxygen. For this reason, the hydrochloric acid in the stomach is commonly assisted with the juice of a lemon or apple cider vinegar. The average size tablespoon of approximately 7-10g of pure magnesium oxide would produce a total volume of 3.85 cubic meters of oxygen. In the use of Colosan, one tsp. would provide approximately

7.5 liters of available oxygen. This oxygen is made bio-available to the stomach which is 40 percent more efficient at assimilating oxygen than the lungs are. It also assists in oxidizing the undigested putrefaction that is known to be impacting the intestines and the colon. The average person has six to twelve pounds of putrefaction rotting away in their gut, breeding pathogens and creating a welcome home for parasites, germs, bacteria and viruses.

Digestion is known to be a process of oxidation. By introducing oxygen into the intestines and the colon, one can assist the process of assimilating nutrients, as well as oxidizing the undigested material. It is common for Colosan to turn undigested material into CO₂ and water. For this reason, Colosan is a cathartic. It is not unusual to have very liquid stools during the use of Colosan; this is a sign that the product is working. If the stools are not liquid during the first 1-2 treatments, it shows that most of the magnesium is absorbed straight away, indicating a mineral deficiency. After a few treatments, the situation returns to normal and stools become liquid and more frequent following each dose of Colosan. Many people use Colosan once or twice weekly as a maintenance product for staying clean and maintaining regularity.

The most common health problem besides irregular bowel movement that Colosan has shown tremendous benefit for is Candida (also see chapter 10). Colosan provides an aerobic environment in the intestines and colon. Therefore, it is beneficial to the “friendly” bacteria, which are desirable and inhibitory toward toxin-producing, undesirable bacteria. In other words, this product helps beneficial intestinal flora to flourish.

Colosan can be used to prevent any type of healing crisis or detox reaction that you might have when you follow a certain cleansing protocol. Anyone versed in natural therapies is usually familiar with these occurrences. These undesirable experiences stem from attempting to clean out the body before the organs of elimination have been cleansed. This results in backing up of toxic waste. The body frequently attempts to rid itself of these wastes through the skin. The back-flushed waste can result in feelings of nausea, headaches, tiredness, ear and eye trouble, aching joints or pain in the neck and shoulders. This influx of toxicity may also affect the liver and kidneys.

By cleaning out the organs of elimination through the use of Colosan you can avoid detox reactions associated with the use of herbal cleansing programs or other regimens that are administered for this purpose. Colosan is available from “The Family News” in the United States (see *Product Information* at the end of the book) and many online health stores.

Note: The products OxyPowder, OxyCleanse, or similar, have the about the same beneficial effects as Colosan, and may be used instead.

4. Epsom Salts

Another method of intestinal cleansing uses Epsom salts. Epsom salts not only cleanse the colon, but also the small intestine. This may become necessary if you have major difficulties absorbing food, repeated kidney/bladder congestion, severe constipation, or are simply unable to have a colonic or colema. For three weeks, mix one teaspoon of Epsom salts (magnesium sulfate) with one glass of warm water and drink first thing in the morning. This oral enema flushes your entire digestive tract and colon, from top to bottom, usually within an hour, prompting you to eliminate several times. It clears out much of the plaque and debris from the walls, along with the parasites that have been living there. Anticipate the stools to be watery for as long there is intestinal waste to be disposed of. Stools adopt a normal shape and consistency once the entire intestinal tract is clean.

This treatment can be done 2-3 times per year. In the beginning, and whenever the intestines release some major pockets of waste and toxins, you can expect gas, bloating and even some cramping. Your tongue may become covered white and be thicker than normal. This indicates increased intestinal cleansing. If you are allergic to Epsom salts or just cannot tolerate this product, you may use Magnesium Citrate, Colosan, OxyPowder or similar method of cleansing instead.

5. Castor oil

Castor oil is a traditionally used, excellent remedy to clear waste material from the intestines. It is less irritating than Epsom salts and has no side effects other than normal cleansing reactions. Take one to three teaspoons of castor oil in 1/3 glass of warm water on an empty stomach in the morning or before going to sleep at night (depending on which works better for you). It is a very beneficial treatment for stubborn cases of constipation. It can also be given to children (in smaller dosages). While castor oil is not recommended to replace Epsom salts or magnesium citrate during the liver cleanse, in case of an allergy to the above, castor oil may be used as a substitute.

6. Four Major Enema Treatments

Enema treatments involve introduction of liquids into the rectum for the purpose of cleansing and nourishment (see illustration 12). Since the colon is the seat of *Vata*, an enema has an immediate effect on all the functions of *Vata*. It alleviates constipation, distension, chronic fever, the common cold, headache, sexual disorders, kidney stones, pain in the heart area, vomiting, low back ache, stiffness and pain in neck and shoulders, nervous disorders, hyperacidity, and tiredness. Also disorders such as arthritis, rheumatism, sciatica, and gout greatly benefit from an enema.

Please note: a colonic or colema treatment would still be a better choice for balancing disturbed *Vata* functions.

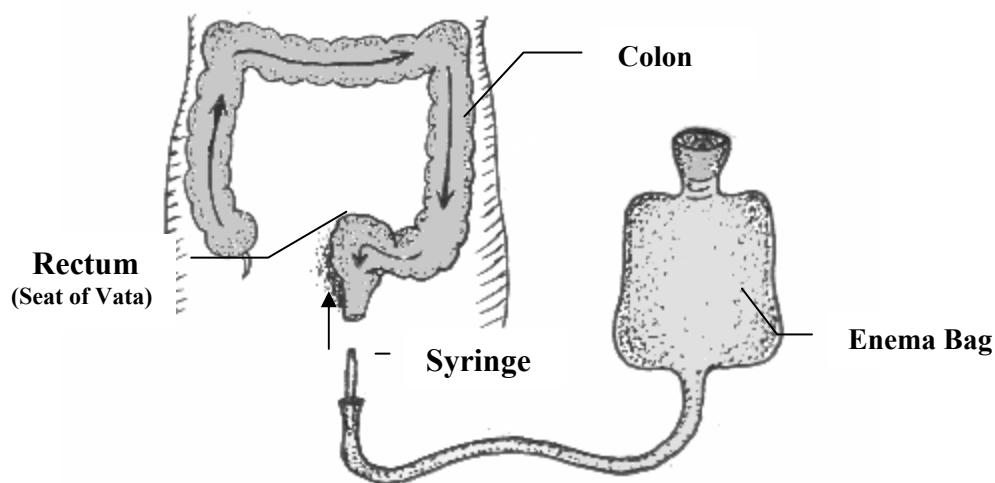


Illustration 12: Enema treatment

Since the disturbance of *Vata dosha* is responsible for the retention of feces, urine, bile, and other excreta, by pacifying it through an enema, most of the eliminative functions in the body are improved. Besides the colon, *Vata* also controls lung functions and the bones. All chronic colon disorders are likely to manifest as lung and bone disorders as well. Although less effective than colonic irrigation, which irrigates the entire colon, enemas can offer quick relief when the rectum is congested with fecal matter. There are two major types of enemas that can be used to balance *Vata* and one that can improve digestion and liver functions.

1. Oil enema: Half a cup of warm sesame oil for above problems and chronic constipation once or twice a week. The oil should be retained for at least 30 minutes or longer. To make it a nourishing enema, add 3 tablespoons each of honey and ghee and half a cup of milk (unless you have a milk allergy). **Note:** Those with diabetes, obesity, indigestion, low AGNI, and enlarged spleen should avoid oil enemas and opt for the second type enema.

2. Decoction or water enema: Up to half a liter of Lapacho, comfrey or chaparral tea, or plain water, at room temperature. This enema is indicated for acute constipation and above problems, but should not be taken more often than once or twice a week. **Note:** avoid if you suffer from debility, hemorrhoids, inflammation of anus, diarrhea, or if pregnant. If you are diabetic, consult your physician. The effects increase if an enema type 2 is followed by an enema type 1. Patients who are lying in bed and are constipated can take enemas type 1 and 2 alternately.

3. Coffee enema: Place 3 heaped tablespoons of ground coffee (not instant coffee) into 16 ounces (2 glasses) of boiling water. Boil for 3 minutes and let simmer (on a low flame) for 15 minutes. Filter through a coffee filter or cotton cloth. Make sure that no coffee substance is left at the bottom. Let it cool to body temperature and perform the enema while lying on your back with your legs elevated. Hold the coffee solution as long as possible; turning to your right side may help make this easier. This enema is indicated when you feel very sluggish and tired, particularly when you feel pain in your middle/upper back, which are all indications of a toxic liver. Although ground coffee (or rather the caffeine it contains) acts as a nerve toxin, it can to a small extent open the bile ducts of the liver and release noxious substances from the liver. The effect is often immediate. This enema can be taken if time or circumstances, or feeling ill, don't permit a person to do the liver cleanse. When seriously ill with cancer, liver or heart disease, it can be taken more frequently, as often as every other day.

4. Urine Enema: If you suffer from persistent skin conditions, such as acne, a series of urine enemas can help you restore skin health within a matter of a few weeks.

Collect your urine starting in the morning (use mid-stream only) until you have a jar of 1-2 liters. Administer the enemas in the late afternoon before eating. You may want to add a little amount of hot water to the urine to warm it up. Once you remove the nozzle, you may lie on your back, gently lift your knees up towards your chin, and if possible, move into the yoga posture "shoulder stand" for one minute. Continue lying on your back with your knees up for 5 more minutes and then gently roll over to your right side for about 10 minutes. The most important thing with regard to this enema is to keep the urine in the colon for as long as possible. If you feel strong discomfort, though, release it. While you are in the

process of releasing the urine and waste, you may gently massage the abdomen with or without oil (ideally sesame or coconut oil) in a clockwise direction.

Follow this protocol for about 5 weeks:

1st week – one enema per day, late afternoon

2nd week – one enema every 2nd day, late afternoon

3rd week – one enema every 3rd day, later afternoon

...and so on.

Since urine contains the perfect mix of vitamins, hormones, minerals, antibodies, etc., doing urine enemas so frequently does not deplete the colon of these nutrient components. In fact, urine enemas can greatly increase colon health and help restore intestinal flora. Candida sufferers, especially benefit from urine enemas.

3. The Kidney Cleanse

If the presence of gallstones in the liver or other causes has led to the occurrence of sand or stones in the kidneys or the urinary bladder, you may also need to cleanse the kidneys. The kidneys are very delicate, blood-filtering organs that easily get congested through poor digestion, stress and an irregular lifestyle. The main causes of congestion in the kidneys are kidney stones. Most kidney crystals/stones, however, are too small to be recognized through modern diagnostic instruments, such as X-ray.

The following herbs, when taken daily for a period of 20-30 days, can help dissolve and eliminate all the various types of kidney stones, including uric acid stones, oxalic acid stones, phosphate stones and amino acid stones. If you have a history of kidney stones, in order to completely clean out your kidneys you may need to repeat this cleanse several times, at intervals of 6-8 weeks.

Ingredients:

1. Marjoram (1oz)
2. Cat's Claw (1oz)
3. Comfrey Root (1oz)
4. Fennel Seed (2oz)
5. Chicory Herb (2oz)
6. Uva Ursi (2oz)
7. Hydrangea Root (2oz)
8. Gravel Root (2oz)
9. Marshmallow Root (2oz)
10. Golden Rod Herb (2oz)

Note: If you need to know the Latin names for the above herbs, see *Product Information* at the end of the book.

Directions:

Take 1 oz. each of the first three herbs and 2 oz. each of the rest of the herbs and thoroughly mix them together. Keep them in an airtight container. Before bedtime, soak 2-3 heaping tablespoons of the mixture in two cups of water, cover it and leave covered overnight. The next morning bring the concoction to a boil; let it simmer for a few minutes and strain. If you forget to prepare the tea in the evening, in the morning bring it to a boil and let it sit or lightly simmer 10-15 minutes before straining.

Drink a few sips at a time in 6-8 portions throughout the day. This tea does not have to be taken warm or hot, but do not refrigerate it. Do not add sugar or sweeteners. Leave at least one hour after eating before taking your next sips.

Repeat this procedure for 20-30 days. If you experience discomfort or stiffness in the lower back area it is because of salt crystals from kidney stones passing through the ureter ducts of the urinary system. Any strong smell and darkening of the urine at the beginning of or during the cleanse indicates a major release of toxins from the kidneys. Usually, the release is gradual and does not significantly change the color or texture of the urine. **Important:** During the cleanse, support the kidneys by drinking extra amounts of water, a minimum of 6 and a maximum of 8 glasses per day.

During the cleanse, avoid consuming animal products, dairy foods, tea, coffee, alcohol, carbonated beverages, chocolate and any other foods or beverages that contain preservatives, artificial sweeteners, coloring agents, etc. While cleansing the kidneys, harsh substances such as chemicals may not only interfere with the cleanse, but may also injure the kidneys.

In addition to drinking this kidney tea each day, you may chew a small piece of rind from an organic lemon on the left side of your mouth and a small piece of carrot on the right side of your mouth 30-40 times each. This stimulates the kidney functions. Make certain that there is at least half an hour in between chewing 'cycles.'

Important note: If you are over 70 or very sick, do the kidney cleanse for six weeks. If you have a history of kidney stones, or have been diagnosed as having large kidney or bladder stones, or have chronic pain or stiffness in the loin areas, toes or fingers, you may need to add the following alkalization procedure to the kidney cleanse. If you are not sure whether you need this addition, do it anyway as it will help many other problems, including allergies:

1. Check the acidity of your urine with a pH-indicator, a special paper used for measuring urinary pH, available at most drugstores. First thing in the morning, hold a small piece of this paper (Nitrazine™ paper) in the urine stream. If it indicates a pH of 5.5 or below, the acidity level may be too high, indicating that you require an alkalizing treatment. You need to have a morning urine pH of about 6.0 acidity. Most people with painful joints have a morning urine pH of 4.5, which means that more uric acid is precipitated during the night, which can cause severe pain in the morning hours. During the day, the urinary pH tends to be less acidic and sufferers tend to feel better as some of the acid deposits are neutralized.
2. To alkalize the body, mix two parts *sodium bicarbonate* (baking soda) and one part *sodium potassium* in a glass jar. Take one level teaspoon of this mixture in one large glass of water (not cold) at bedtime, and at least 2 hours after dinner. If possible, drink it all at once. The next morning your urine pH should be at about six; if not, increase the dose to one heaping teaspoon. Check your pH

from time to time, as you may need to cut the dose, to maintain a pH of six. By alkalizing yourself at bedtime you prevent the urinary pH from dropping too low in the night. This will reduce the deposits in the joints and at the same time prevent dissolved kidney crystals from reassembling themselves into new stones. Continue this alkalizing procedure throughout the kidney cleanse or as long as there is pain in toes or fingers. *Note:* if sodium potassium is not available, use only sodium bicarbonate; the dose is ½ teaspoon (or more if needed) in a glass of water at bedtime.

4. Sipping Hot Ionized Water

Sipping hot ionized water has a deep cleansing effect on all the tissues of the body. It helps reduce overall toxicity, improves circulatory functions and balances bile. Boiling water for 15-20 minutes results in it becoming charged and saturated with negative oxygen ions. When you take frequent sips of this water throughout the day, it begins to systematically cleanse the tissues of the body and help rid it of certain positively charged ions (those associated with high acidity and toxins).

Toxins and waste carry a positive charge and, thus, naturally tend to attach themselves to the body, which is negatively charged overall. As the negative oxygen ions enter the body with the ingested water, they are drawn towards the positively charged toxic material. This turns waste into neutral fluid matter which is easily discharged by the body. For the first couple of days or even weeks of cleansing your body tissues in this way, your tongue may take on a white or yellow coating, an indication that the body is clearing out a lot of waste. If you have excessive body weight, this cleansing method can help you shed many pounds of body waste in a short time, without the side effects that normally accompany sudden weight loss.

Directions: Boil water for 15-20 minutes and pour it into a thermos flask. Stainless steel flasks are fine, too. This keeps the water hot and ionized throughout the day. Take one or two sips every half hour all day long and drink it as hot as you would drink tea. This method can be used any time you don't feel well, have the need for decongesting, keeping the blood thin, or wanting to just feel more energetic and clear. Some people use it for certain duration, such as 3-4 weeks; others use it in an ongoing manner.

The oxygen ions are generated through the bubbling effect of boiling water, similar to water falling on the ground or breaking against the shore. In the thermos flask, the water will stay ionized for up to 12 hours or as long it remains hot.

5. Clearing Allergies

Although the liver cleanse helps remove the main physical cause of allergies in the body, you may need other methods to “persuade” the cells of the immune system to stop producing antibodies against antigens that are found, for example, in dust, pollen, duck feathers, cats hair, or such foods as milk, wheat, oranges, tomatoes, etc. In fact, allergic reactions, which might have had their root cause in a congested liver and impaired digestive system and have not disappeared, may be responsible for causing gallstones again. Based on my knowledge and experience, *Bio-resonance Therapy* is an effective method to deal with and nullify any remaining antibody complexes in the blood responsible for allergic reactions. (A second

method that deals with the emotional/psychological causes of allergies, chemical sensitivities and diseases of all kind is described under section 5.)

It is known in the circles of natural health practitioners that most every person suffering from a chronic disease illness or long-term complaint has one or several allergies. An allergy results when repeated exposure of the body to a normally harmless substance or antigen stimulates the immune system to produce antibodies. In whichever part of the body the defense reaction is most pronounced, that's where the symptoms of disruption and discomfort will occur more intensely. If it happens to occur in the nose, sinus cavities or chest area, you may suffer from severe mucus congestion and breathing difficulties. Likewise, a similar immune response in the ovaries can cause ovarian cysts; in the prostate gland, it may lead to prostate enlargement. In some instances, the reaction may trigger anaphylactic shock, nausea, skin rashes, breathing difficulties, fainting, diarrhea, and death. There may be many more diseases linked to allergic reactions than are currently known.

Research in the field of *Radionics* has shown that there are four main allergies, which cover most other possible allergies. These take account of the body's reactions to *duck feathers, milk, wheat, and mint*. So if you happen to be allergic to duck feathers you may also be allergic to a number of allergens that belong in the category of duck feathers, such as certain fruits, vegetables, dust particles, metals, pollutants, etc. There may, in fact, be hundreds of such substances. By annulling your body's allergic response to duck feathers through *Bio-resonance Therapy*, all these other allergies linked to duck feathers are likely to disappear as well. Similarly, when a wheat allergy has been cleared up, the body's immune system will stop to react to all the antigens that fall in the wheat category. The same principle applies to the groups pertaining to the milk and mint allergies.

Most people with health problems have at least one major allergy, which may, for example, be against wheat and its subordinates. Almost everyone with tooth fillings that are made with mercury-containing amalgam is allergic to milk, as well as to its products and subordinates. Research has shown that all AIDS patients, who have been tested for all the four allergy categories, are allergic to each one of them. Cancer patients have allergies to at least three groups.

Bio-resonance therapists who test not only the entire physical body as a whole for existing allergies, but each energy center (chakra) separately, seem to have the best results. Subsequent tests show no further allergies against anything; that is, provided that a balanced diet and lifestyle remain or become an integral part of daily life. Recent research conducted in Germany on the value of *Bio-resonance Therapy* in the treatment of the severest forms of allergy showed that of out of 200 tested patients, 83% were completely cured of all allergies and 11% had improved significantly. Although *Bio-resonance Therapy* may be effective even without cleansing of the liver, the benefits are much more pronounced if it is applied after the liver has been cleansed. The success of this treatment is determined by exposing oneself to the former antigens such as orange juice, flower pollen, or gluten that is contained in wheat.

6. Replacing Metal Tooth Fillings **And Removing Toxic Metals/Chemicals from the Body**

Metal Fillings – A Ticking Time Bomb?

Metal dental ware is a constant source of poisoning and allergic reaction in the body (especially to milk and its products). All metal corrodes in time, especially in the mouth where there is a high

concentration of air and moisture. Among other harmful metals, amalgam fillings contain the extremely toxic mercury. Mercury makes up 50% of the filling! Their vapors are being released into the lungs through inhalation and enter the digestive system while eating and drinking. When they enter the blood and lymph, they can cause considerable damage in the body, including the nervous system.

In Germany, a federal law passed in the mid-nineties prohibits dentists to give mercury fillings to their patients. For the same reason, most North-European countries have limited the use of amalgam, and Sweden, Spain, Austria, and Denmark, among others, also banned this product in the year 2000. The amalgam compounds are so toxic that dentists are instructed not to touch amalgam with bare hands and store excess amalgam in tightly sealed containers. If it is so dangerous to touch amalgam, it certainly is dangerous to keep it in the mouth 24 hours a day, year after year!

The World Health Organization (WHO) issued a report showing that mercury absorbed from amalgam fillings is up to ten times higher than mercury absorbed from environmental and dietary sources. It is noteworthy to point out that patients with Multiple Sclerosis (MS) and Alzheimer's disease have up to ten times the normal mercury levels in their brains. Post-mortem studies show that the mercury level in some organs is directly proportional to the number of amalgam fillings in a diseased person.

The most vulnerable of all to mercury poisoning seems to be the developing fetus in pregnant women. A fetus accumulates more mercury than even the mother does, and in amounts directly proportional to the number of her amalgam fillings.

The gradual, continuous release of mercury and other toxic metals into the body by metal fillings affects particularly the liver, kidneys, lungs and brain. Cadmium, for example, which is used to produce the pink color in dentures, is five times as toxic as lead. It does not take much of this metal to raise the blood pressure to abnormal levels. Yet how many people are aware that they are developing a heart condition as a result of the dental fillings in their mouth?

Thallium, which is also found in mercury amalgam fillings, causes leg pain and paraplegia. It affects the nervous system, skin, and cardiovascular system. All wheelchair patients who have been tested for metal poisoning tested positive for thallium. Many people who were in a wheelchair several years after they received metal fillings completely recovered once all metal had been removed from the mouth. Thallium is lethal at a dose of 0.5-1.0 gram.

Other metals contained in dental fillings are known for their cancer-producing (carcinogenic) effects. These include nickel, which is used in gold crowns, braces and children's crowns. Also chromium is extremely carcinogenic. All metals corrode, (including gold, silver and platinum) and the body absorbs it. Women with breast cancer have accumulated large amounts of dissolved metals in their breasts. When the mouth is cleared of all metals, they will also leave the breasts and the metal-caused cysts will shrink and disappear by themselves. Yeast infections often improve quickly after removal of metal fillings. Some people report complete relief of prostate problems as well as nose and sinus congestion.

Porcelain can be toxic, too. It is made of aluminum oxide, with other metals added. The body's immune system naturally responds to the presence of toxic metals in the body and eventually develops allergic reactions which may show up as a sinus condition, ringing in the ears, enlarged neck and glands, bloating, enlarged spleen, arthritic symptoms, headaches and migraine, eye diseases, and more serious complications such as paralysis or heart attacks.

Composites

Although metal toxicity may not be the only cause for these conditions, replacing all metal fillings with *composites* certainly assists your immune system in its effort to protect your body against disease. A composite filling is one that is primarily non-metallic. There are a large variety of materials used in composite fillings, but some metals may be present. Ordinary composites are not suitable for large cavities. If used for large cavities they tend to last no more than five or six years. *Indirect composites*, on the other hand, can be placed in large cavities. They can even be used in place of gold crowns. They look like a real tooth and last as long as gold. If selected properly, indirect composites are quite non-allergenic and non-toxic. They are fairly new and can be as expensive as gold fillings, but they can save you a lot of trouble and money in the long-term. Since many dentists don't know how to place them properly, you may need to do a bit of research to find an experienced mercury-free dentist who also works with indirect composites. The fillings should be replaced cautiously and gradually, one or two (if small ones) at a time. Don't replace fillings more often than once every two months.

Preventing Heavy Metal Toxicity

If you decide to replace your amalgam fillings, make certain that your dentist provides for protection (through a special plastic device) against the inhalation and absorption of the generated amalgam dust. Otherwise, you may end up suffering severe migraine attacks, memory loss, weakening of eyesight, etc. Before attempting to have any larger fillings removed you may need to take selenium (if possible in ionic form) for 1-2 months. Eat more foods that contain Vitamin C, such as oranges and red peppers for about ten days. Use cilantro leaves and green leafy vegetables in every main meal to help clear mercury and other metal deposits from the body. Drinking several cups of Pau d'Arco (Lapacho) tea per day, or taking four capsules of its extract three times daily for two weeks may greatly assist you in the detoxification of the blood, liver and kidneys (see section 7 for details on this powerful immune balancer). The kidney cleanse is also very beneficial in preventing injuries from any released metals.

Metallic Clay – To Remove Noxious Metals and Chemicals

One of the safest, fastest and most direct ways to remove noxious chemicals and metals from the body is to take a bath with metallic clay – most ideally, Pascalite clay (available through the internet from www.relfe.com), or any other unpolluted bentonite clay. While lying in the bathtub, apply some wetted clay to the whole head and make a facemask with it. One pound per bath is sufficient. Soak in the water for about half an hour. Let the bathwater stand for a few hours, or overnight, and then drain off the water, but keep the settled clay in the bathtub. Check for black, gold, silver-colored sediments in the clay (metals). Remove the clay.

If a full bath is impractical, take a number of foot baths instead. Soak your feet in bentonite clay for 20-30 minutes in the evenings, let the water sit over night the next day and take a good at the results the following morning. Like with the full bath, you may find that the bottom is covered with flecks of gold, silver and a quite a bit of stuff that looks like black sand. Note: some of the black sand is due to impurities in the clay.

A note on tooth extractions: In case a tooth needs to be extracted, be aware that tooth extractions can cause lasting illness if the “cavitations” are not cleaned properly. When a tooth is extracted, dead tissue can be left behind and attract infectious bacteria. This has been known to cause serious fatigue. Cleaning out such cavitations can improve your well being dramatically.

A note on root canals: Root canals can become a source of sickness in the body. During a root canal operation, the center of the tooth including the nerve is drilled out, leaving behind what is really a dead tooth. The dead tooth may become subject to attack by bacteria that try to eat it away. The tooth can become infected, but since there is no nerve left, there is no pain. Even small infections such as this can increasingly weaken the immune system and undermine the most basic functions in the body. Pulling a root canal filled tooth is a bit complicated, besides being more expensive, since the tooth will have to be replaced with some kind of bridge.

7. How To Give Up Smoking And Other Addictions

Addiction - An Unconscious Signal of Not Being in Control

If you are substance addicted, your addiction may be accompanied or caused by the inability to fulfill one or more of your deepest desires. Although unconscious of it, you begin to accept the idea that there is a power beyond your control that stops you from achieving your dreams, big or small. You may even admit self-defeat by maintaining the belief that it is just too difficult for you to give up old habits like smoking, drinking alcohol or eating addictive foods.

Many smokers argue that they cannot quit smoking if they constantly see other people smoking. Others do not want to face the possibly unbearable withdrawal symptoms that may accompany a sudden abstinence from smoking. Quite a lot of people managed to quit smoking, but when they suddenly put on a lot of weight, they resumed the habit.

Most smokers who wish to end their addiction feel that they don't have enough willpower to stop smoking. Why are we giving a small cigarette such great power that it is able to rule over our freedom to make conscious choices in our life? Smoking, like any other addictive habit, is merely a symptom of an underlying lack or deficiency of some sort. But what thing or things are missing in our lives, resulting in our feeling so dominated by outer influences that we continue to desire substitutes? This question is impossible to answer in this context due to a vast number of possible answers, many of which may only be known by the addict himself. But the need to smoke can become very useful in as much as it can reveal and actually overcome this inner lack, whatever it may be.

Instead of criticizing or judging yourself for giving your power to a habit that has the potential to make you ill or kill you, you can learn a great deal from it and make yourself feel complete again. Because you may not be able to understand the underlying message that smoking entails, you tend to be resigned to the expectation that quitting the habit is a difficult and frustrating task. Yet smoking can make you aware that you are no longer completely in control of your life, and even offer you a way to reclaim that control.

The excuse that “I cannot give up smoking because...,” is an unconscious recognition that I am a victim of some kind, and that I am suffering from low self worth. There is a part of me that I consider weak and inadequate. A part of me is not alive and well. The act of smoking makes me admit in a way that my desire for a cigarette is greater than my desire to stay healthy or, in other words, to love myself. It is very difficult to give up smoking or other addictions for as long as I preserve this underlying weakness, projected by such exclamations as “I can’t give it up,” or “I go crazy if I don’t have my cigarettes.”

Learning to Recover Your Free Will

Similar to using a thorn to pull out another thorn, learning to give up the habit of smoking may be one of the most effective ways to uproot any underlying incompetence and dependency in your life. By suppressing or fighting the habitual desire to smoke, you merely feed it with more of your own energies. This all but increases the addiction. Desires want to be fulfilled, or at least we should be able to decide whether we want to fulfill them or not. The addiction to smoking, which reflects a lack in inner competence and completeness, can actually become a very effective method to fill you up again and regain conscious control over your life. Smoking is not the problem you need to combat. Just seeing smoking as an addiction that may have horrible consequences is a depressing notion, and fighting it doesn’t raise your self-esteem. Even if you succeed in quitting this habit, you still haven’t regained your inner sense of freedom and are likely to develop an addiction to something else, like eating, drinking or sex. Instead of waging a war against your anxiety or poor self-confidence, all you need to do is increase that sense of inner freedom to make your own choices in life.

If understood and dealt with properly, smoking can be one of the most important things that has ever happened to you. It can lead you to adopt an entirely new way of thinking, thus reshaping your destiny. If you are a smoker and wish to give up the habit, you first need to understand that your addiction is not an accidental mistake you made during one of your lower moments in life. You have created this habit not to suffer because of it, but to learn from it. It is likely to stay with you or change into another addictive habit until that day when you will have acquired the ability to refer all power of fulfilling your desires back to yourself. Giving up smoking is not about quitting one addictive habit just to adopt another one; it is about recovering your sense of free will.

To use one’s willpower to fight an undesirable habit is defeating its purpose and likely to backfire because fighting something is based on the premise that you are being attacked or in some sort of danger. With what we know today about the powerful mind/body connection, the fear that underlies the fight against an addiction is enough to keep the cells of the body jittery, anxious and dysfunctional. They can never find the peace, balance, and energy they need in order to be “happy” cells for as long as the fear of not being in control prevails in the awareness of their master. The enzyme-based messages the cells are sending to the brain and heart are simple cries for help. The host interprets these signals, though, as depression and nervousness. To “overcome” the discomfort, at least for a few moments, the host feels compelled to grab the next cigarette or look for another drink. Each time the discomfort reemerges, he or she feels defeated and weakened, and so the addiction carries on.

True willpower, however, is about learning how to make conscious choices. Addictions stick like glue to everyone who wishes to overcome them. They are the “ghosts of memory” who live in our subconscious and pop up every time the addictive substance is in sight or is imagined. The subsequent urge is not under conscious control, hence the feeling of “dying” for a cigarette, a cup of coffee, or a bar

of chocolate. It is important, though, to realize that **you always have a choice**. This is all you need to learn when it comes to overcoming an addiction.

You cannot successfully exorcise the ghost of memory by throwing away your cigarettes, avoiding your smoking friends, or living in a smoke-free environment. Society has condemned the act of smoking so much that many smokers already feel deprived of that sense of personal freedom they need to make their own choices in life. If you are a sensitive person, be aware that a nagging spouse, a doctor, and the warning written on cigarette packs that smoking is harmful to your health may make you feel ridden with guilt. When all of this external pressure succeeds in making you give up smoking, you will continue to feel deprived of your free will and, therefore, look for other more socially acceptable forms of addiction.

Making Smoking a Conscious Choice

We all remember our childhood days when our parents told us not to eat chocolate before lunch or not allow us to watch television when we wanted. The subconscious mind reacts negatively when it is deprived of its ability to make choices or when it feels forced to do something against its will. The many occasions of disappointment from past desires that didn't get fulfilled can lead to an inner vacuum or emptiness that wants to be filled. Smoking is simply a subconscious rebellion against the external manipulation of our freedom to choose what we want, and it fills that uncomfortable space within, at least for a little while. However, this inner lack can only subside permanently when we have regained the freedom to make our own choices. You must know that you are free to smoke whenever you like and how ever often you like. If you have a cigarette and a match to light it, you will certainly find a way to smoke it, too.

The unconscious association of smoking with all the other "don'ts" in your past will be negated by accepting your desire to smoke. I had my first cigarette when I entered high school at age ten. I felt like a criminal because the law said I was only allowed to smoke when I was sixteen years old. Years of hiding my "secret" from my parents and my teachers left me with no other choice but to continue smoking until I *had* a choice. When I finally got the legal permission to smoke, I lost interest and chose to quit. I was able to give up the habit at once, without any withdrawal symptoms.

The first and most important step to quit smoking is to give yourself permission to smoke. Guilt from the act will only prevent you from gaining satisfaction and urge you to have another cigarette that may "at last" give you what you have been looking for. But you are not really looking for the short sensation of satisfaction that smoking provides, but for the lost freedom to make your own choices in life. By trying to avoid lighting up, you deprive yourself of this potential satisfaction. The resistance to smoking creates powerful psychosomatic side effects. These are known as withdrawal symptoms. Symptoms may include depression, lack of interest in life, sleeplessness, anger, nausea, ravenous hunger, obesity, cardiovascular disease, lack of concentration, and shaking. However, these symptoms can only manifest if you believe that you have been deprived of your freedom to smoke.

Choosing To Smoke Less, But...

Don't fight your desire to smoke. Contrary to general belief, to give up smoking you *do not* need to abolish your desire to smoke. **You will start giving up the habit automatically once you choose not to follow your desire to smoke each and every time you have it.** This will take the fuel out of your

subconscious, rebellious mind and stop you short of becoming a victim of outer forces or other people. A master of yourself, you can choose to smoke or choose not to smoke. Keep your cigarettes with you as long as you feel you want to have this choice. It may even be a good idea to encourage your desire to smoke by keeping your cigarette pack in front of you, smelling it from time to time. Watch other people around you light up and inhale, imagining that you inhale deeply too. Do not count the days that pass without you smoking and do not look ahead in time either. You neither need to prove to yourself nor to anyone else that you can beat this addiction. There is nothing to be beaten. You are neither a better person if you quit, nor are you a worse person if you don't. You are free to stop smoking today and begin again tomorrow. You will always have this choice, and you will always be only a puff away from being a smoker.

Choice making or training your free will takes place in the now and has to be done anew repeatedly many times each day. The longer the periods of time during which you actualize your choice not to smoke, the more quickly diminishes your smoking desire, becoming less intense each day. Whenever the desire to smoke returns, which is possible because the ghost of memory doesn't just leave your subconscious, you are once again compelled to make a new choice. This time, however, your conscious mind finds it much easier to stick with its previous successful choice because of the newly improved self-confidence and self-esteem.

The conscious retraining of your mind will benefit your entire life. It will restore your power of free will and remove the "victim" within you. Because you have been told so many times in your life that *you cannot do this* or *cannot do that*, you began to use this formula to accept your addiction as being too difficult to quit as well. By reclaiming your power of making conscious choices, you will be able to break the self-fulfilling "I can't" pattern in your life for good. This will become a great asset in every part of your life.

Ending the Addiction

Before you decide to stop smoking (or any other addiction), make sure that you are aware of the following points:

- Make ending your addiction a priority in your life.
- Don't try to make too many other changes in your life at the same time.
- Don't reward yourself for ending the habit; quitting is enough of a reward.
- It is good not to tell anyone about your intention to stop smoking because this only undermines your freedom to choose to smoke.
- Carry your cigarettes or tobacco with you, so you can choose to smoke whenever you decide to. Also, people will assume you are still smoking; this way you don't have to prove to anyone that you are capable of quitting the habit.
- Unless for health reasons, don't try to avoid places where other people smoke; you want to remain in charge under all circumstances.
- Realize that unless you are traveling on an airplane or a bus you are always free to smoke whenever you wish to, even if you have to do it out in the cold air.
- Avoid substituting things like tea, coffee, chocolate, chewing gum, more exercise, drinking mineral water, etc. for cigarettes, as they won't satisfy your desire to smoke in the long run.

- Choose a starting time of your program to stop smoking that does not coincide with an emotional upheaval or stressful situation. It is best to link the starting date with a positive event in your life. New moon day is one of the best days to start quitting.
- Think about all the benefits that will come to you when you stop smoking, i.e., better health, less mucus discharge from the lungs, cleaner breath, saving money, etc.
- Acknowledge your desire to smoke when it comes up by saying to yourself: “I really have the desire to smoke now and I feel free to do so, but right now I decide not to smoke.” When the desire to smoke returns in an hour or so, you may choose to fulfill it this time. This will teach you to consciously accept your desire to smoke, but not always fulfill it. By choosing not to smoke each time the desire emerges, you train your mind to make conscious choices.
- Often, your desire to smoke is coupled with clues like drinking a cup of coffee, the ringing of the telephone, waiting for a bus or a taxi, or switching on the television set. Your addiction is a “program” that you have written in your subconscious mind and associated with such clues. As the clues occur, your desire to smoke pops up, too. The next time you want to smoke when the telephone rings, while you drink a cup of coffee, or after you switch on the TV, make the conscious choice to wait for a few minutes until you have the time or opportunity to smoke consciously. Another suggestion is to smoke somewhere in the house or garden where you usually don’t smoke. This will sever the ties to your subconscious and make your decision whether to smoke or not a more conscious one.
- Allow your desire to smoke to become quite strong before you actually reach for the cigarette; in other words, you will still have the freedom to smoke but postpone your decision for a while until you really feel the discomfort. Notice where in your body you feel tense, irritable or nervous. It is important to feel how strong your desire to smoke becomes before you light up. Most smokers give into the slightest urge to smoke and do not even notice when they light up. You want to break the pattern of doing things unconsciously.
- To make it easier to quit smoking (or any other addiction), drink half a glass of room temperature water before you choose to smoke a cigarette every time you have the urge to smoke. Physically speaking, the urge to smoke is directly linked to toxins that were deposited in the connective tissues of the body and are now entering the blood, increasing blood thickness. The thickening of blood generally causes irritation, nervousness and anxiety, even panic. Instead of pushing the toxins back into the connective tissues (as they will surely reemerge) drinking a glass of water will make your blood thinner, which will help to remove the toxins from the body. Thus, the urge to smoke lessens each time you do this and eventually disappears altogether.
- Finally, your addiction to smoking is not something terrible that you need to get rid of. It is rather an unique opportunity to train yourself to become the master of your destiny. In this sense, your addiction can become one of the very best teachers you have ever had.

Summary of the Technique to Stop Smoking:

1. Whenever you feel the urge to smoke, repeat to yourself: **“I want to smoke now.”** This will bring your desire to smoke from your subconscious into your conscious mind and allow you enough time to make the conscious choice of whether to smoke or not to smoke. Drinking half a glass of water also brings the desire into your conscious mind.

2. Then say to yourself: **“I have the free choice to smoke now.”** If you do not remind yourself of your inherent freedom of choice, your subconscious, addicted mind may believe that you can’t smoke anymore and may go into a state of rebellion. This may cause withdrawal symptoms.
3. If you feel a desperate need to smoke, acknowledge your desire by saying: **“I choose to begin smoking again.”** Before you reach for a cigarette check whether this is what you really want. Or you may repeat to yourself: **“For the moment I accept that I want to smoke but I chose not to this time.”** Think about how you would feel if you stopped smoking altogether?

Follow this simple sequence every time you have the desire to smoke. The technique is fool proof because you cannot go wrong, whatever the outcome. Whether you decide to continue smoking or not, you have begun to become “aware” – a prerequisite to consciously taking charge of your life. The majority of people who follow this simple program give up smoking within one week, others take a little longer. How long it takes to quit is not important. What is important, though, is that you experience a major positive shift in your thinking and in your attitude towards yourself and others.

All the research studies that show that smoking is a hazard to your health have missed the point. Instead of condemning people who smoke we should show them ways to learn from this addictive habit as we can learn from any other problem in life.

This technique works equally well for any other addiction, including coffee, alcohol, drugs, sleeping pills, sugar, salt, and even work. I suggest that you read this section as often as it takes to familiarize yourself with the major points, or at least once a week.

8. Some Of Nature’s Greatest Healing Secrets

Amazing Food Cures

Hippocrates was the first physician in the Western Hemisphere to state that food is man’s best medicine. It is very obvious that if food can nourish and create healthy, strong bodies, it must also be able to heal them if they are ill. The many decades of research that has been done on natural foods is the least biased and most authentic of all, because there is no drug company or manipulative food industry that could take advantage of these findings and market something that is already freely available to everyone.

I have listed just a few examples out of hundreds of foods that all have some amazing healing properties. It can be said that by not eating enough foods made by Mother Nature, a person is most likely to fall ill sooner or later. On the other hand, eating from her table, you may never become ill in the first place. But if you are ill now, in your search for a real cure to your ailment, you may discover that food is still the best medicine you can buy.

When you consider using foods as medicine, please refer to your body type charts to check whether these foods are actually beneficial for you. Although the foods listed below may have great potential healing properties, if your body is unable to digest them properly, they may not do you any good.

Broccoli's Anti-Cancer Properties

Small quantities of fresh broccoli sprouts contain as much cancer protection as larger amounts of the mature vegetable sold in food markets, according to researchers at Johns Hopkins University. You would have to eat about two pounds of an average broccoli a week in order to reduce, say, your risk of colon cancer by about 50%. Although this is certainly possible, just 5 grams (0.17 ounces) of sprouts contain concentrations of the compound *glucoraphanin* equal to that found in 150 grams (5.2 ounces) of mature broccoli. The active compound is a precursor to *sulforaphane*, proven in animal studies to boost cell enzymes that protect against molecular damage from cancer-causing chemicals.

Like other cruciferous vegetables, broccoli speeds up removal of estrogen from the body, helping suppress breast cancer. It has also anti-viral, anti-ulcer activity. In addition, broccoli is a super source of chromium that helps regulate insulin and blood sugar.

Note for the Vata type: You may still benefit from broccoli and other cruciferous vegetables if you cook them with a good amount of oil or butter.

Cabbage – The Romans Cancer Cure

Cabbage was revered in ancient Rome as a cancer cure. Today, we know it's cancer-curing effects from its numerous anti-cancer and antioxidant compounds. Cabbage speeds up estrogen metabolism, which is thought to help block breast cancer and suppress growth of polyps, a prelude to colon cancer. According to research, eating cabbage more than once a week cut men's colon cancer odds by as much as 66 percent.

As little as two daily tablespoons of cooked cabbage protected subjects against stomach cancer. Cabbage also contains powerful anti-ulcer compounds; its juice has shown to help heal ulcers in humans. It even has anti-bacterial and anti-viral properties. Red cabbage has twice the fiber as white cabbage. It is known for its balancing effects on blood cholesterol. Cauliflower and Brussels sprouts have similar benefits.

Bok Choy, which is brimming with minerals, has been found to lower high blood pressure by 30 points or more. No need for expensive prescription drugs that ruin your liver, kidneys and digestive systems.

Cauliflower Helps With Breast Cancer

Cauliflower is a cruciferous family member that contains many of the same cancer-fighting, hormone-regulating compounds as its cousins, broccoli and cabbage. Cauliflower is one of the least popular vegetables, but this doesn't make it less important. Researchers have found it helps women to break down estrogen and produce estrogen-byproducts is a safe way, slashing breast cancer risk by 40%. It also helps ward off colon cancers.

The Great Carrot Phenomenon

Carrots are a rich source of beta carotene, a powerful anti-cancer, artery-protecting, immune-boosting and infection-fighting antioxidant. Recent research has shown that a single carrot a day slashed stroke rates in women by 68 percent! No drug can get even close that. If you are or were a smoker, the beta-carotene in one medium carrot cuts your lung cancer risk in half.

Your eyes will be grateful for that carrot per day as well. It has been shown that high doses of beta carotene, as found in carrots, substantially reduces odds of degenerative eye diseases (cataracts and macular degeneration). It also helps with chest pain (angina). The high soluble fiber in carrots balances blood cholesterol and promotes regularity. Cooking has shown to make it easier for the body to absorb the beta-carotene.

Celery – Better Than Viagra

Celery has long been known one of the best foods to keep your blood pressure normal. It dilates blood vessels like most potent drugs, but without the harmful side effects. Who would have thought, though, that this common food could turn out to be far more effective than Viagra or any other sex-enhancing drug ever produced? According to an exhaustive study of purported aphrodisiac foods, celery is the “sexiest” substance on earth. This unlikely-sounding candidate combines ideal amounts of vitamin E, magnesium, niacin, potassium and zinc – all required for optimum sex.

And it gets even better. Celery contains *arginine*, a natural amino acid that expands blood vessels much like Viagra. Yet, unlike Viagra, arginine also increases blood flow to the clitoris and makes female genitals more responsive.

Furthermore, the actual aroma of celery contains two steroids called *androsterone* and *androstamol*. The research showed that the subtle odor of these two chemicals travels through the nose and attracts the opposite sex.

Celery has other benefits, too. It contains an ingredient *acetylenics*, which has been shown to stop the growth of cancer cells. Celery is an excellent source of organic sodium, which gives it a slightly salty taste. Along with potassium, chlorine sodium helps to maintain the body’s electrolyte balance. Sodium is also necessary for hydrochloric acid production in the stomach and is involved in many glandular secretions. Celery is also an excellent source of vitamin C, a vitamin that helps to support the immune system.

Celery is a natural diuretic, and thus useful in circulatory disorders, such as high blood pressure and lymphatic congestion. Chinese physicians have long used celery to dependably reduce blood pressure. Now scientists have discovered exactly why it works so well. Celery contains unique oil that relaxes the muscles that regulate blood pressure, improving flow, and lowering pressure. Just 4 stalks a day (or some celery juice) do the trick.

Avocado – The Delicious Super Fruit

Avocado is a very dense fruit, packed with nutrients. It is especially rich in vitamin A. It also contains plenty of B vitamins, especially niacin, folic acid, calcium, iron, 9 essential amino acids, and a mountain of potassium.

The avocado has shown to benefit circulation, lower cholesterol, and dilate blood vessels. It's true that avocados are high in fat – one reason they've earned the nickname "butter pear." But it's primary fat, monounsaturated oleic acid (also concentrated in olive oil), acts as an antioxidant to block LDL cholesterol. A 1996 study by researchers at the Instituto Mexicano del Seguro Social in Mexico looked at the health benefits of daily avocado consumption. The 45 subjects who ate avocados every day for just one week experienced an average of 17 percent drop in total blood cholesterol. Their cholesterol ratio also changed in a healthy way: Their LDL (low-density lipoprotein) and triglycerides dropped significantly while their HDL (high-density lipoprotein) levels climbed.

Avocados are also rich in *beta-sitosterol* which was shown to reduce cholesterol in 16 human studies. Beta-sitosterol is a widely prescribed anti-cholesterol drug that interferes with cholesterol absorption, but has serious side-effects. Avocados have four times the amount found in oranges that had previously been cited as the richest fruit source of beta-sitosterol.

Avocado has been found to have three times the amount of *glutathione* than in any other fruit. Glutathione is a powerful antioxidant shown to block thirty different carcinogens and to block the proliferation of the AIDS virus in test tube experiments. Studies have revealed a strong correlation between increased glutathione intake (from food) and decreased risk of oral and pharyngeal cancer.

I have been eating ½ avocado in my daily lunch salad (avoid eating it in the evening) for over 20 years and found it to be one of the most nutritious foods around.

Mashing an avocado and rubbing it into your hair for five minutes after washing will add luster to your hair; rinse afterwards. In South Africa, an avocado mask made of mashed avocados, honey, and lime juice is applied to the face as a moisturizing treatment to counteract the drying effects of the hot sun.

Blueberries and Cranberries Protect Kidneys, Heart, Eyes, Skin

Urinary tract infections (UTIs) are triggered by bacteria, primarily *E. coli*, adhering to the walls of the bladder or kidney. Many scientific studies have found that blueberries and cranberries are beneficial in fighting UTIs by blocking or prohibiting the growth of bacteria. Cranberry juice has traditionally been known to clear up a bladder infection or urinary tract infection within 1-2 days. Take some juice 4 times per day, about ½ hour before meals and just before going to sleep.

Research shows that blueberries contain high concentrations of antioxidant compounds with medicinally beneficial properties. Blueberry's reported medicinal benefits include preventing urinary tract infections, stimulating anti-cancer activity, reducing heart disease risk, strengthening collagen, regulating blood sugar, improving night vision, reducing replication of the HIV virus, and treating diarrhea.

Cranberries are rich in bioflavonoids and natural vitamin C which stimulate the immune system and fight off infection. Just eating more cranberries in the winter can ward off colds and flu.

In addition, cranberries can reduce the occurrence of kidney stones. They can also help dilate the bronchial tubes during an asthma attack. They are even beneficial for Acne-suffers. Cranberries prevent Acne-causing bacteria from entering the skin, so breakouts are less frequent and less severe.

The malic acid contained in cranberries helps soften stones in the bile ducts of the liver, and thus may be helpful in the preparatory phase of the liver cleanse. It is best to use a pure form of organic, concentrate which can be diluted at the ratio of one part juice to four parts water.

The Healing Power in Green Beans

Also known as snap beans, green beans are loaded with nutrients of significant medicinal value. They are an excellent source of vitamin K (154.9% of the daily value in one cup). Vitamin K is essential for maintaining strong bones.

Green beans also are a rich source of the equally important vitamin A (notably through their concentration of carotenoids including beta-carotene). And, as you know when you chew on green beans, they contain loads of useful fiber, which helps prevent colon cancer. In addition, green beans are packed with vitamin C, riboflavin, potassium, iron, manganese, folate, magnesium, and thiamin. Plus, they are a good source of thiamin, phosphorous, calcium, niacin, vitamin B6, copper, protein and zinc.

For atherosclerosis, diabetic heart disease, and stroke, few foods compare to green beans in their number of helpful nutrients. Magnesium and potassium work together to help lower high blood pressure, while folate and vitamin B6 help convert the potentially dangerous protein molecule *homocysteine* into other, benign molecules. *Homocysteine* can directly damage blood vessel walls if not promptly converted; high levels are associated with a significantly increased risk of heart attack and stroke.

The iron content in green beans is twice as high as in spinach. This useful plant iron comes in ionic, organic form, unlike the toxic rust (iron oxide) contained in food supplements and breakfast cereals. Iron is an integral component of hemoglobin, which transports oxygen from the lungs to all body cells, and is also part of key enzyme systems for energy production and metabolism. To properly utilize iron for hemoglobin synthesis the body requires copper, which is also amply present in green beans.

The vitamins C, A and Zinc present in green beans help to maintain optimal immune function and acne-free skin. Last but not least, green beans help maintain your memory with thiamin (Vitamin B1).

The many nutrients in green beans can help to prevent a number of different conditions, including Alzheimer's, atherosclerosis, diabetic heart disease, colon cancer, asthma, arthritis, acne, ear infections, and maybe even colds and flu.

Note: Green beans contain a measurable amount of oxalates. So if you suffer from oxalic acid stones in the kidneys, make certain to cleanse your kidneys before eating green beans on a regular basis.

The Bone-Building Power of Brussels Sprouts

By age 70, one of every two women in the United States will likely suffer a painful fracture due to weak bones. Hip fractures are often fatal. But, a new woman's study shows that by eating a 3-ounce serving of Brussels sprouts, women can slash the risk of a hip fracture by 30%. In addition, phytochemicals found in Brussels sprouts enhance the activity of the body's natural defense systems to protect against disease, including cancer. Scientists have found that *sulforaphane*, a potent phytonutrient found in Brussels sprouts and other *brassica* vegetables, boosts the body's detoxification enzymes.

Brussels sprouts are a good source of fiber and folate and an excellent source of vitamin C. Vitamin C supports immune function and the manufacture of collagen, a protein that forms the basic substance of

body structures including the skin, connective tissue, cartilage, and tendons. In addition, a cup of Brussels sprouts contains a whopping 1122 IU of vitamin A, plus 669 IU of beta-carotene, both of which are important for defending the body against infection and promoting supple, glowing skin.

Artichoke – For Good Digestion

The artichoke (*Cynara scolymus*) has been known for centuries for its beneficial effects on digestion. Its most noted effect is increased bile production. Because the body uses cholesterol to make bile acids, increasing bile acid production may balance blood cholesterol. Increasing bile acid secretions also aids digestion—one reason why artichokes have traditionally been used for indigestion. Its leaves contain phytonutrients with numerous health-enhancing effects.

Kale

This nutritious vegetable comes in quite a few variations and colors – green and purple being the most common. It has been part of a typical traditional diet in parts of Africa where people live very long and healthy lives.

Kale is a rich source of various anti-cancer chemicals. Being a member of the cruciferous family, it is endowed with anti-cancer indoles that help regulate estrogen and fight off colon cancer. It contains more beta carotene than spinach and twice as much lutein, the most of any vegetable tested. Kale is also high in the antioxidants Vitamin C. Collard Greens and other green leafy vegetables share similar benefits.

Nuts

In general, nuts have anti-cancer and heart-protective properties. Almonds and walnuts particularly help balance cholesterol levels. Both contain high concentrations of antioxidant oleic acid and mono-unsaturated fat, similar to that in olive oil, known to protect arteries from damage. Almonds, however, seem to be the most valuable of the two. A total of six studies showed the resounding results of almonds' ability to lower total and LDL cholesterol and reduce the risk of heart disease by 10 percent. All it takes is to eat one small handful of almonds (1 ounce) a day.

Nuts generally are high in antioxidant vitamin E, shown to protect against chest pain and artery damage. Brazil nuts are extremely rich in selenium, an antioxidant also linked to lower rates of heart disease and cancer. Walnuts contain ellagic acid, an antioxidant and cancer-fighter, and are high in omega-3 type oil.

Nuts are also good regulators of insulin and blood sugar, preventing steep rises. This makes them appropriate foods for those with glucose intolerance and diabetes. It is interesting to note that nuts have been found lacking in the diets of those who later develop Parkinson's disease.

Beware of allergies and rancid nuts: Nuts, particularly peanuts, are a prime cause of acute allergic reactions in susceptible individuals. Avoid nuts that are broken, for they become rancid easily. Nut butters are also notorious for causing adverse reactions in the digestive system. When ground and thereby

exposed to oxygen, they oxidize, i.e., become rancid. Rancid fats are very toxic and a major cause of illness. They may even lead to Crohn's disease. Eat only fresh nuts. Avoid eating nuts that come mixed up with dried fruits or in commercially produced breakfast cereals (the nuts are rancid and the dried fruits contain fungi).

Fresh Corn Can Help Reverse Vision Problems

Almost every person with age-related macular degeneration, which is the leading cause of blindness, suffers from lutein-deficiency. A recent study showed that consuming 6 mgs of lutein in your food per day reduces your risk of this disorder by a whopping 43%. Fresh corn is an excellent source of lutein.

Rice

This common food has anti-diarrheal and anti-cancer properties. Like other seeds, rice contains anti-cancer protease inhibitors. Of all grains and cereals, it is the least likely to provoke bowel distress, such as intestinal gas or spastic colon. In Vata types, whole rice is excellent for constipation; it lowers cholesterol and tends to block development of kidney stones. Basmati rice appears to have the highest nutritious value. It is a rich source of iron, selenium, thiamine and niacin. It contains also a good amount of vegetable protein.

Coconut Oil – A Gift from the Tropics

Virgin Coconut oil is rich in lauric acid, a proven antiviral and antibacterial agent. It is currently being used in treating AIDS. Monolaurin is a monoglyceride of lauric acid. Lauric acid is also found in human mother's milk, which makes coconut milk an excellent alternative to milk-formula foods.

Delicious-tasting coconut oil is not only satisfying to your taste buds, but it also cleanses your colon by gently softening and loosening old fecal material, and helping to remove it without unpleasant side effects. It has a strongly alkalizing effect in the body, which is beneficial for every disease process. The tropical oil has a substance that has been shown to raise HDL cholesterol levels, the good kind, thereby lowering the risk of heart attack.

For those who are concerned about infestation with intestinal parasites and *Candida albicans*, coconut's anti-parasitic properties help purge pathogenic organisms by robbing them of their protective coating. A natural anti-yeast treatment, coconut oil has been known for many centuries to prevent yeast infections in women in Pacific islands. During scientific tests, both capric and lauric acid found in coconut oil in very large amounts were found to be absolutely lethal to all major strains of *Candida albicans*.

Research comparing Pacific Islanders with People showed that their health was extremely good compared to Western standards. These Islanders had no signs of kidney disease or hypothyroidism that might influence fat levels. There was no hypercholesterolemia (high blood cholesterol). All inhabitants were lean and healthy despite a very high saturated-fat diet from coconut oil. In fact, the populations as a

whole had ideal weight-to-height ratios as compared to the Body Mass Index figures used by nutritionists. Digestive problems are rare. Constipation is uncommon. They average two or more bowel movements a day. Atherosclerosis, heart disease, colitis, colon cancer, hemorrhoids, ulcers, diverticulitis, and appendicitis are conditions with which they are generally unfamiliar with.

Coconut oil also assists with dissolving and removing toxins that are trapped in fatty deposits, thereby making fat accumulation increasingly unnecessary (accumulation of fat is a survival mechanism to keep toxins engulfed within fatty tissue). This may explain why coconut oil helps to build lean muscles. Many body builders, personal trainers, Olympic athletes, and others use it for building lean body mass

Coconut oil is easily digested, even by weak and compromised digestive systems. It assists with most digestive disorders, such as Crohn's disease and irritable bowel syndrome. This oil does not require any enzymes or carriers to be transported across cell membranes. Once it has reached the cell interior, it is used for energy. This makes coconut a readily available energy source.

Coconut oil has also been shown to balance hypothyroidism. It is a saturated fat made up primarily of medium chain fatty acids. Also known as medium chain triglycerides (MCTs), medium chain fatty acids are known to increase metabolism, and promote weight loss, and immobilize yeast bacteria. If required, coconut oil raises basal body temperatures while increasing metabolism, which is great news for those suffering low thyroid functions, and those afflicted with Chronic Fatigue Syndrome.

Coconut oil is useful for the very young and the very old. It is one of the healthiest and safest oils. Unlike most oils, coconut oil will not oxidize upon heating. This makes coconut oil the ideal cooking oil. With the exception of Kapha types, the average adult can safely include about 3.5 tablespoons of coconut oil per day in their diet. It will not make you fat, and best of all it is non-toxic, very much unlike many prescription antifungals. But, start out with a low dose until you find out what your side effects from the break down of yeast affects you. Apart from its internal benefits, when applied to the skin, coconut oil will protect from sunburn, drying, chapping and harmful germs.

A Banana a Day May Keep the Doctor Away

When you compare it to an apple, the banana has four times the protein, twice the carbohydrates, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around. Bananas contain three natural sugars – sucrose, fructose and glucose – combined with fiber. In this form a banana gives an instant, sustained and substantial boost of energy. Research has shown that just two bananas can provide enough energy for a strenuous 90-minute workout. The banana has also been found helpful for a number of illnesses and conditions:

Depression: Depressed people often feel better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin. This powerful hormone is known to make you relax, improve your mood and generally make you feel happier.

PMS: The banana's vitamin B6 helps regulate blood glucose levels, which can positively affect your mood and calm the nervous system.

Anemia: High in organic iron (versus inorganic iron used in supplements), bananas can stimulate the production of hemoglobin in the blood and thereby improve anemia.

Blood Pressure and Brain Power: High in potassium, yet low in sodium, bananas are very effective in balancing blood pressure. This effect led the US Food and Drug Administration to allow the banana

industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke. And, for the same reasons, students were found to be more alert and increased academic performance when eating bananas for breakfast and at lunchtime.

Constipation: High in fiber, bananas in the diet have helped restore normal bowel functions in people suffering from constipation.

Heartburn: Having a natural antacid effect, bananas have helped people suffering with heartburn. Banana neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

Morning Sickness: Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

Mosquito bites: If bitten by an insect, try rubbing the affected area with the inside of a banana skin. Banana skin is known for reducing swelling and irritation.

Nerves: Bananas are high in B vitamins that help calm the nervous system.

S.A.D.: Bananas can help SAD sufferers because they contain the natural mood enhancer tryptophan.

Smoking: Bananas have also helped people trying to give up smoking. The B6, B12 and the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

Stress: The banana's potassium helps normalize the heartbeat, sends oxygen to the brain and regulates the body's water balance. During stress, our metabolic rate rises; this in turn drops potassium levels. Bananas can reverse this effect of stress.

Strokes: According to research published in The New England Journal of Medicine, eating bananas as part of a regular diet can cut the risk of death by stroke by as much as 40%!

Please note that the above food recommendations do not apply to all body types equally. Before you start eating these foods, verify with your body type food charts whether these foods are beneficial for you or not.

SHOULD WE EAT ORGANIC FOODS?

For the reasons given below, the answer is a definite “yes”. Whether you are able to afford to buy organic foods or even have access to such foods is a question, though, that only you can answer. Organic foods are still very expensive when compared with pesticide-treated produce. If your budget is very limited, but you still want to feed your body the best possible food available, you may either need to grow your own fruits and vegetables or increase your spending on food.

In a report on organic foods, published in "Coronary and Diabetic Care" in the UK, 2004, it was stressed that the use of pesticides in food production correlated with a significant reduction in the health benefits of foods. For example, there exists a strong connection between pesticide use and the antioxidant content of food. Crops that are visited and stressed by insects are known to produce *polyphenolic* compounds, which are naturally potent antioxidants. These compounds not only ward off insects, but also increase the nutritional value of the plants. However, when crops are treated with pesticides, they don't need the natural protection of polyphenolics, and produce less of the compounds.

Foods that contain pesticides are not only less beneficial in the nutritional sense, but also quite harmful. The UK report noted that pesticide use has been associated with a variety of health risks, including cancer, fetal abnormalities, chronic fatigue, and Parkinson's disease. One study showed that women with breast cancer are five to nine times more likely to have traces of pesticides in their blood.

than women who don't have the cancer. If you are concerned about breast cancer, you may definitely need to weigh the risks of cancer against budgetary stress.

Furthermore, organic foods are free of food additives such as MSG, hydrogenated fats, and artificial sweeteners and coloring agents, which have been associated with a risk of asthma, headaches, growth retardation, and hyperactivity in children. As the UK report further pointed out, these additives have been linked to the development of allergies.

Another advantage of organic food is that it is free of genetically modified (GM) organisms. The report notes that only ten studies of GM foods have been conducted so far. Among those, the ones that were completely independent of funding or input from companies with GM affiliations found evidence of harmful effects in the gut lining of humans.

Overall, organic foods have been found to be more nutritious than conventionally grown foods. In one study comparing the vitamin and mineral content of organic foods vs. non-organic foods, the organics showed higher levels in all 21 of the examined nutrients. For example, the vitamin C and magnesium levels in the organic foods were 27 percent and 29 percent higher, respectively, compared to the non-organic samples. The study also showed minerals to be significantly higher in organic spinach, potatoes, cabbage, and lettuce.

So, if you have a choice, choose organic foods over chemically treated foods. This may burden your budget somewhat, but lift the burden on your stomach.

Cinnamon –Medicine for Diabetics

Who would have thought that this culinary spice possesses numerous profound healing properties! Taking one-quarter to one-half teaspoon of cinnamon works just as well as the statin drugs in lowering cholesterol and triglycerides as well as blood glucose. Plus, you can get a pound of cinnamon for as little as \$3, and save yourself dreadful side effects.

According to research conducted by the U.S. Department of Agriculture, cinnamon helps to control blood sugar levels in type 2 diabetics. Ground cinnamon helps stimulate the production of glucose-burning enzymes and boosts insulin's effectiveness. In one study, cinnamon made insulin 20 times more capable of breaking down blood sugars. To benefit type 2 diabetes you will need to eat about ½ teaspoon of ground cinnamon per day. [According to other research, diabetics also benefit from ground fenugreek, turmeric, ginger, bitter melon extract, bilberry extract and gymnema sylvestre extract.] Cinnamon has also been shown to lower triglycerides and cholesterol levels, and to prevent and improve heart disease.

More recent research shows that cinnamon does more than just ward off diabetes and heart disease. It

- Supports digestive function
- Constricts and tones tissues
- Relieves congestion
- Alleviates pain, inflammation, and stiffness of muscles and joints
- Eases menstrual discomfort
- Stimulates circulation
- Kills bacteria, including E. coli.

Cinnamon also makes you smarter. In a study testing cognitive abilities, participants were given cinnamon, both orally and nasally. The conclusion of the study was that cinnamon is effective in enhancing cognitive functions. Cinnamon also reportedly scores high as an aphrodisiac for males.

So whether you use cinnamon to improve your health, your mental capacity, your love life, or all of the above, it makes good sense to include cinnamon in your diet whenever possible. You may add it to your cereals, vegetables or favorite beverage, such as herbal tea.

Scientists have also discovered that curry powder (mainly tumeric, cumin, cardamon, coriander, ginger, red pepper, fenugreek and fennel) with cinnamon, bay leaves and cloves triples the effectiveness of insulin. What a delicious way to help diabetes and numerous other disorders!

Turmeric – A Powerful Decongestant

Turmeric, *Curcuma longa* is the bright yellow constituent of curry powder. Medicinally, it is both an *adaptogen* and a *bioprotectant*. Practitioners of Ayurvedic medicine have used turmeric for millennia. The active principles, known as "*curcuminoids*," possess anti-inflammatory properties comparable in strength to steroidal and nonsteroidal drugs. Curcuminoids are distinguished further for their antiviral, antibacterial, antifungal, antiparasitic, antimutagen, anticancer and detoxifying properties. Curcuminoids prevent the formation of free radicals while scavenging and neutralizing those already formed.

Traditionally, turmeric has been used to treat jaundice and other liver problems, promote circulation dissolve blood clots, relieve the pain of arthritis and rheumatism, and cure diarrhea, sinus congestion, and ear infections. Today it is also used by AIDS patients as an alternative, organic, natural herbal medicinal remedy to relieve throat and chest congestion by expelling mucus from the body. You can add generous amounts of turmeric to your cooked foods every day. Added to vegetables, rice, beans, soups, etc., tumeric does not just taste delicious, but is also deliciously healthy.

Tumeric can be applied externally (as a paste) to help heal hemorrhoids, wounds, cuts, and burns (beware of its yellow-staining effect).

Ginger Combats Motion Sickness

Conducted by Svensborg Hospital in Denmark, a seasickness trial and clinical study has shown that ginger was as effective as or superior to over-the-counter drugs in dealing with motion sickness. It is indeed a safer option than over-the-counter drugs which cause drowsiness. In another clinical trial conducted by Department of Anesthesiology at St. Bartholomew's Hospital in London researchers were able to show that 1g of ginger powder was as effective at preventing postoperative nausea and vomiting as the tranquilizer commonly used by hospitals and much safer.

Ginger is also effective for relieving the severity of nausea and vomiting of pregnancy. Using ginger to quell morning sickness does not raise the risk of birth defects, according to a new study co-authored by Dr. Gideon Koren, director of the Motherisk Program at the Hospital for Sick Children in Toronto, Canada. The sickness-reducing effects seem more pronounced when the ginger is taken along with some honey.

Ginger has been used in Ayurvedic medicine for the treatment of inflammation and rheumatism. Indian research showed that a highly purified and standardized ginger extract had a statistically significant effect on reducing symptoms of osteoarthritis of the knee.

Research confirms that ginger acts as an anti-thrombotic and anti-inflammatory agent in humans. It has shown to have antibiotic properties in test tubes (kills salmonella and staph bacteria), and act as an anti-ulcer agent in animals. Also, it has anti-depressant, anti-diarrheal and strong antioxidant activity. Ginger is also high in anti-cancer activity.

Ginger has been successfully used to in the treatment of vomiting, headaches, chest congestion, cholera, colds, diarrhea, stomach ache, and nervous diseases.

Other research on *gingerols* demonstrated, the active components of ginger (the rhizome of *Zingiber officinale*, Roscoe), represent a potential new class of platelet activation inhibitors. Ginger's blood thinning effects account for its great benefits for heart disease patients.

Chewing on a small piece of fresh ginger with a little honey, drinking some water with a few drops of ginger extract, or taking capsules of ginger powder are the best options of choice.

Cayenne pepper – To Protect your Heart and Stomach

According to research by Italian doctors, red pepper powder (cayenne) has shown to reduce symptoms in more than half of patients suffering with functional dyspepsia. The subjects consumed 2.5 grams of red pepper powder each day (divided into capsules taken before each of three meals).

Many herbalists believe that Cayenne not only aids the digestive system, but also benefits the heart and circulatory system. It acts as a catalyst and increases the effectiveness of other herbs when used with them. Cayenne is very rich in vitamins A & C, has the complete B complexes, and is very high in organic calcium and potassium, which is one of the reasons it is good for the heart. Cayenne has been known to stop heart attacks within 30 seconds (a teaspoon of Cayenne extract in a glass of hot water every 15 minutes until the crisis has passed).

Cloves – Nature's Pharmacy

Cloves have warming, antibacterial and antiseptic properties. This herb relieves pain, lessens nausea and prevents or relieves vomiting. It combats and neutralizes pathogenic bacteria and prevents infection. It is often used as a topical tooth and gum pain killer. Chewing on a piece of clove after meals helps remove bad breath.

Clove has great preventative value for a number of disorders. For example, it discourages blood platelet clumping, which is associated with cardiovascular disease. This herb contains volatile, essential oils that aid digestion and relieve gas pain and distention; it promotes peristalsis. Its astringent effect helps keep hemorrhages under control.

In addition, clove encourages the loosening of phlegm from the respiratory tract. It also stimulates blood flow to the skin causing local reddening. For those who easily get cold inside the body, this herb increases internal heat, dispels internal chill and strengthens metabolism and circulation. Clove strengthens stomach functions, and restores, nourishes, and supports the entire body; it exerts a gently strengthening effect on the body. For those afflicted with parasites, clove expels or repels intestinal worms.

One of the most promising effects of cloves is derived from its cholesterol lowering effects. Every day for about one month, let 6 pieces of clove soak in half a glass of water overnight, remove the cloves in the mornings with a spoon or fork, and drink this water every day for about one month. This should help restore your cholesterol levels back to what is normal for your body.

Honey – The World’s Best Wound Healer?

Would you have ever guessed that this delicious food made by honeybees is actually one of mankind’s oldest-known medicines? Dating as far back as 5,000 years, honey has been successfully used to treat burns, coughs and ulcers. Hippocrates, the Greek physician, also praised honey’s healing powers and came up with many honey-based treatments for ailments such as skin disorders, ulcers and sores. In World War I, German physicians used a mixture of honey and cod liver oil to treat gunshot wounds. According to John Riddle, professor of ancient science at North Carolina State University, a medical text written on papyrus from 3000 years B.C. specifies the use of honey for head wounds. He says that perhaps “the honey helped prevent swelling and sealed off the wound to keep air and infection out.”

Recent Research shows that honey is far superior to antiseptics and antibiotics. Israeli researchers took honey to the test. They applied the sweet, sticky food twice a day to wounds of nine infants after two weeks of intravenous antibiotic treatment and daily antiseptic cleansing failed to heal them. Following just 5 days of honey treatment, the babies’ wounds improved significantly. After 16 more days, they were closed, clean, and sterile.

In a Yemeni study, honey showed to have a significant advantage over antiseptics used for infected surgical wounds. Fifty women whose wounds became infected were divided into two groups. One group was treated with honey, the other with antiseptics. The patients in the honey group recovered within 7 to 11 days, whereas the antiseptic group needed 12 to 27 days.

Although modern creams and antibiotics may have healing effects, they have the disadvantage of killing tissue and causing scabs and scars. But how many of us think to put honey under that Band-Aid or bandage. Like in the above studies, results of a three year clinical trial at the University Teaching Hospital in Calabar, Nigeria, showed that unprocessed honey can heal wounds when more modern dressings and antibiotic treatments fail. In 59 patients treated for wounds and external ulcers, honey was effective in all but one case. Much to the surprise of the researchers, topical applications kept sterile wounds sterile until they had time to heal, while infected wounds became sterile within a week. Astonishingly, honey was even shown to remove dead tissue from persistent wounds, helping some patients avoid skin grafts or amputations.

According to the European Journal of Medical Research, topical honey proved to have positive effects on post-operative wound infections due to gram-positive and gram-negative bacteria following Caesarean sections and hysterectomies.

Honey provides a moist healing environment yet prevents bacterial growth even when wounds are heavily infected," notes Dr. Peter Molan of the Honey Research Unit at the University of Waikato, New

Zealand. "It is a very effective means of quickly rendering heavily infected wounds sterile, without the side effects of antibiotics, and it is even effective against antibiotic-resistant strains of bacteria."

The reason honey is able to stop infection may actually be quite simple. Ordinary honey ties up water so that bacteria in a wound have insufficient water to multiply. The water activity of honey inhibits bacterial growth. In addition, the pH of honey is between 3.2 and 4.5 – low enough to inhibit the growth of many common bacteria. The major antibacterial activity in honey, however, is thought to be due to hydrogen peroxide which is produced enzymatically. The level of hydrogen peroxide produced is antibacterial, but doesn't damage the cell tissues.

Applications:

- Apply honey to cuts, scrapes, or burns and cover with a clean bandage. Change dressings one to three times daily, as needed.
- Use honey as a first-aid dressing material where there could be time for infection to set in before medical treatment is obtained.
- For internal disinfection and as a preventative measure, every morning, drink a glass of warm water with a teaspoon of honey and a little lemon juice.
- Honey also has sleep-inducing, sedative and tranquilizing properties.
- Nursing salve: Nursing mothers, try covering cracked, sore nipples with honey-soaked gauze to prevent infection.

Note: excessive heat or prolonged exposure to light can rob honey of its antibacterial properties. Always store in a dark, cool place.

Hydrogen Peroxide for Colds and Flu

Speaking of *hydrogen peroxide*, this naturally occurring substance has great benefits for the flu and colds. It can be effective 80% of the time, especially if used when the symptoms first appear.

In 1928 Richard Simmons, M.D. hypothesized that colds and flu viruses enter the body through the ear canal, not through the eyes, nose or mouth, as most have believed. His findings were dismissed by the medical community. But he insisted you catch the flu or the cold via the ear canal, and he may be correct. In 1938 German researchers had great success using hydrogen peroxide for treatment of colds and the flu. However, their data has been ignored for over 60 years, perhaps because there is not much money to be made selling hydrogen peroxide.

In general, keeping your fingers out of your ears will greatly reduce your chances of coming into contact with these viruses, however, since they are microscopic and can be air-borne, they may settle on or even in your ear. According to the German findings, once the germs have entered the inner-ear (middle-ear) they will start breeding. From there, they have easy access to the rest of the body, infecting it throughout.

The treatment is simple, and involves administering a few drops of 3% Hydrogen Peroxide (H₂O₂) into each ear, although often only one ear is infected. The H₂O₂ starts acting immediately and after 2-3 minutes all germs have been neutralized. There will be some bubbling noise sensation in the ears, and perhaps even mild stinging. Start with one ear, and once the bubbling has subsided, drain onto tissue and repeat with the other ear. One or two applications are usually enough.

Hydrogen peroxide at 3% solution is perfectly safe for infants/children and available at any drug store for a couple of dollars. The best way to administer it is to use a dropper. If the H₂O₂ gets into the eyes, rinse them with water.

The Miracle of Unrefined Salt

Natural sea salt contains 92 essential minerals, whereas refined, adulterated sea salt contains only two elements, sodium (Na) and chlorine (Cl). When there is a dietary deficiency of trace elements, cells lose the ability to control their ions. This has dire consequences for the human body. Even if ion equilibrium is lost for just one minute, cells in the body begin to burst. This can lead to nervous disorders, brain damage or muscle spasms, as well as breakdown of the cell-regenerating process.

When ingested, natural sea salt (reconstituted seawater) allows liquids to freely cross body membranes, blood vessels walls and glomeruli (filter units) of the kidneys. Whenever the sodium chloride concentration rises in the blood, the water in the neighboring tissues is attracted to that salt-rich blood. This, in turn, allows the cells to re-absorb the enriched intra-cellular fluid. Healthy kidneys remove the saline fluids easily. The presence of refined salt, however, poses a great risk to the body. It prevents this free crossing of liquids and minerals, thereby causing accumulated fluids to stagnate in joints, lymph ducts, lymph nodes and the kidneys. Its dehydrating effect can lead to gallstone formation and numerous other health problems.

The body requires salt to properly digest carbohydrates. In the presence of natural salt, saliva and gastric secretions are readily able to break down the fibrous store of carbohydrates. In its dissolved and ionized form, salt facilitates the digestive process and sanitizes the gastro-intestinal tract.

In contrast, commercially produced table salt has just the opposite effect. To make salt resist re-absorption of moisture and, thereby, be more convenient for the consumer, salt manufacturers add chemicals as desiccants, as well as different bleaches, to the final salt formula. The bleaching agents make the grayish-looking salt look snow-white. The salt also contains other harmful additives, including aluminum silicate, a primary cause of Alzheimer's disease. After undergoing processing, the salt can no longer blend or combine with human body fluids. This invariably undermines the most basic chemical and metabolic processes in the body. Water retention, kidney and blood pressure problems are the most obvious consequences of salt consumption. Too much sodium can also cause muscle cramps, fatigue, irritability, confusion, muscle weakness, abdominal bloating, high blood pressure and heart disease.

Refined salt is still being added to thousands of different foods. Over fifty percent of the American population suffers from water retention (the leading cause of weight gain and obesity). A good percentage of this problem can be attributed to the wide use of commercially produced salt.

Before it was commercially produced, versus naturally harvested, salt was considered the most precious commodity on earth, even more precious than gold. During the Celtic era, salt was used to treat major physical and mental disturbances, severe burns and other ailments. Research has shown that seawater removes hydro-electrolytic imbalance, a disorder that causes loss of immune response, allergies and numerous other health problems.

In recent years, salt has earned a bad reputation and people have learned to fear it, in the same way they fear cholesterol. Many doctors warn their patients to stay away from sodium and sodium-rich foods. But living salt-free lives, on the other hand, means having increased risk of mineral and trace mineral deficiency, as well as numerous other complications. Eating unrefined salt fulfills the body's need for salt without upsetting the hydro-electrolytic imbalance. If your diet contains a good amount of potassium in

natural form, you should not have any concern about being harmed by the relatively small amount of sodium in sea salt. Foods that are particularly high in potassium are bananas, apricots, avocados, pumpkin seeds, beans, potatoes, and winter squash. When potassium levels in the body drop to below normal, sodium may become a source of imbalance.

Celtic ocean salt and unprocessed rock salt are excellent salts. Celtic salt is naturally extracted through sun drying, and rock salt is millions of years old sea salt harvested from deep within the crust of the earth. Apart from having a delicious taste (in contrast to the sharp taste of commercial salt), these salts also have a detoxifying effect on the gastro-intestinal tract. For salt to be beneficial for your health, it needs to penetrate foods, thereby allowing the moisture of the fruits, vegetables, grains, legumes, etc. to dissolve the salt. If salt is used in its dry state by adding it to your food afterwards, it enters the body in a non-ionized form and creates thirst (a sign of being poisoned). This occurs, for example, when you eat salted chips or popcorn. Since the salt is not being properly assimilated and utilized in that form, it may lead to other disturbances as well.

You may dissolve a pinch of salt in a small amount of water and add that to fruit or other foods that are not usually cooked. This will aid in the digestion of those items while helping to de-acidify the body. Adding a pinch of salt to drinking water generates alkalinity in the body and provides you with important minerals and trace elements. It may be worth mentioning at this point that food should taste delicious, but not salty, in and of itself. Pitta body types require less salt than other body types. Celtic salt or other wholesome salts are not only delicious, but also essential for good health.

Benefits of Real Salt

- Stabilizes irregular heartbeat and regulates blood pressure – in conjunction with water.
- Extracts excess acidity from the cells in the body, particularly the brain cells.
- Balances sugar levels in the blood, which is particularly important for diabetics.
- Is essential for the generation of hydroelectric energy in the cells in the body.
- Is vital for the absorption of nutrient components through the intestinal tract.
- Is needed to clear the lungs of mucus and sticky phlegm, particularly in asthma and cystic fibrosis.
- Clears up catarrh and congestion in the sinuses.
- Is a strong natural antihistamine.
- Can prevent muscle cramps.
- Helps prevent excess saliva production. Saliva that is flowing out of the mouth during sleep may indicate salt deficiency.
- Makes bones firm. Twenty seven percent of the body's salt content is located in the bones. Salt deficiency and/or eating refined salt versus real salt are leading causes of osteoporosis.
- Regulates sleep; acts as a natural hypnotic.
- Helps prevent gout and gouty arthritis.
- Is vital for maintaining sexuality and libido.
- Can prevent varicose veins and spider veins on the legs and thighs.
- Supplies the body with over 80 essential mineral elements.

Sugars That Heal

There are a number of sugars that can actually end infections without even destroying the germs that trigger them:

1. FOS

FOS is a concentrated chain of fructooligosaccharides composed of carbohydrates found naturally in fruits, vegetables and grains. FOS has been a popular supplement in Japan for years and is becoming increasingly respected in the Western Hemisphere for its "prebiotic" effects. Prebiotics serve as intestinal nutrients for the probiotic beneficial bacteria that naturally populate the gut, such as bifidobacteria and lactobacilli. FOS thus promotes the ability of these bacteria to support proper digestion.

Among those who may particularly benefit from FOS's healthful effects on intestinal bacteria are people who have used antibiotics (antibiotics can seriously disrupt the balance of intestinal bacteria), people who have eaten a poor diet for several months or years, visitors to foreign countries where "travelers' diarrhea" is a risk, and those who face constant stress.

Japanese research has demonstrated that supplemental FOS is digested only to a small extent in the upper gastro-intestinal tract. FOS passes virtually unchanged to the colon, where it is fermented and used as a fuel by beneficial bacteria. Both beneficial and potentially detrimental organisms inhabit our lower gastro-intestinal tracts, but fortunately, many pathogenic and putrefactive bacteria cannot break the bonds that hold FOS together. According to the research, FOS can help promote up to a ten-fold increase in the populations of bifidobacteria and lactobacilli. As a result, the intestinal environment becomes increasingly uninhabitable for potentially harmful bacteria such as *Escherichia coli*, clostridia, *Veillonella* and *Klebsiella*. As the detrimental bacteria die off, the beneficial bacteria of the colon are allowed to grow and proliferate, establishing a beneficial intestinal balance to exert their health-promoting effects.

In addition to aiding digestion, FOS may also benefit diabetics by preventing swings in blood sugar. By helping to eliminate or prevent the formation of toxic compounds in the intestines, blood and lymph, FOS may assist the liver in its effort to keep the body toxin-free. FOS has already been shown to support cardiovascular functions by lowering blood pressure and reducing blood fats and total cholesterol levels. FOS's naturally induced ability to increase resistance to infection may be especially helpful for people at increased risk of bacterial infections. FOS also supports the production of various vitamins and minerals. Animal studies suggest that FOS may help prevent anemia and loss of bone density by promoting absorption of iron and calcium in the intestines.

FOS is a mildly sweet, white, sugar-like powder that can be taken in tablet/capsule form (see *Product Information*). Very high dosages may cause intestinal gas in some people.

2. Xylitol Curbs Tooth Decay

Xylitol is a sugar alternative that looks and tastes like real sugar but contains less than 40% of the calories. Xylitol is a natural carbohydrate that is found in fibrous plants and vegetables, including birch

and other hardwood trees, berries, almond hulls and corncobs. The human body produces small amounts (5-15 grams per day) during normal metabolism. It has been approved for use as a sugar substitute in over 35 countries.

Xylitol has been shown in studies to reduce plaque and cavities up to 80% by neutralizing plaque acids and inhibiting the growth of *Streptococcus mutans*, the plaque-producing bacteria most responsible for causing cavities (dental caries). Xylitol stimulates remineralization of tooth enamel. It has also been known to boost the immune system, and in children, Xylitol specifically inhibits the growth of *Streptococcus pneumoniae* bacteria, reducing ear and sinus infections in clinical trials by 40%.

In addition, Xylitol has been shown to improve breath odor, retard loss of tooth enamel, reduce infections in the mouth and nasopharynx, and relieve dry mouth. It is safe for diabetic and hypoglycemics. Xylitol does not encourage growth of yeast, including *Candida albicans*. In contrast to ordinary sugar, xylitol increases the absorption of B-vitamins and calcium.

Xylitol enjoys wide acceptance in Japan, Finland, and the Scandinavian countries. In the Soviet Union it has been used for decades as a sweetener for diabetics, and in Germany in solutions for intravenous feeding. Numerous clinical and field studies performed over the past 30 years have demonstrated the safety and efficacy of xylitol as a healthy alternative to sugar and artificial sweeteners. Xylitol is recommended and used by dentists, periodontists and nearly all other medical and dental professionals worldwide.

Xylitol is added to chewing gum, gumdrops and hard candy, mints, toothpastes and mouthwashes. Recent studies at the Dental Schools of Michigan and Indiana Universities have tested the effect of xylitol/sorbitol blends in chewing gum and mints on plaque. They showed a significant decrease in plaque accumulation. In the United States, xylitol is approved as a direct food additive for use in foods for special dietary uses. It can be purchased in bulk form from health food stores and many online stores (see *Product Information*).

3. D-Mannose for Bladder/Kidney Infections

D-Mannose is considered to be a simple sugar, like glucose. It is naturally found in cranberry and pineapple juice. When D-Mannose is ingested into the body, most of it is rapidly absorbed through the stomach and upper gastro-intestinal tract before reaching the intestines. The result is that almost all of the sugar is emptied into the urine through the kidneys, and only a very small amount of D-Mannose is actually metabolized by the body. Although it may not be obvious at first, but the fact that the body treats D-Mannose essentially as a waste product turns out to have very positive implications for people suffering from urinary disorders, such as bladder infection.

Escherichia Coli (or *E. Coli*) is the normal bacterium found in every intestinal tract as part of the natural microbe population therein. When *E. Coli* bacteria find their way into the urinary tract, they may infect the urinary bladder. This is quite common. In fact, 80-90% of all bladder infections (cystitis) can be attributed to *E. Coli* entering the urinary tract, a problem 50 times more widespread among women than among men. Provided there exists a predisposing weakness of the immune system, *E. Coli* bacteria present in the vagina are able to migrate into the urethra and onward to the bladder, which is why many women end up with a bladder infection every time they have intercourse. Unless the immune system destroys them, *E. Coli* bacteria have the ability to attach themselves like glue to the inner walls of the urinary tract and bladder.

A bladder or urinary tract infection may be indicated by incontinence, burning sensation upon urination, sensation of urgency to urinate without the ability to void completely, reddish or cloudy urine, foul smelling urine, lower abdominal pain, and frequent urination.

If left untreated, a bladder infection may lead to a kidney infection when bacteria continue to migrate up the ureters to the kidneys. In such case, there will be additional symptoms such as burning sensation during urination, frequent urination, increased urgency to urinate, lower back pain, chills, nausea, vomiting and diarrhea.

D-Mannose has a unique chemical structure that causes it to adhere to E. Coli bacteria even more tenaciously than E. coli adhere to human cells. Normal urination, therefore, with a sufficient level of D-Mannose present in the urine, becomes a simple and effective treatment for the above conditions. As remarkable as it sounds, E. Coli cells coated by D-Mannose in the urine become unglued and get flushed right out of the body.

The first-time use of antibiotics in the treatment of bladder or kidney infection almost always leads to repeat infections. Although these deadly drugs successfully kill the unwanted microorganisms, they also destroy the beneficial flora responsible for keeping any infectious bacteria at bay. Essentially, the immune system depends on these “friendly” microbes to protect the body against being decomposed while still living. Use of antibiotics has caused many women to end up having yeast infections, which indicates that this protective mechanism has already been broken.

D-Mannose has no anti-fungal properties. It does not kill bacteria, friendly or unfriendly. D-Mannose simply helps to remove misplaced E. coli from inside of the urinary tract by the natural process of urination. Apart from having no side effects and being of virtually no burden to the digestive system, it also tastes good.

Interstitial Cystitis (IC) is a chronic bladder disorder that mimics the symptoms of an ordinary urinary tract infection (UTI). Normal therapeutic dosage is 1/2 tsp. daily for chronic sufferers of ICs and UTIs, or weekly for preventative measures (see *Product Information*).

In addition to the use of D-Mannose, UTI sufferers require thorough cleansing of the large intestine, liver bile ducts and kidneys, and an adjustment of diet and lifestyle as advocated in this book. Taking SSKI iodide may also be beneficial.

Lapacho (Pau d' Arco)

An Amazing Incan Herbal Remedy

South American physicians are using a recipe derived from the ancient civilization of the *Incas* to successfully treat various forms of cancer – including leukemia and other life-threatening diseases. They use the inner bark of the Lapacho Colorado Tree, or *Red Lapacho* - called so because of its scarlet flowers. Also known as Pau d'Arco, Ipe Roxa and Taheebo, the *red Lapacho* tree grows in the warmer parts of South America: Brazil, northern Argentina, Paraguay, Bolivia, etc. The tree apparently only grows where there is high ozone content in the air, with high concentrations of vital negative oxygen ions. It is virtually free of contaminants caused by pollutants such as pesticides or exhaust fumes.

The tree has vibrant, trumpet-shaped flowers – pink, purple, or yellow, depending on the species. The *Lapacho* tree with the purple flowers has the most potency. The unusual thing about the flowers is that

they are carnivorous and eat insects, protecting the tree against pests, parasites, viral infections, and fungal growth.

The power of the tree lies in the inner bark. It can be removed without damage, dried, from which an extract is obtained. The tree renews its bark and, therefore, serves as a continuous supply source. The active ingredient is known as *Lapacho*. The herbal remedy is valued for its ability to strengthen and balance the body's immune system. With all the herbal cures and the treasures the *Incas* left us, there appears to be none as precious as *Lapacho*, which their descendants – the Callaway – are still using today.

Lapacho is commonly applied in the alternative treatment of cancer, AIDS, and Candida Albicans overgrowth and other fungal problems as well as many other diseases of the immune system. Moreover, *Lapacho* is highly valued for its ability to detoxify the body, particularly the liver, kidneys, and intestinal tract. It also helps babies cope with food allergies and intestinal cramps. Research in South America on *Lapacho* has shown it to help reduce counter-reactions to antibiotics and to allow other medicines to work more effectively by reducing the danger of toxic effects on the liver.

Lapacho can be used safely along with other medicines and even minimize their side effects. I personally have recommended it to hundreds and thousands of people, with very good results, especially for infections. Many medical doctors and dental surgeons now routinely prescribe *Lapacho* to their patients for infection instead of giving them antibiotics. This herb seems to work both at the causal and symptomatic level, which may explain the absence of side effects.

Medicine of the Highest Caliber

The following is a list of ailments that South American doctors found were helped by *Lapacho*:

- Anemia Tonic
- Asthma Ulcers
- Arteriosclerosis
- Blood builder
- Bronchitis
- Cancer
- Cystitis
- Diabetes
- Gastritis
- Hernias
- Infectious diseases
- Leukemia
- Liver ailments
- Osteomyelitis
- Psoriasis
- Pyorrhea
- Parkinson's disease
- Ringworm
- Rheumatism
- Skin problems
- Varicose veins
- Venereal diseases
- Wounds

Further research showed that *Lapacho* is also helpful in colds, influenza, gonorrhea, polyps, prostate infection and enlargement, tuberculosis, growths, multiple sclerosis, typhus, dizziness, impotence, hair loss, boils, snake bites, food allergies, and chemical allergies. When applied topically, it can help against dandruff, eczema and skin cancer. Scientists believe that *Lapacho* may even have potential in the treatment of AIDS. *Aveloz* is a herbal remedy which when used in combination with *Lapacho* is capable of practically breaking down cancer cells while *Lapacho* itself addresses more the cause of the disease.

The fascinating revelation about the properties of *Lapacho* is that there has never been any record in medical research of an antibiotic chemical agent capable of destroying both bacteria and viruses. Any other known type of vegetation when exposed to water and the weather is eventually covered with spores

that lead to the formation of fungus. This does not occur in the case of *Lapacho*, indicating an uncommon resistance. Following are the known properties of *Lapacho*:

- ANALGESIC - agent that diminishes pain without the loss of consciousness
- SEDATIVE - agent that alleviates nervousness, irritation and distress
- DECONGESTANT - agent that relieves congestion throughout the body
- DIURETIC - agent used to stimulate secretion and the flow of urine
- HYPOTENSIVE - powerful nervine relaxant that induces sleep when necessary
- VIRUCIDAL - agent capable of destroying a virus

The dramatic cures caused by *Lapacho* in Brazil were so astounding that the government of Brazil began to study and confirm its healing properties. Research at the University of Illinois, USA, supports the research in Brazil, and the claim that *Lapacho* does indeed contain a substance to be highly effective against cancers. Dr. Teodoro Meyer of the State University of Tucuman, Argentina, was the first researcher to discover an antibiotic substance, called *Zyloiden*, that he found is capable of killing viruses. *Lapachol*, the main ingredient of the herb, also was discovered to have powerful antitumoral action without toxic side effects. The antineoplastic activity was confirmed in 1968 when the use of *Lapachol* on rats carrying *Yashida's Sarcoma* inhibited the growth of the tumors in 84 percent of the animals treated with high doses.

Professor Accorsi of Sao Paulo University also found *Lapacho* to be of excellent therapeutic value in the treatment of various forms of cancer including leukemia. A Japanese research group led by doctors from the National Cancer Center confirmed Professor Accorsi's findings. The researchers were able to extract an anti-cancer substance from *Lapacho*, which they found acted against leukemia and malignant tumors including those in stomach cancer.

Besides its powerful healing properties, *Lapacho* is a powerful tonic and blood builder that increases the hemoglobin content and the number of red corpuscles. This is not surprising because *Lapacho* contains easily absorbable (colloidal) iron. It also assists with the proper assimilation of nutrients and the elimination of wastes, which is essential for recovery from any illness. *Lapacho* seems to be capable of revitalizing the body, by creating new vital elements and normal cell growth. It permits control of "incurable" diseases, lengthening life span and enhancing the quality of life both at the same time. *Lapacho* is a gift of nature to us humans and we may greatly benefit from accepting this gift.

Dosage: To strengthen the immune system, drink 2-3 cups each day, or take 2 capsules three times daily. For infection/inflammation, cancers, or other serious illnesses, double the dosage.

Beware: Not all Pau d' Arco products sold in today's grocery stores, on the internet and even in herbal stores are potent enough to have the effects mentioned. Look for the most reputable stores known for their high quality products, even if their prices are somewhat higher than at stores that sell the common brands. However, I found that even the extracts offered at local health food stores still have some good benefits, effective enough to counteract a simple infection or immune weakness

Olive Leaf Extract

This ancient herbal remedy has very similar and equally powerful healing properties as *Lapacho*, so I will omit repeating them here. I will mention, though, one particular ailment for which olive leaf extract has especially astounding and fast-acting effects – *Shingles*. In most cases, five 150 mg capsules, or two

500 mg capsules a day, taken with food, helps to end this painful affliction within just 3-4 days. For the very elderly patients, though, it might take as long as a week or two for full recovery.

Olive leaf extract is one of the natural alternatives to pharmaceutical antibiotics. It has long been known for its antimicrobial properties, and has been officially tested as an antimicrobial agent, with sufficient power to achieve a published status in peer-review journals.

Astragalus

Astragalus membranaceus (*Dong Quai* in Chinese Medicine) is mostly used to strengthen immunity and assist the body with preventing colds, the flu and other illnesses. However, according to Chinese tradition, astragalus **should not** be taken during the early stage of infections. It may still ward off the flu, however, if taken just as the first signs or symptoms begin to appear. Its greatest effects are preventative.

Other proposed uses are: AIDS; arteriosclerosis, chemotherapy side effects, chronic active hepatitis; diabetes; genital herpes; high blood pressure; hyperthyroidism; and insomnia.

Sage Oil – A Memory Booster

In the 17th century, noted herbalist Nicholas Culpeper wrote that the herb sage could "heal" the memory, while, "warming and quickening the senses." Sage has always had that reputation, but no one knew why. Researchers from the Medical Plant Research Centre (MPRC) at the Universities of Newcastle and North Umbria in the UK have possibly uncovered sage's ancient secret. An enzyme called acetylcholinesterase (AChE) breaks down a chemical called acetylcholine that is typically deficient in Alzheimer's patients. According to a 2003 study at MPRC, sage inhibits AChE. Researchers gave 44 subjects either sage oil capsules or placebo capsules containing sunflower oil, and then conducted word recall tests. The group that received sage oil turned in significantly better test results than subjects that took the placebo.

Sage can be found in health food stores and from many Internet sites. There are no known side-effects.

Guarana – An Energy Booster

There is another South American plant that has very unusual and beneficial health-promoting properties. The plant is known as *paullinia cupana*, and its seeds as *Guarana*. Like *Pau d' Arco*, *Guarana* can be found in most health food stores

Guarana is regarded as a natural elixir or energy booster. Often, the Amazonian Indians would eat only *Guarana* when they went into the jungle. They would grind the seeds, mix them with water, and drink the concoction. This alone would sustain them on their long treks. They also used *Guarana* to combat fever, headaches and pain.

Research has shown that *Guarana* gently stimulates the adrenal system to combat fatigue without producing the harmful *adrenalin* shots. The large amount of bulk prevents its natural caffeine from being

released in bursts, as is the case with coffee or black tea. The gradual release of caffeine makes much energy available to the body without using up its (the body's) own energy resources. *Guarana* soothes the nervous system and is, therefore, useful for stress-related conditions including anxiety and depression. It has become highly valued as a tonic herb, improving both concentration and physical stamina. Many professional sportsmen and gymnasts use it regularly. Recommended uses are:

- When you need an energy boost (take it instead of coffee which can exhaust the nervous system)
- As a general tonic and stress reliever
- For those who live an active lifestyle or have a demanding day ahead
- During periods of hard work, either mental or physical
- As a gentle stimulant and to remove fatigue
- When recovering from an illness or feeling weak
- To slow or reverse signs of aging
- To help relieve headaches and migraine
- As a natural diuretic, to rid the body of excess fluid
- To relieve period pain
- As a non-addictive anti-depressant

Whatever brand you use, be sure it is 100% pure *Guarana* and not mixed with any other ingredients or preservatives. Beware of chewing gums or similar products that claim to contain *Guarana*. The large amount of chemicals and preservatives, colorings, artificial sweeteners, etc. they contain causes considerable harm to the body, which you can confirm by doing the muscle test.

The Bloodroot Paste, Indian Herb, and Healing Formula

All of these products can basically accomplish the same thing. When used topically, they are able to completely remove malignant and non-malignant skin cancers, moles, large freckles and other growth-type skin blemishes. When a tiny amount is applied to a mole, for example, about one week later the mole, along with its roots and toxic deposits, is discharged from the skin and falls off. Even large cancerous tumors come out in one piece, without the need for surgery.

The Healing Formula can also be taken internally and has numerous additional benefits. Cancers, for example, that are not located on the skin can be eliminated through internal use. If you intend to use these herbs only for topical use, the less expensive Indian Herb is sufficient.

Caution: When you apply the Indian Herb, be very careful not to use too much of it or put it on parts of the skin that don't require any treatment. The zinc chloride it contains can cause serious damage to healthy skin. The Bloodroot Paste doesn't contain zinc and may be less aggressive.

For more information and to purchase these herbal products see *Product Information* at the end of the book.

Pfaffia and Black Cohosh (For Women)

Pfaffia (also known as Brazilian Ginseng or Suma) is very effective for menstrual problems, menopausal symptoms, diabetes and any other hormonal problems. *Black cohosh* is one of the most effective natural products for menopause. It helps reduce and even stop hot flushes and other discomforts during a woman's hormonal changes (see also "The Purpose of Menopause" in Chapter 16).

SSKI Iodide

Iodine comes in the form of a super-saturated solution of potassium iodide known clinically as SSKI. It is available in any drugstore, usually without a prescription.

SSKI iodide can end a stubborn bladder infection, dissolve ovarian cysts and excessive cholesterol, and even flatten hemorrhoids when mixed with a vegetable oil and applied topically before bedtime. It can be used for nail fungus, too. For resistant infections, prostate cancer and other estrogen-caused illnesses, use 10 drops of iodine three times daily, for four to six weeks.

A few drops of SSKI iodide added to germ-infested water a few minutes before drinking it makes it safe to drink. To avoid getting sick after a long airline-flight, drink some water mixed with a few drops of SSKI iodide. The iodide travels quickly to the ears, nose and sinuses, thereby zapping hoards of bacteria and viruses circulating in the cabin air. Other applications include removal of toenail fungus, reduced flatulence and zapping of new acne.

A note on thyroid disease/goiter: About 96% of goiters are caused by an iodine deficiency. If you medicate with iodine, ideally with the simple prescription-free "SSKI iodide," it should best be done under careful supervision because, if overused, iodine can lead to hypothyroidism (see below). However, eating iodine-rich foods, such as dulse (a seaweed), is a more indirect and safe way to increase iodine and shrink goiters.

At the same time, it is important to remove blood vessel wall and lymphatic congestion that are behind the poor nutrient supply (including iodine) and waste drainage from the neck area and thyroid gland. Trapped lymphatic waste, consisting of metabolic waste products and dead cells, causes nodule formation and general thickening of the tissues there. This requires an overhaul of the digestive system, including the removal of all bile stones from the bile ducts of the liver, (see also *The Amazing Liver Cleanse*) cleansing of the colon, and changing one's diet/lifestyle according to body type requirements.

And yes, it is essential to avoid all dairy foods (except unsalted butter), meat and especially foods that contain soy (thousands of processed foods contain soy).

Caution: Although lack of iodine can cause thyroid disease, iodine can also suppress thyroid function when taken for long periods of time, such as several months or years. If you suffer from a thyroid condition, you need to take special care in monitoring thyroid function while using this treatment. I recommend that you consult with your doctor or a naturopathic healthcare professional before using SSKI. Although very few people are allergic to iodine, those who are should avoid it in any form.

Green Tea – A Tea for Life

For more than 30 years, Western researchers have known that the occurrence of solid tumor cancers is far less in countries where populations consume large amounts of green tea. Cultures that are endowed with a long tea tradition have much to contribute to individual and global health. However, this applies only to green tea. Regular black tea, presently very popular almost everywhere, has not much to do with *real* tea. Real tea is derived from the tea plant *Thea sinensis* or *Thea asoncica*, not to be confused with herb teas such as peppermint, chamomile or fennel.

Both black and green teas originate from the same tea plant, but their methods of processing are different. The breaking of the leaves of the plants and exposing them to the oxygen of the air produces black tea. The natural fermentation process destroys the most important biological ingredients of the tea – the tannins. By contrast, during the production of green tea, the leaves are stabilized through exposure to both humid and dry heat. This eliminates fermentation-producing enzymes and safeguards the nutrients.

Due to fermentation, black tea assumes drug-like qualities. Since tannins and other important nutrients are no longer present in the tea, its caffeine appears in free and unbound form. The stimulating effect of the quickly released caffeine causes the addictive effect of black tea. It triggers a “fight or flight response” in the body. Since the body treats the ingested caffeine as a nerve toxin, the adrenal glands naturally respond by secreting the antidote *adrenaline*. This defense response by the body has a stimulating and enlivening effect. However, as soon as the effects of the caffeine and *adrenaline* begin to diminish, the body starts feeling tired and ends up becoming exhausted.

Green tea works in a different way. The large amounts of *tannins* in green tea make certain that the caffeine is taken to the brain in only small and well-dosed amounts, which actually harmonizes the energies in the body. Unlike black tea, the original, green version of the tea makes the body's own energy-use more efficient. This helps the consumer of green tea improve his vitality and stamina without having to experience the “up and down” effect so often accompanied with the consumption of black tea.

The value of *tannin* has been studied for centuries all over the world. Besides its ability to bind caffeine, it also has healing properties. Green tea is particularly helpful with intestinal disorders and high blood pressure. It has been shown to be 20 times more effective in slowing the aging process than vitamin E. Studies have demonstrated that the success rate of green tea in reducing oxidants in the body (considered responsible for aging) is 74% compared to 4% with vitamin E. The vitamin C content of green tea is four times higher than in lemon juice and it contains more B-vitamins than any other known plant. This makes green tea useful for facial skin conditions such as rosacea/acne. Apart from drinking green tea, you may apply it directly to the skin before bedtime and after washing your face in the morning.

Since green tea is highly alkaline it naturally helps combat hyperacidity. People who drink green tea suffer less from arteriosclerosis. It also keeps the blood thin and prevents coronary heart disease, heart attacks and strokes. Furthermore, researchers from the University of Osaka, Japan, have been able to prove that green tea kills microbes responsible for cholera and tooth decay; it also destroys salmonella germs before they even have the chance to enter the stomach. A substance called “EGCG” has been found to retard tumor growth. The Botikin Hospital in Moscow reported that green tea is more effective against infection than antibiotics, without producing any harmful side effects.

Green tea has over 100 ingredients that have been found useful for a number of conditions; it

- Inhibits cell mutations leading to cancer
- Reduces blood fats
- Balances serum cholesterol levels
- Prevents high blood pressure
- Increases heart efficiency
- Improves brain functions
- Enhances metabolism
- Improves vision
- Supports secretion of saliva
- Increases growth of hair
- Reduces body fat and weight
- Stimulates digestion
- Helps clear urinary tract obstructions

In a study testing the preventative action of green tea, a team of researchers from the Department of Preventive Medicine at the University of Southern California (USC) found that green tea prevented breast cancer in women by 30% if they consumed about ½ cup per day. If they drank more than that, their risk of developing breast cancer was further reduced. Women who regularly drank black tea, on the other hand, didn't see a reduction in their breast cancer risk. The good news is that this study revealed that you don't need to drink buckets full of green tea to benefit from it.

The best green tea comes from the *Shizuoka* area in Japan; it grows organically and has no additives. People living in this area have a much lower cancer rate than those living in other areas of Japan. A reliable brand is *Sencha* sold by Kurimoto Trading Co., Japan. With over 130 ingredients it is the richest of all green teas. Other brands are *Ocha* or *Bancha*; you should be able to find at least one of them at a good health food store.

Note: The effectiveness of green tea depends on how you prepare it. Take 1½ teaspoons of green tea for two cups of tea. While you bring water to the boil, put the tea into a pot and pour the water over the tea when the bubbles disappear. After no longer than 35-45 seconds pour the tea through a sieve into a teapot, otherwise the tea loses its effectiveness. You may use the same leaves a second time by applying the same procedure.

Is There Something Toxic In Green Tea?

Some web sites on the Internet claim that tea is very high in *fluoride* content. Fluoride in tea is supposedly much higher than the Maximum Contaminant Level (MCL) set for fluoride in drinking water. Another site confirms that information, adding that the typical cup of tea exceeds one milligram of fluoride, which is well over the recommended amount for fluoridated drinking water. On yet another site it says that *fluorine* and its compounds in food are entirely different from chemically produced sodium fluoride. It states that once an element is extracted from the soil and incorporated into plant life, its properties change greatly. Yes, fluoride is found in tea and also in mother's milk. This applies also to areas where there is no fluoride in the drinking water or air. Numerous plants contain naturally occurring

fluorine or fluoride compounds. The hideous version of fluoride that is added to drinking water in so many parts of the world is the poison we ought to protect ourselves against. As *John R. Lee M.D.*, "Fluoride, once touted as an osteoporosis treatment, is, in fact, toxic to bone cells."

If the naturally occurring fluoride in green tea were even remotely toxic, it would not have shown to have such a wide range of preventive and curative effects. The body's immune system would reactively respond to it and become weakened in the process, yet quite the opposite is true. Green tea inhibits cell mutation, stimulate digestion and enhance brain functions. Synthetic fluoride causes the exact opposite responses.

The fluoride - or fluorine - that occurs naturally in tea and other foods is so volatile that most of it evaporates in the heating process. The synthetic sodium fluoride that's added to water, on the other hand, remains stable when heated. So the sodium fluoride in your cup of tea is of much greater concern than the natural fluoride in the tea itself. Excessive fluoride intake can lead to hyperthyroidism. If you have been diagnosed with this disorder should consult with a doctor of Ayurveda, Chinese Medicine or an ND (doctor of naturopathic medicine) who is knowledgeable about nutrition and its effects on the body's endocrine glands.

Ginkgo Biloba – Brain Food

I also recommend *Ginkgo Biloba*, available at most health food stores. Guarana and Ginkgo seem to complement each other. Ginkgo is considered brain food. It apparently increases blood flow to the brain, thereby improving memory and brain function. It is known to improve all kinds of circulatory problems and it especially increases blood flow to the heart, extremities, skin, eyes, inner ear and other organs. Ginkgo is known to relieve anxiety and depression, vertigo, headaches, tinnitus, PMS, asthma, allergy symptoms, and hepatitis. It is also a natural mood-enhancer.

Aloe Vera – An Ancient Healer

Throughout the ages *Aloe Vera* has been known as the "medicine plant," "burn plant", "first-aid plant" or "miracle plant". Even today, *Aloe Vera* is one of the most effective plants for treating burns, healing wounds and relieving aches and pains. It is recommended for psoriasis, where, when used regularly, it reduces scaling and itching and greatly improves appearance.

Aloe Vera became very popular for its use in combating the severe burning effects caused by X-rays and nuclear disasters. Radiation burns cause skin ulcerations that had been nearly incurable until physicians began trying the old folk remedy of the *Aloe Vera* leaf.

Today, *Aloe Vera* has gained such great popularity that it is being used in many cosmetics and health products. *Aloe Vera* juice that is taken internally has been found to be effective in almost every illness, including cancer, heart disease and AIDS. In fact, there is hardly any disease or health problem for which *Aloe Vera* has not been proven successful. It is helpful for all kinds of allergies, skin diseases, blood disorders, arthritis, infections, yeast overgrowth, cysts, diabetes, eye problems, digestive disorders, ulcers, liver diseases, hemorrhoids, high blood pressure, kidney stones and stroke, to name a few. Effects are most beneficial if treatments are applied both internally and externally. *Aloe Vera* contains over 200 nutrients, including the vitamins B1, B2, B3, B6, C, E, Folic acid, iron, calcium, magnesium, zinc,

manganese, copper, barium, sulphate, 18 amino acids, important enzymes, glycosides, polysaccharides, etc.

There are an estimated 500 published independent research studies conducted by doctors and scientists on the healing agent found in the Aloe Vera plant and its non-toxic benefits. This is many more studies than one would find on any other natural substance, and hundreds of times the confirmation of safety and effectiveness of any drug available.

Caution: With regular drinking of *Aloe Vera*, diabetics may improve the ability of the pancreas to produce more of its own insulin. Since too much insulin is dangerous diabetics should consult their physician to monitor their need for extra insulin. Many diabetics report a reduction in the amount of insulin required.

Also if you experience diarrhea or intestinal cramping for more than 2-3 days, discontinue. This is due to irritants the aloe plant contains. Instead, you may choose a product that has all irritant removed.

Watch out for the frauds: Since the consumer market has created a great demand for *Aloe Vera* juice, production is increasing rapidly. Unfortunately, many brands contain inadequate amounts of *Aloe Vera* juice to be effective. According to the law, if you take a 10,000-gallon vat and put 9,999 gallons of water in it and then add one gallon of *Aloe Vera* juice, you are allowed to advertise that it contains “100% pure stabilized *Aloe Vera*.” You are not required to mention how much extra water has been added to the 100% *Aloe Vera* juice. Hence many people are disappointed because they do not receive the acclaimed benefits. Before using any brand it is good to check out the exact table of contents as mentioned in a company’s brochure or better ask the company to give you the exact figures of contents.

Also, don’t be tempted to buy the cheapest *Aloe Vera* juice. *Aloe Vera* juice is expensive. If you are not getting any benefits from it, you may have chosen the wrong product. Try other brands until you are satisfied. Tests have shown that less than one percent of readily available brands contain acceptable levels of *Aloe Vera* to be of any medicinal value. From the over 1,000 brands of *Aloe Vera* available on the market today, some hardly have a trace of *Aloe Vera* in them. Their labels contain such phrases “it tastes like mineral water” and “no additives or preservatives.” Chemical analysis reveals that these “products” contain almost nothing but plain mineral water.

The good news is that more and more people have begun to see through the fraud business; hence, many other companies are now also introducing the real thing.

Caution: With regular drinking of *Aloe Vera*, diabetics may improve the ability of the pancreas to produce more of its own insulin. Since too much insulin is dangerous diabetics should consult their physician to monitor their need for extra insulin. Many diabetics report a reduction in the amount of insulin required.

Also if you experience diarrhea or intestinal cramping for more than 2-3 days, discontinue. This is due to irritants the aloe plant contains. Instead, you may choose a product that has all irritants removed. One of the most promising products is molo-cure (see also Product Information at the end of the Book).

A.M.P. Molo-cure For IBS, Leaky Gut, Stomach Ulcers, Ulcerative Colitis, Crohn’s Disease and Acid Reflux

The Aloe Vera mucilaginous polysaccharide molecule (A.M.P.) is a complex carbohydrate, a food substance, and is totally non-toxic. Molo-Cure is the stabilized healing agent, which has been extracted

from the Aloe Vera Plant. Gallen Marshall, M.D., Ph.D., professor of immunology and allergy at the University of Texas Health Science Center in Houston injected 50 medical students in 1993 with Aloe mucilaginous polysaccharides, with FDA approval, and confirmed that there were no toxic side effects (no toxicity in the liver, bone marrow, kidneys and cells in general). Since this test in 1993, tens of thousands have taken A.M.P. without a single incident of harmful effect. A.M.P. has been found to be very beneficial in a number of ways:

- Helps stop the bleeding, damage and leakage of the intestine wall, thereby taking the stress off the immune system.
- Helps to effectively balance and restore proper immune system function alleviating the auto-immune response and allergic conditions.
- Acts as a potent anti-inflammatory agent to reduce inflammation.
- Helps to rebuild the intestinal protective mucosa lining.
- Promotes and accelerates the tissue healing process.
- Helps stop the overproduction of stomach acids which lead to heartburn, acid reflux disease or “gastro-esophageal reflux disease” (GERD)
- Aids in the restoration of proper moisture levels within the colon eliminating both diarrhea and constipation over time.
- Helps fuel all bodily systems through the promotion of proper digestion, absorption and assimilation of foods and nutrients.
- Aids in the normalization of an array of damaging processes in the digestive tract.
- Aids in the elimination of poor digestion and thus a host of pathological reactions
- Has direct anti-bacterial, anti-viral, anti-fungal, anti-yeast and anti-parasitic effects.
- Increases Phagocytosis dramatically to ingest foreign viral and bacterial agents.
- Promotes the proliferation of healthy flora in the digestive tract.
- Helps to control chronic yeast growth so that normal healthy flora may thrive.
- Helps to increase blood circulation throughout the body and aids in blood sugar balancing.
- Is an extremely effective intracellular antioxidant and free radical scavenger.
- Permeates every cell in the body.
- Is not digested by the enzyme systems - it is taken up into the cell intact.
- Is absorbed through special receptor sites which exist within the human digestive tract.
- Is 100% non-toxic with no negative side effects.
- May be used simultaneously with any medication with no contra-indications.
- Is 100% natural.

A.M.P. is classified as an edible food material and is safe for adults and children of all ages. A.M.P. is not a drug. No prescription is needed.

A Note of Advice: As always, while any or all of these products may be very beneficial, don't forget to take care of the root causes of your ailments. Relieving symptoms of disease can actually be detrimental to your health unless you also remove whatever causes them. In most cases, cleansing the liver, kidneys and colon and adjusting one's diet/lifestyle are sufficient to take care of most physical problems.

To deal with the psychological and emotional issues that are behind most physical disorders, I suggest using Sacred Santémomy (see details below), Freedom From Judgment and It's Time to Come Alive (see *Other Books, Products and Services by the Author* at the end of the book).

Ionic Liquid Minerals

Your body is like *living soil*. If it has sufficient minerals and trace elements to work with, it is able to nurture you and produce everything you need to live and grow. These essential materials, however, can get easily depleted when you are not getting enough of them through your food. Centuries of constant use and overuse of the same agricultural fields have led to foods that are highly nutrient-deficient. The situation worsened with the onset of chemical fertilizers that manipulate crops into growing more rapidly, with no regard to nutrient availability. When minerals and trace elements run low in the body, important functions can no longer be sustained, or become subdued. Disease is generally accompanied by lack of one or more of these important substances.

Because of the unnatural situation of mineral depletion in our soil today and, therefore, in our bodies, it may be useful for certain individuals (Vata and Pitta types who suffer from chronic health problems) to supplement with minerals. The crucial question is whether the minerals sold in nutrition stores or pharmacies are capable of replenishing the mineral supply to the cells of the body. The answer is: "Highly unlikely!"

Minerals are commonly made available in three basic forms: capsules, tablets and colloidal mineral water. Before the depletion of soils, plant foods and the mineral-rich water they absorbed were our best mineral providers. When a plant grows in a healthy soil environment, it absorbs existing colloidal minerals and changes them into ionic, water-soluble form. The ionic minerals come in the minute size known as *angstrom*, whereas the colloidal minerals, also known as inorganic, metallic minerals, are about 10,000 times larger (micron-size). Ionic, water-soluble, plant minerals are absorbed readily by our body cells. In contrast, colloid particles packed into complex compounds and delivered in pill form stand a chance of less than 1% absorption. The minerals found in colloidal mineral waters are not any better absorbed. These are not water-soluble, just suspended between water molecules.

Common compounds include calcium carbonate and zinc picolinate. These colloid particles tend to get caught in the blood stream and subsequently are deposited in different parts of the body. In the form of deposits they can cause major mechanic and structural damage. Many health problems today, including osteoporosis, heart disease, cancer, arthritis, brain disorders, kidney stones, gallstones, etc., are the direct result of ingesting large quantities of such metallic minerals.

Fortunately, there is a very efficient way to obtain minerals in the size and with the characteristic of plant minerals. By vaporizing minerals in a vacuum chamber (without oxygen), they are prevented from oxidizing and forming into complex states. Once vaporized, the minerals can be combined with purified water and be made readily available to the cells of the body. One company located in Minnesota (USA) has managed to create a delivery process capable of converting colloids into 99.9% water-soluble, ionic minerals. The company, ENIVA, makes these minerals available via distributorship.⁸ Another brand is "WaterOz & Angstrom Ionic Minerals." Their prices for some of their products appear to be more

⁸ To order any products from Eniva (www.eniva.com), you require a sponsor name and ID. You may use the name and ID of the author, Andreas Moritz, #13462. He does not benefit from your order.

competitive and products can be purchased directly from the Internet without having to go through a sponsor⁹ (see *Product Information* for more details). (There is more about minerals and vitamins in Chapter 11, Section 1)

9. Waterless Stainless Steel Cookware

Since 1985 I have been using Waterless Stainless Steel Cookware for all my cooking. In my opinion and experience, this is by far the most uncomplicated and least time-consuming method of preparing cooked meals without losing valuable vitamins, enzymes and flavor. This five, seven or nine-ply surgical stainless steel cookware allows you to cook your food in less than half the time and with one-fourth the heat.

There is no more pouring the nutrients down the drain when boiling vegetables. There is no more cooking in hot oil and robbing the food of its vital nutrition and fiber. The tight seal that the vapor-seal maintains allows the flavor and nutrients to remain in the vegetables. Unlike in pressure cookers, there is no steam-pressure building up inside the cookware. The temperature generated inside the cookware is much less of what is required for boiling water, yet the food cooks much faster than with ordinary cookware.

There is also no need to keep checking on the food; in fact, if you do, the cooking process will be interrupted and will take longer than necessary. While the food is being cooked, you can prepare other foods, such as salad. Within 20 minutes you can serve a meal consisting of three cooked items, such as vegetables, rice and beans. A light evening meal consisting of vegetables or a vegetable soup can be fixed in a matter of a few minutes. Cooking from scratch must no longer be a burden. I can attest to that, since I do it every day.

Waterless cooking cannot be accomplished with Teflon, iron, aluminum, glass, porcelain and department store lightweight stainless steel. In the U.S.A., you can buy 15-piece sets of 9-ply stainless steel cookware for as little as \$180. Waterless cookware not only costs hundreds of dollars less than the cookware you see in cooking shows, but it also comes with a Lifetime Warranty (search for “Waterless Cookware” on the Internet or see *Product Information*).

Basic Rules of Cooking with Waterless Cookware:

- **Always use the right pan**
Select the pan the food will most nearly fill, as air pockets created by “too large for the food quantity” pans may destroy vitamins, dry your foods and possibly burn them.
- **Rinse prepared fruits and vegetables**
Rinsing in cold water and then draining is important for 2 reasons: it removes harmful chemicals and allows water to cling to the food, combining with the natural juices to cook in its own steam. You may add spices, salt, vegetable bouillon, oil or butter, salt, coconut milk or other ingredients. This is waterless, nutritional cooking. Until you get used to this new method, you may want to add several tablespoons of water.

⁹ WaterOZ products can be ordered from Kornax (www.kornax.com).

- **Control the heat**

Always control the heat throughout the cooking process. If you have heat that is too high, it evaporates the steam and your food burns. With waterless cookware, the control is never on higher than medium heat.

- **Get a vapor seal**

Start the cooking process on medium heat until the steam control valve whistles in the open position. Then turn the heat down to low or simmer and close the valve. After you do this, the lid will form an airtight heat seal.

When cooking watery type food such as apples and cabbage, it takes about three minutes to create a water seal. More solid food such as potatoes and carrots take about five minutes for the lid to seal after turning the heat to low and closing the steam control valve.

- **Don't peek**

Resist that urge to peek! When the cover is removed during the cooking period, heat and steam are allowed to escape. This lengthens the cooking time and dries out the food.

10. Water Ionizers

Water Ionizers are machines that can turn normal tap water into a powerful cleanser that has antioxidant effects. Water with a negative ORP (or charge) is known to retard the aging process. A high or rising ORP, on the other hand, causes oxidation and therefore aging. *Ionized Water* counteracts this rising ORP and has a rejuvenating effect on the on a cellular level. For instance, freshly squeezed orange juice has a negative ORP of -250. Although we can only drink comparatively small amounts of orange juice in a day without becoming overburdened by the sugar it contains, we *can* drink as much ionized water as we wish to a day.

Ionized water also contains hydroxyl ions. These are oxygen molecules with an extra electron attached to them, as are all antioxidants such as vitamins A, C and E. You can see them in the form of thousands of tiny bubbles when you slow down the water flow on the water ionizer. Hydroxyl ions scavenge free oxygen radicals and provide us with extra oxygen and energy. Oxygen carries away acid waste from body tissue. It destroys cancer cells and protects us against bacteria and viruses invading the body. It is the body's most essential nutrient.

Ionized water also helps balance the body's pH, which tends to be acidic because of our modern diet comprised of processed, refined and preserved foods. Besides medical drugs, soft drinks contain the most acid-forming substances a person can put in their body. Because it is very alkaline, ionized water can help dissolve accumulated acid waste and protect the body against acidity-related illness (most diseases are a form of acidosis).

The human body consists mostly of water. Ionized water is fundamentally different from conventional water. In ionized water, the size and shape of the water molecule cluster is smaller, which allows the water cluster to pass through intestinal walls, blood capillary walls, and cell walls more easily. One of the primary causes of disease is chronic cellular dehydration, a condition which leaves the body's cells in a perpetual state of weakness and defense. Ionized Water is up to six times more hydrating than conventional water. In other, by drinking less or the same amount of water you usually drink, by taking it in it ionized form you actually hydrate your cells much more effectively.

The reduced size and shape of the water molecule clusters allows these molecules to pass through the body's cell tissues much easier and push out toxins and acid waste more effectively. This makes Ionized

Water to be an excellent detoxifier. Water Ionizers have several levels of strength. So people who have accumulated a lot of toxins in the body may begin by drinking mild ionized water and gradually increase ionization levels as they get used to it. Besides its health benefits, ionized water also improves the taste of foods and beverages. It also ionizes the minerals in the food, which helps make them bio-available.

The water ionizers separate alkaline water from acid water. The alkaline water is good for drinking and the acid water is good for external applications. When applied topically, the ionized acid water tightens skin, and removes wrinkles, acne and other blemishes. At its strongest level, ionized acid water kills most bacteria on contact. It improves hair and skin conditions of any kind, including removal of fungus, healing of cuts, scrapes, even serious wounds. It takes the itch out of mosquito bites, the sting out of other insect bites. Lastly, ionized acid water promotes substantially healthier plant growth.

To obtain water ionizers, see *Product Information* .

11. Body Odor? A Good Reason Not to Use Deodorants

Most people are not aware why they sweat. Antiperspirants and perfumes have become so much part of our lives that we rarely think about why we need them or whether we really need them. It may even be more important to find out if they can be harmful.

Deodorants and antiperspirants have been invented because more and more people began to sweat abnormally and develop body odor. Today it appears to be the normal thing to do to give the underarms a spray in the morning and forget about this “nuisance” for the rest of the day. But sweating is not a nuisance; it is the body’s natural way of ridding itself of certain waste products and keeping itself cool. Like the bowels, liver, urinary system and lungs, our sweat glands are also meant to help keep the body clean. Why else would we have them?

To make your body sweat once a day even for a few minutes is a good way to stay healthy. Conversely, clogging up the skin’s pores with chemicals (makeup, beauty creams, sunblocks, antiperspirants, etc) harms the skin. Trying to prevent the sweat glands from releasing bodily waste is rather like trying to run a car while blocking its exhaust pipe.

Many people today feel that they need chemical products to control their body odor. This is because other eliminative organs, such as the colon, liver, lungs and kidneys, are badly congested, which coerces the body to dump some of the excess toxic waste into the skin. The chemical products block its excretion through the skin, which may please the nose, but causes a steady buildup of toxins in the skin and the underlying connective tissues; it also increases bacterial development and the risk for skin diseases and even skin cancer.

Body odor is not caused by sweat. Sweat is just an odorless fluid consisting of 99 percent water. Normal sweat evaporates from the skin very quickly and leaves no unpleasant odor behind. Bad smell under the armpits or on the skin occurs only when *bacteria* are required to eliminate excessive sweat that could not be removed by fresh air. There can be as many as ½ million bacteria occupying a square inch. In addition, when there are excessive amounts of toxins that need to be *digested* by bacteria, a strong, putrid smell occurs. Destructive microbes naturally produce bad-smelling gases while digesting waste. The odor on the skin may be a sign of constipation accompanied by poor breath. It also indicates poor performance of liver and kidneys. The body is crying out for help as toxins are “bursting at the seams.” But instead of reading the body’s symptoms as a sign of imbalance and taking care of it, most people

merely search for ways to shut down the symptoms. If body odor occurs only occasionally, it may be due to indigestion or chemicals in foods.

To combat the bacteria we use deodorants, and to tackle the amount of wetness we apply antiperspirants. Deodorants contain germicides that kill the microbes and, as is the case with most of the brands, a synthetic perfume to mask the smell of the germicide. The two most common active ingredients in commercial deodorants/antiperspirants are *chlorohydrate* or *aluminum zirconium chlorohydrate*. These chemicals react with the protein contained in the sweat and form a gel that can partially block the sweat glands from excreting liquid. There is increasing evidence that people who suffer from Alzheimer's disease have large amounts of aluminum in their bodies.

Fruits and vegetables naturally synthesize aluminum. This organic, ionic mineral is not only harmless, but also essential for the human body. By contrast, synthetically derived aluminum is highly toxic. The argument by the industry that aluminum can be found almost everywhere in nature is highly misleading because these two types of aluminum have completely opposite effects on the body. The same applies, of course, to almost all minerals and trace elements, including gold, silver, lead, and even arsenic. In their ionic, angstrom-size state (processed by plants), these substances are essential for our bodies, but when taken in their inorganic, metallic forms they can lead to serious poisoning and numerous disorders. Antiperspirants and deodorants are packed with heavy metals and poisonous chemicals. By applying them to your skin they enter the blood and end up accumulating in the liver, kidneys, breast and brain tissue.

These products may not be as damaging to the brain and other parts of the body if all other causes of metal accumulation were excluded. The average person absorbs anywhere from 10 to 100 mg of aluminum every day through aluminum cookware, baking soda, antacids, and numerous other sources. And although the cause of Alzheimer's disease remains unclear, research indicates that aluminum toxicity may be one of the primary culprits.

A deodorant stone costs only about \$10 and lasts at least one year. It works wonderfully and has no nasty side effects. When you check the ingredient's list of a deodorant stone, don't get alarmed when you see the word "alum" written there. Alum isn't the same thing as aluminum chlorhydrate. Alum is a natural mineral salt, and is unrelated to aluminum chlorohydrate or aluminum zirconium chlorohydrate. The mineral salts in the deodorant stone don't block perspiration.

Tips to effectively deal with body odor:

- Pitta and Pitta-Vata types are the most prone to develop body odor. Follow the Ayurvedic regimen and cleansing procedures. Remove all gallstones from your liver and cleanse your kidneys. Avoid too many acid-forming foods such as animal proteins, fats and starches. The more refined and processed the foods are, the more likely the skin will have to eliminate toxic waste. The digestion of toxins by skin bacteria causes an unpleasant smell of skin and breath. Meat eaters especially have a tendency to develop bad body odor. Stick to fruits, vegetables, and salads as your main source of alkaline-forming foods. They also work as natural cleansers.
- Stop using deodorants and antiperspirants; they only reinforce the problem by blocking off part of your lymphatic system and dispersing the toxins together with the chemicals contained in these products into other parts of your body, including the breasts. This can cause lumps and cancer of the breast!
- Wash the afflicted areas in the morning with a natural soap that contains no harmful chemicals and finish off with a splash of cold water on your underarms.

- Make sure to wear loose-fitting cotton cloth. Synthetics will prevent your skin from breathing and eliminating toxins.
- You may want to make a solution of your most favorite essential oil (1-2 drops in an ounce of water; shake well to disperse the oil!) and dab it on your underarms (you may want to use the Kinesiology muscle test to determine which oil or oils are most suitable for you).
- I recommend deodorant stones that are made from non-toxic and natural materials such as potassium sulphate and other colloidal minerals. They are pure and harmless and stop bacteria from spreading if applied right after washing. They are available from most health food stores.

12. Ener-Chi Art

Ener-Chi Art is a unique method of healing art (based on energized oil paintings by Andreas Moritz) that helps to restore a balanced flow of Chi or vital energy through the organs and systems in the body. When seen in the context of physical cleansing and healing, I consider this unique approach to be a very important and effective tool in facilitating a more successful outcome of any treatment or healing method.

When the cells of the body experience a balanced flow of Chi, they are also able to remove toxic wastes efficiently, absorb all the oxygen, water and nutrients they need, do the necessary repair work and increase their overall performance and vitality. Although I consider the combination of liver/colon/kidney cleanses to be one of the most effective tools to help the body return to balanced functioning, due to years of congestion and deterioration it may still not be able to fully restore its overall vital energy (Chi). My six years of research with this method, which took me almost two years to develop, has shown that Ener-Chi Art may very well accomplish just that. Its rate of effectiveness so far has been 100% for every person who has been exposed to it. Due to its unique healing effects, all the pictures of Ener-chi Art were once exhibited for over one month at the prestigious Abbot Northwest Hospital in Minneapolis, Minnesota, for all the patients to view.

Ener-Chi Art is perhaps one of the most profound and instantly effective healing program to balance the life force Chi in the following organs, parts and systems in the body.

- | | | |
|--------------------------|-----------------------|---------------------------------|
| • Back | • Kidneys and Bladder | • Neck & Shoulders |
| • Blood | • Large Intestine | • Nose & Sinuses |
| • Brain & Nervous System | • Liver | • Respiratory System |
| • Ears | • Lymphatic System | • Small Intestine & Circulation |
| • Eyes | • Muscular System | • Skeletal System |
| • Endocrine System | | • Skin |
| • Heart | | • Spleen |
| • Immune System | | • Stomach |
| • Joints | | |

There is also one picture for General Health, one for transmuting emotional and physical trauma, called "Beyond the Horizon," and pictures to balance our relationship with the water and air elements; the rocks & mountains; the animal kingdom; the plant kingdom; and the world of nature spirits.

Ener-Chi Art involves viewing of the various photographic pictures for about 30 seconds each.

(For more information on Ener-Chi Art and to order the pictures see my Web site <http://ener-chi.com> and *Other Books, Products and Services by the Author* at the end of this book.)

13. Ener-Chi Ionized Stones

Ener-Chi Ionized Stones are stones and crystals that have been energized, activated, and imbued with life force through a special process introduced by Dr. Lillian Maresch and Andreas Moritz -- the founders of Ener-Chi Art.

Stone ionization has not been attempted before because stones and rocks have rarely been considered useful in the field of healing. Yet, stones have the inherent power to hold and release vast amounts of information and energy. And, once ionized with Chi (life force), they exert a balancing influence on everything natural with which they come into contact. The ionization of stones may be one of our keys to survival in a world that is experiencing high-level pollution and destruction of its eco-balancing systems.

In the early evolutionary stages of Earth, every particle of matter within the mantle of the planet contained within it the blueprint of the entire planet, just as every cell of our body contains within its DNA structure the blueprint of our entire body. Although the blueprint information within every particle of matter has always been there, it has been lying in a dormant state. The Ener-chi ionization process "awakens" this original blueprint information, and enables the associated energies to be released. In this sense, Ener-Chi Ionized Stones are alive and conscious, and are able to energize, energetically purify and balance any natural substance they come into immediate contact with.

For example, by placing an Ionized Stone next to a glass of water or plate of food, the water or food becomes energized, increasing digestibility and nutrient absorption. Ionized stones can also be used to enhance the effects of Ener-Chi Art – simply by placing an Ionized Stone on the corresponding area of the body while viewing an Ener-Chi Art picture.

Potential Uses for Ener-Chi Ionized Stones

Drinking Ener-Chi Ionized Water

Placing an Ionized Stone next to a glass of water for about half a minute ionizes the water. Ionized water is an excellent cleanser that aids digestion and metabolism, and energizes the cells of the body.

Eating Ener-Chi Ionized Foods

Placing an Ionized Stone next to your food for about half a minute ionizes and balances it. Even natural organic foods are usually somewhat polluted due to the pollution particles in our atmosphere and

soil. Such foods also are impacted by ozone depletion and exposure to electro-magnetic radiation in our planetary environment. These negative effects tend to be neutralized through the specified use of Ionized Stones.

Ener-Chi Ionized Foot Bath

By placing Ionized Stones (preferably pebbles with rounded surfaces) under the soles of the feet, while the feet are immersed in water, the body begins to break down toxins and waste materials into harmless organic substances.

Enhancing Healing Therapies

Ionized Stones are ideal for enhancing the effects of any healing therapy. For example, "LaStone Therapy" is a popular new therapy that is offered in some of the innovative health spas. This involves placing warm stones on key energy points of the body. If these stones were ionized prior to being placed on the body, the healing effects would be enhanced. In fact, placing Ionized Stones on any weak or painful parts of the body, including the corresponding chakras has healthful benefits. If crystals play a role in the therapy, ionizing them first greatly amplifies their positive effects.

Aura and Chakra Balancing

Holding an Ionized Stone or Ionized Crystal in the middle section of the spinal column for about one-half minute balances all of the chakras, or energy centers, and tends to keep them in balance for several weeks, or even months. Since energy imbalances in the chakras and auric field are one of the major causes of health problems, this balancing procedure is a powerful way to enhance health and well-being.

Attach to Main Water Pipe in Your Home

Attaching a stone to the main water pipe will ionize your water and make it more absorbable and energized.

Place In, or Near, Electrical Fuse Box in Your Home

By placing a medium-size (3-4 inches) Ionized Stone in, above or below the fuse box in your house (you can affix it with masking tape if necessary), the harmful effects of electromagnetic radiation become nullified. You can verify this by doing the muscle test (as shown in Chapter 1 or in the instruction sheet enclosed with purchased Ener-Chi Art pictures) in front of a TV or computer, both before and after placing the stone on the fuse box. If you don't have a fuse box that is readily accessible, you can place a stone next to the electric cable of the electric appliances or the power sockets you want protect yourself from.

Use in Conjunction with Ener-Chi Art

Ionized Stones may be used to enhance the effects of Ener-Chi Art pictures. Simply place an Ionized Stone over the related area of the body while viewing an Ener-Chi Art picture. For example, if one is viewing the Ener-Chi Art picture related to the heart, simply hold an ionized stone over the heart area while viewing the picture. The nature of the energies involved in the pictures and the stones are similar. So if the stones are used in combination with the pictures, a resonance is created which greatly enhances the overall effect.

Creating an Enhanced Environment

Placing an Ionized Stone near the various items that surround you for about half a minute helps to create a more energized and balanced environment. The Ionized Stones affect virtually all-natural materials, such as wood floors, wood or metal furniture, stonewalls and stone fireplaces. In work areas, especially near computers, it is a good idea to place one or more Ionized Stones in strategic locations. The same applies to sleeping areas, such as putting stones under your bed or pillow.

Improving Plant Growth

Placing Ionized Stones next to plant or flowers can increase their health and beauty. This automatically ionizes the water they receive, regardless whether they are indoor or outdoor plants. The same applies to vegetable plants and organic gardens.

14. Sacred Santémomy – Divine Chanting for Every Occasion

Sacred Santémomy is a term that was given to me by the being *Merlin*. The powerful words produced in Sacred Santémomy are made from whole-brain use of the letters of the *ancient language* – language that is comprised of the basic sounds that underlie and bring forth all physical manifestation. The letters of the ancient language vibrate at a much higher level than our modern languages, and when combined to form whole words, they generate feelings of peace and harmony (Santémomy) to calm the storms of unrest, violence and turmoil, both internal and external.

Think back to those awesome occasions in your childhood when your parents or grandparents read or told you stories about wizards who knew of magic words and spells that would instantly fulfill your desires, materialize objects from thin air, heal illness and/or create other kinds of supernatural phenomena. The current worldwide fascination with *Harry Potter*, *Lord of the Rings* and such books as Deepak Chopra's bestseller *The Way of the Wizard* comes as a timely reflection of mankind's awakening to true magic. Like so many kids at my age, I used to believe in such tales, but had no idea that one day I would become a wizard myself. Those who know me personally or through my books trust that I am a down-to-earth person who seeks rational explanations for everything that happens to us. What follows, however, defies all that we have considered normal and explicable, and I count myself very fortunate to be able to share my experiences with you of some of the most powerful practices of ancient lore.

At the first quarter of 2002 I began to channel higher dimensional beings, known as 'The Elders.' These wonderful beings spoke through me, using my vocal cords, in what appeared to be ancient tongue, including Sanskrit, Tibetan and Chinese. During some occasions there would be up to eight of these beautiful spirit beings speaking simultaneously through one voice. This unusual conglomeration of sounds usually occurred during the 'Golden Dome' meditation gatherings that we were holding in different parts of the U.S. and other continents throughout that year.

In April, 2002, I happened to meet Dannion Brinkley, the world famous healer and best-selling author who, struck by lightning, suddenly acquired amazing healing powers and profound insights into the secrets of life, death and after-life. Having had no prior knowledge of me, he stated that I had done a lot of work in the area of physical healing (30 years) as well as healing through visual art (Ener-Chi Art). "Now," said Dannion, "it is time that you start healing people with your voice."

Soon after this enlightening meeting with Dannion, I spontaneously began to chant sounds that were meant to improve certain health conditions. These sounds resembled chants by Native Americans, Tibetan monks, Vedic pundits (Sanskrit) and languages from other star systems (not known on planet Earth). Within two weeks, I was able to bring forth sounds that would instantly remove emotional blocks and resistance or aversion to any given situation, certain people, foods, chemicals, thought forms, beliefs, etc. Through Kinesiology muscle testing I was able to verify that, once emitted, these sounds could resolve the root cause of any problem or stressful issue within a matter of seconds. A few days later I intuited how to transmit these sounds telepathically to people who lived on the other side of the globe. Although these people did not consciously hear the sounds I uttered or, in some cases, even know what I was doing, they nevertheless received similar healing benefits. Of course, I do not offer these chants to anyone whose higher self does not consent to receiving such forms of healing.

The following are but a few examples of what Sacred Santèmony is able to accomplish. It can assist you with:

- Reducing or removing fear that is related to death, disease, the body, foods, harmful chemical, parents and other people, lack of abundance, impoverishment, phobias, environmental threats, the future and the past, unstable economic trends, political unrest, etc.
- Clearing a current hurt, disappointment or anger resulting from past emotional trauma or negative experiences in life.
- Cleansing the *Akashic Records* (all experiences the soul has gathered throughout all life streams) from persistent fearful elements, including the idea and concept that we are separate from and not one with Spirit, God or our Higher Self.
- Setting the preconditions for you to resolve your karmic issues not through pain and suffering, but through creativity and joy.
- Improving or clearing up allergies and intolerances to foods, chemical substances, pesticides, herbicides, air pollutants, radiation, medical drugs, pharmaceutical byproducts, etc.
- Undoing the psycho-emotional root causes of any chronic illness, including cancer, heart disease, MS, diabetes, arthritis, brain disorders, depression, etc.
- Clearing out entities that you may have “invited” at times of trauma and inner conflict.
- Understanding and transforming any obstacles to fulfilling your desires, such as selling a house, getting a dream job or enhancing your gifts and spiritual development into opportunities of growth and learning.
- Resolving any other difficulties or barriers in life by “converting” them into the useful blessings that they are.

The Gift of Sacred Santèmony

The sounds generated during a session of Sacred Santèmony are not bound by the limited space/time realities of existence. They originate in higher dimensions and, therefore, can extend their healing effects to any past or probable future event. In other words, these sounds can help prevent calamities or misfortune from occurring in the future and also help undo or minimize the traumatic consequences of past actions (karma).

The word “Sacred” in this context denotes that no harm can be done by the words or sounds produced during such healing sessions. Only individuals who respect the legality of Divine Harmony and the Law

of One are able to produce them. People who think and act from fear and are anchored in the consciousness of separateness and judgment are naturally denied access to the energy of these frequencies transmitted by the sounds. This prevents any potential abuse by individuals or organizations whose intentions are to increase their power, wealth and influence in order to control others. Profound, unconditional love is the foremost requirement for acquiring the gift of Sacred Santèmony.

The Role of Free Will

You are only able to release or transform what you are conscious of and are willing to accept, embrace and let go off. If you resist a particular health problem (suppressing it's symptoms through medication or surgery) or ignore the difficulties you may be having in a personal relationship of yours, you are actually choosing to keep the pain that these issues are causing you, unconsciously that is. This means that you are exercising your free will, for whatever reason, to remain limited in your experience of love, harmony and balance – perhaps to learn the lesson of compassion or unconditional love. Sacred Santèmony cannot assist you in transforming such areas of limitation within your life, unless you become aware of them and are willing to accept and thereby release them. Reading the book *Freedom from Judgment* makes a simple, effective method to bring any hidden fears or resistance to the forefront of your awareness. It has the codes of natural law imbued in the written words and the space between them. By reading the book without outside distraction, you begin to resonate with your inner truth and knowingness, and recognize the fears and limitations that are behind your hesitation to accept your own love, power and wisdom. The chanting of Sacred Santèmony can then help you to embrace and release these fears and limitations.

When this release occurs, some people either cry with joy and relief, or break out in sweat, or experience other indications of letting go. This experience dramatically enhances your current vibrational state and facilitates the transformation from one state of consciousness into the next. As this begins to occur, Sacred Santèmony secures a safe transition into your next sequential phase of spiritual evolution. It also clears your path of evolution from undesirable situations, if this is in your highest interest.

The Way Sacred Santèmony Works

Sounds projected from an awareness of ancient language are of a very high vibration and energetic quality. They are capable of correcting the distorted, low vibrations that usually end up as disease, accidents or conflict. This hardly comes as a surprise, given the discoveries of modern science. Physics, in particular, declares that the whole universe is nothing but vibration. According to this accepted theory, particles of nature are not solid at all, but rather waves of energy, which is vibration. Specific frequencies of sound vibrations organize and assemble the subatomic particles that are nothing but waves of light energy constituting all of matter throughout the universe into unique configurations of physical appearance and function. The human DNA, for example, is a product of these waves of light energy. The sound vibrations arrange these subatomic particles or waves in a purposeful manner (double helix) so that a complex human body can be created and sustained. Any distortion of the sound vibrations can disrupt the DNA, forcing it to become misaligned with its original design. This, in turn, can produce faulty genes or disturb basic physiological functions, such as digestion and metabolism. Sacred Santèmony has a built-in capacity to correct the distortion of the sound vibrations underlying these physiological processes

because it originates from the basic sound web responsible for creating and sustaining the body and all of creation.

The human body and the rest of the material existence are merely a web of sound vibration that is evolving at an incredible speed. Any fear or resistance to flow with the tide of growth and expansion in life generates stress and tension. The discordant vibrations in your body, mind and emotions can lead you to make unbalanced choices regarding diet, relationships, jobs, etc; and, therefore, create disease, conflict and unhappiness in your life. Sacred Santèmony offers a means to restore or strengthen the original vibrations, thereby allowing the individual to make different choices that will generate increased opportunities, enhanced and vibrant health.

The sounds or chants produced during a personal session of Sacred Santèmony are able to clear all those difficulties and fears that a person is willing to accept and embrace as opportunities of growth and learning, no matter how many lifetimes ago they were created. It only takes a few minutes of chanting to accomplish this. To verify the effect of the chants and bring them into physical experience, I usually take the individual through a simple muscle testing procedure (Kinesiology) both before and after the chanting, although this is not necessary. The entire session takes no longer than 10-15 minutes. It can also be done by telephone. Sacred Santèmony shows that healing does not need to take a long time or be difficult. We are now moving into a new era where magic will be the natural method of accomplishing our desires and where everything is possible so long as we believe and desire it to be so. (*To book a session with Andreas Moritz, contact him via e-mail or visit his website.*)

15. Beeswax – For Asthma, Allergies and Sinus Problems

Hundreds of years ago most candles were made of beeswax. But over the past few centuries beeswax candles were gradually replaced by tallow candles (made from animal fat), and in the last century by paraffin candles. Paraffin is made from the sludge that sits at the bottom of barrels of crude oil. The sludge is then bleached with benzene and treated with other chemical solvents. When you burn paraffin candles, they put out soot and smoke, along with toxins and carcinogens. You would probably never burn paraffin candles unless the bad smell they produce (comparable to diesel fumes) were not covered up by synthetic fragrances, many of which are irritants or toxins themselves. And if you had known that the soot, smoke and chemical residue from these candles can stick to the walls, ceiling, and ventilation ducts and get circulated whenever you turn on your heating/cooling system, you would probably not have burned one before. Now you know. Pure beeswax candles don't cause any of those problems. Quite to the contrary, they actually exert amazing healing effects on the respiratory system.

Just by lighting a beeswax candle, people suffering from asthma, allergies and sinus problems have reported significant improvement in their symptoms. Their breathing became much easier and their sleep less disturbed after burning pure beeswax candles in their bedrooms for 4-5 hours before bedtime. Some asthmatics claim that their symptoms vanished completely after burning beeswax candles all day long for several days or weeks.

Apparently, burning beeswax produces negative ions. Negative ions are nature's vacuum cleaners. They clean the air of dust, mold, viruses, bacteria, and other pollutants responsible for numerous chemical sensitivities. For candles to have this air-purifying effect, though, they must consist of 100 percent beeswax. Many beeswax candles contain only 51 percent beeswax, which is enough to allow producers to

label them as beeswax candles. When you burn a beeswax candle it has a refreshing smell and hardly produces any smoke. Although beeswax candles are more expensive than regular paraffin-based candles, they last a lot longer and, of course, improve your health rather than weaken it. Beeswax is recommended by the American Lung Association. For a reliable source of 100 percent pure beeswax candles see *Product Information* at the end of the book.

16. How to Deal With Electro-Pollution

Not only do we suffer from low intake of magnetic energy, we are also exposed to the harmful low frequency Electromagnetic (EM) fields of 50-60 cycles per second (HZ) that are generated by electricity. This man-made electric current produces “electro-pollution” when utilized by computer equipment, TV transmissions, AM radio waves, mobile telephones, and the various home and industrial appliances such as hairdryers, electric toasters, and microwave ovens.

If you happen to sleep in a room that has a television set connected to the power circuit, your body may be building up an electric charge of up to 105 Volts! The same occurs when you lie next to an electronic alarm clock or a bedside light. A switched-on electric blanket can even double or triple the electric charge in your body. While lying in your bed, your feet are not in direct contact with the floor. This means, you are not able to disperse that charge. Regular exposure to such abnormal voltages can create chaos in the body’s electric circuitry, suppress proper immune activity and lead to disorders such as cancer. Badly shielded electric cables within the walls or under the floor can have similar effects. It is best to move all electric equipment out of the bedroom, or ideally turn off the fuse for the entire room during the night. If you are not sure whether your electric cables are safe or not, choose the latter solution, or otherwise you may want to hire an expert who can measure the safety of your most immediate environment. When I tested electro-pollution in my own house I was surprised that the worst culprit wasn’t my computer but the unearthed electrical strip lights. The use of Ener-chi Ionized Stones as elaborated on in section 13 can help you create a protected living environment.

Electromagnetic disturbance in the body can also be triggered by overexposure to chemical pollution. As you may know, in most modern homes and work places the degree of indoor pollution is many times higher than outdoor pollution. Add to these pollutants the harmful chemicals contained in the cosmetics, deodorants and perfumes, clothing, food, water and air that enter our bodies every day, and any healthy biological system will eventually succumb to such an overdose of stress and duress. Although so many of us cannot completely avoid living in a polluted environment, we still can reduce our direct exposure to it to the minimum possible. We have control over what we wear, eat, drink, put on our hair and skin, and how much time we spend outside in the fresh air. [For more in-depth information on Electromagnetic Fields please see my book *It’s Time to Come Alive*.]

17. How to Avoid the Negative Effects of Ley Lines

If you suffer from unexplainable recurring health problems such as headaches, irritability, depression or any other persistent ailment, you may be working or sleeping on a ley line. Ley lines are a source of harmful slow frequency energy.

Slow frequency energies can easily infiltrate and distort the body's electromagnetic field. Some of these energies are generated outside our home and others originate from within our home or work environment. They include geographic stress points, ley lines and distorted ground energies.

Sleeping on a ley line can be particularly harmful since such a source of negative energy can disrupt the body's biochemical processes and energy systems for as many as 8-10 hours each day. Disharmony in relationships and diseases of body and mind are more likely to occur if you are exposed to such disruptive energies for extended periods of time, such as several years. Genetic weaknesses or latent physical problems can suddenly manifest themselves as migraines, ulcers, varicose veins or cancer. Placing a small mirror that faces the current and direction of a ley line or moving the bed away from such a stress line can lead to sudden recovery. The following are some examples of ley line problems that were resolved by simply moving the bed:

- *A 55-year-old widow experienced an unexplainable loss of weight from 70 to 44 kg within two years. She suffered from severe diarrhea, which became very painful and was accompanied with blood. All medical treatments failed. Her condition became life threatening. A search of ley lines in her house revealed two ley lines crossing her bed. The bed was moved by six feet. One week later her intestinal bleeding stopped. After one month all pain ceased and she steadily began to put on weight again.*
- *A young woman had been suffering from severe nightmares and sleeping problems for many years. After moving her bed sideways by 1.5 feet, her nightmares stopped and sleep returned back to normal.*
- *A 40-year-old businessman had a chronic heart complaint with heart cramping, panic attacks and circulatory problems. All complaints spontaneously disappeared within two weeks after his bed was moved away from a ley line.*

Over the past few years I have visited many homes and offices where ley lines have caused physical and psychological problems. In most cases, just putting a mirror at the right place or slightly shifting the bed or office chair led to marked improvements of these conditions, and in some cases even to complete recovery. I consider it important to have one's home or working place checked for such disturbances as they may not only contribute to ill health but also cause it. There are an increasing number of experts who are able to identify the exact position of ley lines, although the method of mirror placement is less known. You may contact your nearest center for alternative therapies; they may be able to put you in touch with a reliable and trustworthy ley line specialist. If in doubt, whether or not a ley line affects your health, you may move your bed and/or desk chair by 1-2 feet for a few days. If this makes a difference to how you feel, you have given yourself a great gift of health.

18. Preconditions For Healing An Illness

Your body's healing power is not in any way separate from you – the conscious being who uses the body as an instrument to express your individuality and purpose. True healing, which has nothing to do with suppressing symptoms of disease, cannot be enforced by even the best of treatments unless the preconditions for healing have been met. The following are some of the most important clues for this healing power to become accessible for you.

1. Before you can heal an illness, you have to accept it. Acceptance of your illness is not a sign of resignation that results in depression or fear. Acceptance of your illness rather shows that you are willing

to take responsibility for yourself and your situation, thus permitting you to infuse your body with feelings of compassion, love, tenderness, and energy.

For as long as you feel you are a victim of some misfortune, food, medicine, or even karma (effect of past actions), you are far from being healed. Rejecting an illness only energizes your resistance to it, which is stressful for the body and mind. Stress undermines immune functions and prevents the healing response. By accepting your illness, you are no longer subjected to fear and insecurity, but are in control of yourself. This will also help you to understand the true reasons behind your illness.

2. Instead of seeing an illness as a negative event that you need to fight against, you can see it as an opportunity to become stronger in areas that have been weak and underdeveloped. Detours in life can take you to areas that you would have missed out on, had you refused to accept and follow them.

Physical healing involves repair of damaged cells and growth of new ones. At the same time, while undergoing the process of healing, you have the opportunity to grow stronger, become more relaxed, peaceful, and content. Growing spiritually and emotionally as a result of an illness greatly minimizes the necessity for further detours, such a repeated or new physical disorder.

3. Since your illness is only your body's attempt to redirect your life in a more supportive and fulfilling direction, there is no reason to fear it or to be upset about it. Your body is doing the very best it can to make it easier for you and help you return to a state of balance. Therefore, you may greatly benefit from not judging yourself or your body for going through such a healing crisis. You are certainly not a victim of some kind. Your body is totally on your side, never against you.

Don't be fooled by the medical concept that there are autoimmune diseases which make the body attack itself! The body is not suicidal unless you are, either consciously or unconsciously. Instead, the body is merely attacking toxins that have settled in the joints, blood vessels, lymph ducts, or cells. This survival response should not be mistaken for a disease process, even if it involves inflammation, infection, or proliferation of cancer cells.

If you remain positive and peaceful about your own healing ability and trust that the body is always engaged in trying to get well again, then illness can become your personal guide for a new purpose or orientation in life. A wise man once said. "Illness is God's way of getting your attention!" Once you pay attention to your illness and accept it as a blessing in disguise rather than it being a nuisance or threat, it will begin to reveal its inherent blessing to you and surely help you live your life in a gentler, nurturing way.

4. Avoid making physical wellness to be your goal in life. You will never achieve it. Being well is a matter of being in the present moment, and not a fictional, futuristic dream. The current moment is the only sure thing you can possibly own in life, and it is perfectly suited for you, even if it doesn't feel that way. If you resist or reject something such as illness, you will be stuck with it until it removes the fear that is behind your resistance. Accepting the illness, on the other hand, makes it useful for you, regardless what it may entail. Attending to your goal of becoming well is unrealistic because it takes you outside the present reality into one that hasn't happened yet. Life is not about attaining a perfect physical body, but being able to live perfectly well with its imperfections.

Energy follows thought. Living for a goal robs the body of your attention, and therefore, also of the energy necessary to heal and sustain itself. By living from moment to moment, your full attention is present in the body. This is all the cells of your body need to know and feel in order to do the job assigned to them. Cells that are "fed" with loving, caring attention believe that you are present and alive. By

contrast, cells that are being attacked for making you suffer, through harsh words, anger, drugs, threats and acts of surgery, radiation, etc., are paralyzed in their healing capacity because they believe you dislike or hate them and want them to die. By attending to the present moment of being ill without any judgments, but with loving acceptance, you automatically program your cells to carry out a healing response.

CHAPTER 8

Sunlight – Medicine of Nature



The Sun – The Ultimate Source of Life on Earth

Regular exposure of your body to the germicidal wavelength of ultraviolet light (UV) of the sun successfully controls germs, mites, mold, bacteria, and viruses. Its powerful, immune-stimulating effect makes sunlight one of the most important disease-inhibitors. But this is only one of the many benefits sunlight has to offer for enhancing and sustaining human health.

Throughout the ages, the electromagnetic waves generated by the sun have kept the planet habitable for humans, animals and plants. The sun is, in fact, the only true source of energy on planet Earth. It provides the perfect amount of energy for the plants to synthesize all of the products required for growth and reproduction. Sun energy is stored by the plants in the form of carbohydrates, proteins and fat. When ingested, plant foods provide us with the vital energy we need in order to lead active and healthy lives. The processes of digestion, assimilation and metabolism of food in the body are mainly used to break down, transfer, store and utilize these various forms of encapsulated solar energies. The lowest level of the food chain, where foods are manufactured directly by sunlight, makes available the most sun energy. By contrast, products that are high on the food chain contain little or no sun energy, and are practically useless, if not harmful, for the body. These include products made from dead animals, fish, junk foods, microwave foods, as well as frozen, irradiated, genetically engineered¹⁰, and highly processed foods.

Wood, fuel and minerals, too, are merely the various forms of locked-up sun energy. In fact, all matter is “frozen” light. Our body cells are nothing but bundles of sun energy. The glucose and oxygen we feed them are products of the sun. We couldn’t even think or process a single thought without the molecules of sun-energized glucose and oxygen.

¹⁰ In 1998 scientists have found the first evidence that genetically-modified food may damage human health. Researchers at the prestigious Rowett Research Institute in Aberdeen, U.K., found that genetically-modified foods could damage the immune systems of rats. Around 60 percent of the processed food products found in supermarkets – from hamburgers to ice cream – may contain ingredients that have been genetically tampered with.

Air, which is warmed by the sun, is capable of absorbing water from the oceans while passing over them. As the air moves over the land masses up to higher elevations, it starts to cool down and thereby release some of the absorbed water. This water falls on the earth plains as rain or snow and feeds the rivers and through them, the land and the vegetation.

Depending on its position in relation to earth rotation, the position of the moon, and the sun's internal cyclic activities (sun spot cycles), the sun masterminds the entire earth climate and the seasonal changes down to the smallest details, including temperature, amount of rainfall, cloud formation, periods of dryness, etc.

The planet is not only a home for human beings. The sun has to support the growth of all the other species, including plants, animals, insects, and especially microbes, without which life here would not be possible. The mathematical complexity that stands behind a system of organization so infinitely diverse and intricate as planetary life cannot be fathomed even by a trillion supercomputers. But the sun, without making mistakes, "calculates" what each species, whether it is an ant, a tree or a human being, requires in order to fulfill their evolutionary purpose and cycle.

The electromagnetic waves generated by the sun come in a variety of lengths, which determine their specific course of action and responsibility. They range from a 0.00001 nanometer for cosmic rays (a nanometer is one billionth of a meter) to about 4,990 kilometers for electric waves. There are cosmic rays, gamma rays, x-rays, various kinds of Ultraviolet rays, the visible light consisting of seven color rays, short-wave infrared, infrared, radio waves and electric waves.

Most of these energy waves are absorbed and used for various processes in the layers of atmosphere that surround the earth. Only a small portion of them – the electromagnetic spectrum – reaches the surface of the earth. The human eye, though, can perceive just about one percent of it. Although we are unable to see any of the ultraviolet and infrared waves, they exert a very strong influence on us. In fact, ultraviolet light has proved to be the most biologically active. Depending on the location of the earth and the season, ultraviolet light and, of course, all the other portions of light, vary in intensity. This permits all life forms to go through constant cycles of change necessary for growth and renewal.

The Miraculous Healing Powers of UV Light

The times when one's immediate natural impulse on the first sunny spring day was to get outside and enjoy it are long gone. Only the very courageous or "careless" who defy the grim warnings from medical mandarins and cancer specialists, wholeheartedly endorsed by the sun cream industry, venture forth into the "dangerous" sun. Unless they are covered head to toe with sun factor 60, they gamble with their lives, or so they are made to believe by those who serve their vested interests. Fortunately, this view is beginning to crumble in the blatant absence of scientific proof that sunlight causes disease. What is being discovered instead is that lack of sun exposure is one of the greatest risk factors of disease.

Unfortunately, it is the ultraviolet portion of sunlight that is the most easily eliminated by windows, houses, spectacles, sunglasses, sun lotions, and clothing. Before antibiotic drugs were discovered in the 1930s – penicillin having been the first one – the healing power of sunlight was the favored interest of the medical community, at least in Europe. Sunlight therapy, called heliotherapy, was indeed considered to be the most successful treatment for infectious diseases from the late 19th to mid-20th century.

Studies revealed that exposing patients to controlled amounts of sunlight dramatically lowered elevated blood pressure (up to 40 mm Hg drop), decreased *cholesterol* in the blood stream, lowered abnormally

high blood sugars among diabetics, and increased the number of white blood cells which we need to help resist disease. Patients suffering from gout, rheumatoid arthritis, colitis, arteriosclerosis, anemia, cystitis, eczema, acne, psoriasis, herpes, lupus, sciatica, kidney problems, asthma, as well as burns, have all shown to receive great benefit from the healing rays of the sun.

The medical doctor and author, Dr. Auguste Rollier, who was the most famous heliotherapist of his day, at his peak had 36 clinics with over 1,000 beds in Leysin, Switzerland. His clinics were situated 5,000 feet above sea level. The high altitude allowed his patients to catch a lot more of UV light than was possible at the lower levels of the atmosphere. Dr. Rollier used the UV rays of sunlight to treat diseases such as tuberculosis (TB), rickets, smallpox, lupus vulgaris (skin tuberculosis) and wounds. He followed in the footsteps of Danish physician Dr. Niels Finsen, who was awarded a Nobel Prize in 1903 for his treatment of TB using ultraviolet light. Rollier found that sunbathing early in the morning, in conjunction with a nutritious diet, produced the best effects.

The miraculous complete cures of tuberculosis and other diseases made headlines at the time. What surprised the medical community most was the fact that the sun's healing rays remained ineffective if the patients wore sunglasses. By the year 1933, there were over 165 different diseases that clearly benefited from sunlight. But with the death of Rollier in 1954, and the growing power of the pharmaceutical industry, heliotherapy fell into disuse. By the 1960's, man-made miracle drugs had replaced medicine's fascination with the sun's healing powers, and the public was being increasingly bombarded with warnings about sunbathing and the risks of skin cancer.

Today, the sun is considered to be the main culprit for causing skin cancer, certain cataracts leading to blindness, and aging. Only those who take the "risk" of exposing themselves to the sunlight find that the sun makes them feel better, provided they don't use sunscreens or burn their skin. The UV-rays in sunlight actually stimulate the thyroid gland to increase hormone production, which in turn increases the body's basal metabolic rate. This assists both in weight loss and improved muscle development. Farm animals fatten much faster when kept indoors, and so do people who stay out of the sun. So if you want to lose weight or increase your muscle tone, expose your body to the sun on a regular basis.

The use of antibiotics, which has practically replaced heliotherapy, has in recent years led to the development of drug-resistant strains of bacteria, which defy any treatment other than balanced use of sun, water, air, and food. Cutting out or substantially reducing any of these four essential constituents of life results in disease.

Any person who misses out on sunlight becomes weak and suffers mental and physical problems as a result. His vital energy diminishes in due time, which is reflected in the quality of life. The populations in Northern European countries like Norway and Finland, which experience months of darkness every year, have a higher incidence of irritability, fatigue, illness, insomnia, depression, alcoholism, and suicide than those living in the sunny parts of the world. Their skin cancer rates are higher, too. For example, the incidence of *melanoma* (skin cancer) on the Orkney and Shetland Isles, north of Scotland, is 10 times that of Mediterranean islands.

UV light is known to activate an important skin hormone called *solitrol*. Solitrol influences our immune system and many of our body's regulatory centers, and, in conjunction with the pineal hormone *melatonin*, causes changes in mood and daily biological rhythms. The *hemoglobin* in our red blood cells require ultraviolet (UV) light to bind to the oxygen needed for all cellular functions. Lack of sunlight can, therefore, be held co-responsible for almost any kind of illness, including skin cancer and other forms of cancer. As you are about to find out, it may be highly detrimental to your health to miss out on sunlight.

Can UV-Radiation Prevent and Cure Skin Cancer?

A major concern of our scientists today is the dramatic increase of skin cancers around the world. There are three main types of skin cancer, two of which, basal cell and squamous cell carcinoma (non-melanomas), are increasingly prevalent, whereas the third, malignant melanoma, is much rarer, but far more lethal.¹¹ The most pressing question is why would the sun suddenly become so vicious and try to kill scores of people after thousands of years of harmlessness?

The medical community claims that ultraviolet light (UV) is the major cause of skin cancers. The theory is based on the assumption that our thinning ozone layer permits too much of the germicidal UV to penetrate to the surface of the earth and cause destruction of all kinds, including damage to our skin and eye cells. Yet the theory has major flaws and no scientific backing. Contrary to general belief, there is no evidence that reduction in the ozone layer, observed at the poles, has caused any increase in melanomas.

The germicidal frequency of UV is destroyed or is filtered out by the ozone layer in the Earth's stratosphere and only small amounts – necessary to purify the air we breathe and the water we drink – actually reach the surface of the earth. To that effect, a study of Punta Arenas, the largest South American city close to the Antarctic ozone hole, showed no increase in health problems related to depleted ozone. In fact, UV measures were too small to have any noticeable effect. Actual measurements taken in the United States since 1974 show that the amount of UV radiation reaching the surface of the earth is decreasing and continues to decrease slightly each year. The research was conducted to detect the frequency of UV radiation that causes sunburn. UV radiation had dropped on average 0.7% per year over the period from 1974 to 1985 and continued to do so afterwards.

The fact that the number of skin cancers in the United States had doubled within this period of 11 years contradicts the theory that UV light is the reason behind the skin cancer epidemic. The number of malignant skin cancers (melanomas) discovered in 1980 in the United States was 8,000, and eight years later it had increased by 250% to 28,000. In 1930, the expectancy of developing melanoma was as low as 1 in 1,300 people. Since 2003, 45,000 to 50,000 new cases are diagnosed every year in the United States. Melanomas, which account for 75 percent of all skin cancer deaths, make up only 5 percent of all reported skin cancers. The most striking fact about this lethal form of cancer is that it can occur in other parts of the body not necessarily exposed to the sun such as the eye, the rectum, vulva, vagina, mouth, respiratory tract, GI tract, and bladder.

Overall, since the beginning of the new millennium, each year one million Americans are being diagnosed with one form of skin cancer. There are millions of sufferers now, all of whom have been made to believe that the sun is the culprit for their skin diseases. But since UV radiation is decreasing every year

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Basal cell carcinoma (BCC) is the most common form, but does not spread. Untreated, it burrows deeply into underlying tissues causing disfigurement and serious damage.

Squamous cell carcinoma (SCC) is considered to be more dangerous than BCC because it can spread to other parts of the body.

Malignant melanoma is the most dangerous form of skin cancer. It can spread very quickly and, unless caught early, can be very difficult to treat. It develops from cells called melanocytes in the outer layer of the skin. Melanomas usually start in moles or in areas of abnormal-looking skin.

and skin cancers were extremely rare 100 years ago when UV intensity was much higher, what else could be held responsible for causing skin cancer?

The More UV, the Less Cancer

Even if UV penetration to the surface of the Earth did actually increase by, for example, 1% percent each year (which is not the case), such slight increases would in fact still be hundreds if not thousands of times less than the normal variations which people experience because of differences in geography. Let's assume you move from an area near either one of the Polar Regions, e.g. Iceland, or Finland, towards the equator, e.g. Kenya or Uganda in East Africa. By the time you reach the equator, you will have increased your body's exposure to UV light by a whopping 5,000 percent! If you live in England and decide to move to Northern Australia you will increase your exposure by 600 percent! Calculations show that for every six miles you are moving closer to the equator you will increase your exposure to UV light by 1 percent.

Today, millions of people around the world travel from low exposure places to areas of high exposure near the equator. Many thousands of tourists travel to areas that are located at much higher altitudes than where they normally live. For every 100 feet of elevation there is a significant increase in UV radiation. But this does not prevent people from climbing mountains or living in countries like Switzerland or at the high altitudes of the Himalayan Mountains. According to the UV/cancer theory, most Kenyan, Tibetan, or Swiss residents should be afflicted with skin cancer today. Yet this is not the case at all. The fact is that those who reside at high altitudes or near the equator where UV radiation is the most concentrated are virtually free of all cancers, not just skin cancers! This shows that UV radiation does only not cause cancer, but can even prevent it.

The human body has a unique ability to become accustomed to all kinds of variations in the environment. It is equipped with perfect self-regulating mechanisms that protect it against damage from the natural elements. Overexposure to swimming in the sea or a lake can lead to extensive skin swelling, shivering, and circulatory problems. Our body will let us know when it is time to get out of the water. Getting too close to a fire will heat us up and urge us to move away from it. Rainwater is natural but standing in the rain for too long can drain our immune system and make us susceptible to catching a cold. Eating sustains our lives but overeating can lead to obesity, diabetes, heart disease, and cancer. Sleeping recharges your "batteries" and revitalizes body and mind, yet too much of it makes you sluggish, depressed, and ill. Likewise, sunlight has healing properties unless we use it to burn holes into our skin. Why should any of these natural elements or processes cause us harm unless we abuse or overuse them?

Wouldn't it make more sense to say that a preference for unnatural things like junk foods, stimulants, alcohol, drugs, medical intervention (unless it is for an emergency), as well as pollution, irregular sleeping and eating habits, stress, excessive greed for money and power, and the lack of contact with nature, etc., is more likely to cause such diseases as skin cancer and cataracts than natural phenomena that ensured continued growth and evolution on the planet throughout the ages?

It is very encouraging to see that new treatments using light are increasingly seen as breakthrough methods for cancer and many other diseases. The U.S. Food and Drug Administration recently approved "light therapy" to fight advanced esophageal cancer and early lung cancer – with fewer risks than are found with use of surgery and chemotherapy. Although it has been known for over 100 years that light can kill diseased cells, it is only since a number of convincing research studies have been conducted that there has been a sudden resurgence of interest in light therapy. There is promising success in bladder

cancer, infertility-causing endometriosis, advanced lung and esophageal cancers, skin cancer and diseases leading to blindness, psoriasis, and autoimmune disorders. In one study, light therapy eliminated 79 percent of early lung cancer. Regular exposure to sunlight still seems to be one of the best measures one can take to prevent cancer, including that of the skin.

Now Even Doctors and Scientists Say, “It’s Not True!”

Like myself, there have always been some health practitioners who didn’t buy into the theory that the sun causes deadly diseases. It warms my heart to hear that now even some of the top authorities in the field are standing up for the truth, despite the intense criticism by their colleagues. In an article written in the New York Times in August 2004, a high-profile dermatologist, Dr. Bernard Ackerman (a recent winner of the American Academy of Dermatology's prestigious, once-yearly Master Award) publicly questioned the commonly accepted assumption about the sunlight/melanoma link. According to Dr. Ackerman, who in 1999 founded the world's largest center for dermatopathology training, there is no proof whatsoever that sun exposure causes melanoma. To substantiate his arguments, he cites a recently published article in the Archives of Dermatology concluding that no evidence exists supporting the notion that sunscreen prevents melanoma, a claim the mega-dollar, sun-screen industry and medical mainstream has falsely made for decades.

Dr. Ackerman didn’t stop at exposing this decades-long deception of the masses, but has also cast doubt on the increase in the incidence of melanoma cases the mainstream insists is happening. He found that an expansion of the diagnostic definition of "melanoma" has allowed a much broader array of symptoms to be classified as the deadly disease compared to just 30 years ago. Melanoma has to a large extent “grown” to epidemic proportions because of statistical manipulations. In other words, if the same diagnostic definition applied 30 years ago were applied today, melanomas would have only increased insignificantly.

Furthermore, this respected physician challenged the medical mainstream to explain why nearly all cases of melanoma among certain races (blacks, Asians) occur in areas of the body that are almost never exposed to sunlight — places like the palms, soles of the feet, and mucous membranes.¹² Should this not raise doubts among physicians and patients alike that even among pale-faces, the most common sites for melanoma (legs in women, torso in men) get significantly less sunlight exposure than other parts of the body? To make a point, based on this and other evidence, your best chances of avoiding melanoma would be to move to areas of higher UV-concentrations, such as the mountain regions or equatorial tropics, and become nudists! Since sunlight boosts the immune system, you may find that such a move would help also with many other health issues you may be suffering from. So naturally, all this raises the question, what actually causes skin cancer? The answer may greatly surprise you.

¹² Although melanoma has been rising among pale-skinned populations (who use sun-screens) worldwide, there has been no corresponding rise among native, dark-skinned populations, who have only one-tenth to one-third the incidence. Their skin’s higher melanin level may protect them, but they also tend to spend much more time outdoors in normally higher concentrations of UV light.

Skin Cancer Caused By Sun Protection

The sun is completely harmless unless we expose our bodies to it for unduly long periods of time, especially between 10am and 3pm (during the summer). Overexposure to sunlight makes most people feel very hot and bothered and burns their skin. To avoid being burned and to find relief, our body's natural instinct urges us to look for a shady place or to take a cold shower. Sunscreens, however, interfere with our natural response to sunlight.

Sunscreens usually block UV rays in two ways: either by using a physical sun filter, such as talc, titanium oxide or zinc oxide, or by using chemicals, whose active ingredients include *methoxycinnamate*, *p-aminobenzoic acid*, *benzophenone* and other agents that absorb certain sun-burning UV frequencies while allowing others to pass. Suntan lotions containing *para-aminobenzoic acid* (PABA), for example, not only block out the therapeutic and healing effects of sunlight, but may also cause genetic damage to the skin. A recent report issued by the U.S. Food and Drug Administration included evidence that fourteen out of seventeen suntan lotions containing PABA may be carcinogenic, i.e., cause cancer. Further research has shown that PABA cause increased genetic damage to the DNA in skin cells during exposure to sunlight. The damage done to the genes and chromosomes impairs the cell's ability to properly reproduce itself. UV light induces damage to the DNA in the presence of PABA, but to implicate UV light for this effect is tantamount to saying oxygen is dangerous because when it reacts with carbon atoms it turns into a harmful waste product in our blood.

Most sunscreens normally protect against UVA, UVB or both.¹³ They are also rated according to a sun protection factor (SPF), which indicates the time of burn protection when compared to sun exposure without lotion. For example, an SPF of 15 indicates that it should provide 300 minutes of protection for someone who could normally stay in the sun for 20 minutes without burning. SPFs only apply to protection rating against UVB, not UVA. But since the effectiveness of sunscreens usually wears off well before the calculated time, the unsuspecting sunbathers keep applying very large amounts of these chemical poisons to their skin. The skin is not made of plastic, but made of living cells. The constant biochemical warfare fought on the surface of the skin interferes with and destroys its own protective mechanisms, and makes it susceptible to permanent damage and abnormal cell growth. Such suspicions have caused some of these chemicals found in sun lotions, such as 5-methoxypsoralen, to be discontinued.

The main problem with sunscreens is, however, that they can seduce sunbathers to stay in the sun much longer than it would normally be wise to do. A British medical report, released in July 1996 and published as the lead article in the prestigious British Medical Journal (BMJ), showed that the use of sunscreens might indeed encourage skin cancer because they prompt people to stay in the sun far too long. Their use can postpone the onset of sunburn by many hours. Most people think that this is advantageous, whereas in fact it puts their lives at risk. The doctors who edited the report cited studies conducted in 1995 in Western Europe and Scandinavia that showed frequent users of sunscreen lotion actually suffered disproportionately higher rates of skin cancer. The report states: "Sunscreens containing only ultraviolet B blocks protect against sunburn and therefore enable greater exposure to ultraviolet A (UVA) than would otherwise be possible to obtain." In other words, many sunbathers expose themselves to much more UVA

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Of the three UV rays, UVA is mainly responsible for the tanning response, UVB activates the synthesis of vitamin D which is crucial for the absorption of calcium and other minerals, while UVC, almost completely filtered out by the Earth's ozone layer, is germicidal and kills bacteria, viruses and other disease causing germs.

than they would if they didn't use screens. Sunburn, in fact, is the body's natural defense response against more serious damage, one that may end up as skin cancer.

Without sunscreen your skin begins to itch uncomfortably when exposed to too much sun. By contrast, with the use of sunscreen you would not notice when your body has had enough of it because your first line of defense – unbearable sunburn – has been undermined. Overexposure of UVA combined with other external harmful chemicals and, perhaps, internal toxins, is the perfect recipe to damage skin cells and cause malignancies. Under normal conditions (without sunscreen) you could never get too much UVA even if you were lying in the sun for five hours. Instead, you would burn your skin severely through overexposure of UVB light.

As Dr. Ackerman discovered, although sunburn may temporarily impair immune functions and damage the skin, there is no proof that it can cause skin cancer. The BMJ report concluded that medical experts know “little about the precise relation between sunburn and skin cancer.” This fact refers to all skin cancers, especially the fatal type of skin cancer – melanoma. Despite the colossal amount of research done on skin cancers, there has been no indication that malignant melanoma has any links with UV exposure. But what is known for sure is that sunscreen does not only fail to prevent skin cancer but on the contrary encourages it by amplifying UVA absorption. This makes sunscreens more far more dangerous than sunlight could ever be.

The question remains whether sunscreens that are made to block out both the UVA and UVB radiation could solve this problem? Research has shown that they don't prevent skin cancer either. First, the skin still has to deal with acid assault that occurs when applying the sun lotion. Second, shutting out UVAs and UVBs deprives the body of the most important rays of the sun responsible for maintaining proper immunity and numerous essential processes. The body requires UVB, for example, for the synthesis of vitamin D, without which we could not survive. Is it surprising, then, to find that there are more people suffering from skin cancer today who have either very little or no exposure to sunlight?

Deficient Sunlight – A Death Trap

It has been known for several decades that those living mostly in the outdoors, at high altitudes, or near the equator, have the lowest incidence of skin cancers. And as the evidence suggests, those who work under artificial lighting have the highest incidence of skin cancers. In a study conducted on US Navy personnel between 1974 and 1984, researchers found a higher incidence of skin cancers among sailors who had indoor jobs than those working outside. Those working both indoors and outdoors showed most protection, with a rate 24 percent below the US national average.

The average city dwelling American, for example, spends twenty-two hours a day indoors, and most of that time beneath and around artificial light. Children, too, are increasingly spending less time outside in nature, and more of their time indoors, at home, in school, on the computer and in front of the television. During the winter season, most of the working population in the cities never even get to see the daylight, except through windows that reflect UV light. Incandescent light has a narrow band compared to sunlight and is known to weaken natural immunity (a Russian study showed that workers who are exposed to UV light during working hours suffer 50% fewer colds). A weak immune system cannot properly defend itself against disease, and that includes skin cancer!

Researcher Dr. Helen Shaw and her research team conducted a melanoma study at the London School of Hygiene and Tropical Medicine, and at the Sydney Melanoma Clinic, Sydney Hospital, and found that office workers had twice the incidence of the deadly cancer as people who work outdoors. The results of

the study were published in 1982 by the British medical journal *Lancet*. Dr. Shaw proved that those who spend most of their time sunbathing have by far the lowest risk of developing skin cancer. In sharp contrast to the regular sunbathers, office workers who were exposed to fluorescent light during most of their working days had the highest risk of developing melanomas. She also discovered that fluorescent lights cause mutations in cultures of animal cells.

Dr. Shaw's research led to the conclusion that both in Australia and Great Britain, melanoma rates were high among professional and office workers, and low in people working outdoors. In other words, the Australians and British (and the rest of us) would be better off spending more time outside where there is plenty of UV light! Similar controlled studies were conducted at the New York University School of Medicine, which confirmed and substantiated Dr. Shaw's research results.

People with brown to black Afro-Caribbean skin and hair can spend long periods in the sun without burning. They rarely suffer from skin cancer while living in their native lands where sunshine is plenty. Their skins' high melanin level filters out a lot of UV, but still provides them with enough of the beneficial rays. The problem arises once they move to more moderate or colder climates, like the UK or Sweden. This requires that they get extra exposure to the sun to maintain normal vitamin D levels. If the darker races don't get these extra amounts of sunlight, they are the most likely ones to develop skin cancer. The reason for their higher cancer risk is not *too much* sunlight, but *too little* of it. As is so often the case, the purely symptom-oriented medical theories are not sufficient to explain the causes of disease. In fact, they are likely to make you ill. Beware of any advice given to you by any doctor, company or organization who wants to protect you against a supposed threat while at the same time trying to sell you something else.

Pittas –Watch Out!

Australians who are not Aboriginals usually have a fair and often freckled skin, reddish-blond hair, and light-colored eyes. Most Australians are *Pitta* types, which means that UV light penetrates deeper into their skin than among those who have a darker skin or are *Vata* or *Kapha* types. In addition, many Australians are fond of drinking beer, which has a strong diuretic effect and draws water from the skin, leaving it unprotected against heat rays. Both are risk factors for damaging skin cells.

Our skin has *melanocyte* cells that release *melanin* when exposed to sunlight. *Melanin* is the skin's protective darkening pigment whose presence we refer to as a tan. *Pitta* types are very sensitive to heat and their bodies will quickly tell them if the amount of *melanin* produced is not sufficient to protect them against burning. *Pitta* types should, therefore, *not* use sunscreens. Blocking out UVB may turn out to be disastrous for their skin. Blocking out both UVB and UVA altogether can undermine proper vitamin D synthesis and upset some of the most basic functions in their body. *Pitta* types are also the first ones to react to the presence of harmful chemicals and poisons, developing multiple chemical sensitivities and allergies.

If *Pittas* expose themselves to the direct sun (avoid the sun from 10:00 a.m. to 3:00 p.m.) for just a few minutes a day, they will soon be able to increase their body's exposure to a maximum of twenty minutes a day without having any signs of reddening. Their skin will improve and *melanin* production will increase. This exposure to the sun will give them enough UV light to remain healthy, provided they do *not* use devices and solutions that alter or filter out light, including sunscreens or sunglasses. Exposing their skin to the sun under the influence of alcohol or other diuretics, such as coffee, tea, soft drinks, etc., greatly increases the chances of damaging the skin.

No Sun, No Health!

A balanced diet of sunlight, which includes all the various frequency bands of ultraviolet light reaching the earth, as well as good nutrition and a natural lifestyle, still offer the best protection against all types of diseases. Solar research from all over the world has shown that exposure to ultraviolet light is probably the most comprehensive and impressive healing method there is. With all of the tremendous benefits that sunlight has been proven to bestow upon us, it is truly astonishing that most of the sick people in the world still rely on expensive and poisonous medical drugs that do not offer nearly as many benefits. The following are a few examples of what ultraviolet light can do for you.

Ultraviolet light

- improves electrocardiogram
- lowers blood pressure and resting heart rate
- improves cardiac output
- reduces cholesterol if required
- increases glycogen stores in liver
- balances blood sugar
- enhances energy, endurance, and muscular strength
- improves the body's resistance to infections (increase of lymphocytes and phagocytic index)
- enhances oxygen carrying capacity of the blood
- increases sex hormones
- improves resistance of skin to infections
- raises one's tolerance to stress and reduces depression

Sunlight not only purifies seawater to a depth of 12 feet, but it also disinfects the skin from harmful germs. The longer the ultraviolet wavelength, the deeper it penetrates the skin. At 290nm, about 50% of the ultraviolet light penetrates a little deeper than to the superficial layers of the skin, whereas at 400nm, 50% reaches the deeper layers. The deeper reaching rays can even penetrate the brain. The human body was designed to absorb UV light for very good reasons, otherwise we would have been born with a natural sunscreen for UV light on our skin and eyes. One of the most important reasons is that UV radiation is necessary for normal cell division. A lack of UV light disturbs normal cell growth, which can lead to cancer as confirmed by Dr. Shaw's research. The use of sunglasses, including regular UV reflecting spectacles and eye lenses, are co-responsible for certain degenerative eye diseases, such as macular degeneration. Most people who use sunglasses report continuously weakening eyesight.

Our typical indoor lifestyle, coupled with excessive over-stimulation through highly acid-forming foods and beverages, the cholesterol increasing and dehydrating effects of television, and various other stress factors are sufficient cause for damage of body cells, including those that make up the eyes. By regularly shutting out the much-needed UV light (even children and some pets are given sunglasses to wear nowadays), the eyes are unable to properly repair themselves and replace worn out eye cells. The increased incidence of blindness and eye disease in the industrialized world may result, to a large extent, from the misinformation that the sun is dangerous. Please be aware that in sunny parts of the world almost everyone nowadays wears sunglasses. This may very well account for the increase of cataracts in these

places. There may be others factors involved, such as malnutrition (diarrhea can lead to severe demineralization), smoking, pollution and poor diet. To keep your eyes healthy, make sure to let enough sunlight into your eyes every day.

The reason so many people are attracted to being in the sun or longing for it when it doesn't shine is inherent in the natural instinct of the body to expose itself to the healing and cleansing properties of sunlight. Without being tricked into overexposure by "protective" sunscreens, the body will naturally know how much sunlight is good for its balanced growth. And even if circumstances lead to sunburn, the human body is perfectly equipped to handle it.

Chemical interference in this process of self-protection, however, can have serious consequences. By regularly using any of the following drugs or chemicals internally or externally, both skin and eyes become oversensitive to sunlight and the skin may badly burn even after a few minutes of exposure. Among these are antibacterial agents such as Sulfa; the aforementioned PABAs and other sun lotion ingredients; hypoglycemic agents used by diabetics; diuretics for control of high blood pressure; tranquilizers and anti-depressants; broad-spectrum antibiotics; anti-arrhythmic Quinidine used to suppress abnormal heart rhythms; halogenated, antiseptic compounds used in cosmetics; many types of soaps; synthetic ingredients in most commercial beauty products; and antihistamines used for colds and allergies, etc.

In addition, gallstones in the liver prevent the liver from sufficiently detoxifying pharmaceutical drugs, alcohol, and other noxious substances. Whatever the liver cannot remove from the blood ends up in the kidneys and skin. Once overburdened with these internal, highly acidic toxins, the skin becomes vulnerable to the natural elements, including sunlight. Skin cancer and cataracts only occur if the liver is congested.

It is much easier to treat the cause of a physical problem than to suppress its symptoms. If you are taking any of the above drugs and wish to treat the cause rather than the effect of an illness, consult your doctor about how to phase them out gradually, cleanse your elimination organs, and at the same time begin exposing your body to the sun starting with 1-2 minutes and building up to a few more minutes each day (see directions below). Make certain, though, that your skin doesn't get burned. If you wear sunglasses, expose your eyes to natural light as long as it is comfortable until you no longer require them (sunglasses). To avoid dehydration of the skin, drink fresh water before and after exposure to the sun.

Sunlight Prevents Cancer, MS, Heart Disease, Arthritis, Diabetes...

According to a study published in the prominent Cancer journal (*March 2002; 94:1867-75*) insufficient exposure to ultraviolet radiation may be an important risk factor for cancer in Western Europe and North America. The findings, covering mortality rates from cancer in North America, directly contradict official advice about sunlight. The research showed that deaths from a range of cancers of the reproductive and digestive systems were approximately twice as high in New England as in the Southwest, despite a diet that varies little between regions.

An examination of 506 regions found a close inverse correlation between cancer mortality and levels of UVB light. The likeliest mechanism proposed by scientists for a protective effect of sunlight is vitamin D, which is synthesized by the body when exposed to ultraviolet B rays. According to the study's author, Dr William Grant, the northern parts of the United States may be dark enough during the winter months that vitamin D synthesis shuts down completely.

While the study focused mainly on white Americans, it was found that the same geographical trend affects black or darker skinned Americans, whose overall cancer rates are significantly higher. As explained earlier, darker skinned people require more sunlight to synthesize vitamin D.

The study showed there are at least 13 malignancies affected by lack of sunlight, mostly reproductive and digestive cancers. The strongest inverse correlation is with breast, colon, and ovarian cancer, followed by tumors of the bladder, uterus, esophagus, rectum, and stomach.

Not dissimilar to the study on cancers, researchers found a strong correlation between geography and multiple sclerosis. As it turns out, the incidence of MS decreases the closer to the equator (where the most sunlight is) one resides.

The American National Institute of Health (NIH) has linked deficiencies of the sun-made vitamin D to rising rates of many diseases, including osteoporosis, rheumatoid arthritis, heart disease, and diabetes, just to name a few. To get the disease-curbing benefits of sunlight, you need to get outside at least three times a week, for a minimum of 15-20 minutes.

The Amazing Sunlight/Exercise Combination

Sunlight and exercise each seem to have excellent health and fitness benefits, but when used together, the effects are even multiplied. Tuberculosis patients who are being treated with sunlight therapy alone (regular exposure to sunlight) experience a significant increase in muscle tone with very little fat, even if they don't exercise. The same happens to a person who is on a regular fitness program. But if sun exposure and exercise are combined, muscular tone and muscular strength increase much more than if just either one is used.

In the male physiology, muscular development is linked to the production of the male hormone, *testosterone*. The old Greek practice of exercising nude on a warm sandy beach was used to develop a healthy muscular body. When sunlight falls on any part of the body, *testosterone* production increases substantially, but when it strikes the male genitals directly, secretion of the hormone is greatest. A study at Boston State Hospital has proved that ultraviolet light increases the level of *testosterone* by 120% when the chest or back is exposed to sunlight! The hormone, however, increases by a whopping 200% when genital skin is exposed to the sun.

Regular sunbathing increases strength and size of all muscle groups in the male physique. The combination of sun and exercise is, therefore, ideal to develop a strong and healthy body with optimal reproductive abilities. Given these findings, it may well be that constant lack of sun exposure along with physical congestion, is the main cause of the increased infertility problems among the city populations in the world. If you want to improve your sex life or fertility rates, rather than using one of the currently available costly treatments and risking your health due to their serious side effects, I would recommend that you first try the sun.

Women, of course, benefit from sunlight, too. Their levels of female hormones rise when they are exposed to particularly one specific portion of UV light, i.e., 290-340 nanometers (UVB), which is *assumed* to be dangerous and useless. Women, who have only very little exposure to sunlight, are often suffering from menstrual problems or have no menstrual periods at all. They can re-establish a healthy menstrual cycle by sunbathing regularly and spending several hours of the day outdoors. Normalization of the menstrual cycle can occur within a few weeks after starting sunlight therapy.

Several independent studies have demonstrated that hypertensive patients who followed a vigorous exercise program for six months lowered their blood pressure by 15 percent, whereas those who had one single exposure to the ultraviolet light of the sun, had a markedly lower blood pressure for five to six days. Exercising in the sun could, therefore, be one of the best non-medical treatments for hypertension, cost-free and without any side effects. At the same time, both exercise and sunbathing increase the heart's efficiency, which is measured by the amount of blood pumped by the heart at each beat. One single exposure to the ultraviolet rays of the sun alone has shown to increase heart efficiency by an average of 39 percent, again lasting for as long as five to six days. Such an approach could effectively replace drugs currently used to stimulate the heart. It should be noted that sunlight acts not like a drug that merely suppresses the symptoms of disease, but rather restores balance in body and mind.

Diabetics, too, can benefit from exercise and sunlight. Their blood sugar drops when they exercise or sunbathe. One single exposure to sunlight stimulates the production of the enzyme *phosphorylase*, which decreases the amount of stored glycogen. Two hours after sun exposure, another enzyme, *glycogen synthetase*, increases storage of glycogen in the tissues while lowering blood sugar levels. Thus, sunlight acts just like insulin. The effect may last for days. It is important for diabetics to know that they may need to adjust their insulin dose and should, therefore, regularly consult their doctor while gradually increasing their body's exposure to sunlight.

Both sunlight and exercise have beneficial effects on reducing stress levels. These include decrease of nervousness, anxiety, emotional imbalance; increase of stress tolerance, self-confidence, imagination and creativity; positive changes in personality and moods; reduction of unhealthy habits such as cigarette smoking and alcoholism. Studies from Russia also showed that duodenal ulcers are greatly improved through regular exposure to the sun.

American research found that when exposure to sunlight is added to fitness programs, subjects have a 19 percent increase in performance as measured by physical fitness tests. In addition, those exposed to the UV light had 50 percent fewer incidences of colds than those who didn't. Their immune systems were maintained on a high level of efficiency. Also, children who receive extra UV light during wintertime have a marked increase in physical fitness. A

And if you are on pain medication, check this out: A recent hospital study found that patients in sunnier rooms needed fewer painkillers than patients in darker rooms. In fact, they were able to cut their drug costs by 21%.

What Makes the Sun so “Dangerous” – The Fat Connection!

Sunlight is most beneficial for those who eat a balanced diet according to their individual requirements and body type. Sunbathing may be dangerous, however, for those who live on a diet rich in acid-forming, highly processed foods, and refined fats or their products. Also alcohol, cigarettes, and other mineral and vitamin depleting substances, such as allopathic and hallucinogenic drugs, can make the skin highly vulnerable to ultraviolet radiation. In particular, polyunsaturated fats as contained in refined and vitamin E depleted products, such as thin vegetable oil, mayonnaise, dressings, and most brands of margarine, pose a particularly high risk in the development of skin cancer and most other cancers. According to *Archives of Internal Medicine*, 1998, polyunsaturated fats increase your risk of breast cancer by 69 percent (by contrast, monounsaturated fats as found in olive oil reduce your breast cancer risk by 45 percent).

This phenomenon is quite easy to understand. Once in contact with air, these fats attract lots of oxygen free radicals and become oxidized, that is, rancid. Oxygen radicals get generated when oxygen molecules

lose an electron. This makes them highly reactive. These free radicals may quickly attack and damage cells, tissues, and organs. They can be formed in refined, polyunsaturated fats when are exposed to sunlight before consumption. Otherwise, the radicals form in the tissues after the oil has been eaten. Polyunsaturated fats are difficult to digest, since they are deprived of their natural bulk and are no longer protected against free radicals by their natural protector, vitamin E, a powerful antioxidant. Eating a hamburger and French fries, for example, can flood your body with free radicals.

Saturated fats are solid and found in products such as lard and butter. They contain large quantities of natural antioxidants, which make them much safer against oxidation by free radicals. Since polyunsaturated fats are man-made and do not exist in natural form, they are indigestible and considered dangerous by the body. Margarine, for instance, is just one molecule away from plastic, and therefore extremely difficult to digest. Free radicals, the natural cleansers of the body, try to get rid of the fatty culprit which attaches itself to the cells walls. When the radicals digest these harmful fats, they also damage the cell walls. This is considered to be the main cause of aging and degenerative disease.

Research has shown that out of 100 people who consumed large quantities of polyunsaturated fats, 78 showed marked clinical signs of premature aging. They also looked much older than others of the same age did. By contrast, in a recent study on the relationship between dietary fats and the risk for Alzheimer's disease, researchers were surprised to learn that the natural, healthy fats can actually reduce the risk for Alzheimer's by up to 80 percent. The study showed that the group with the lowest rate of Alzheimer's ate approximately 38 grams of these healthy fats every day, while those with the highest incidence of this disease consumed only about half of that amount each day.

Tissue cells that are damaged by abnormal free radical activity are unable to reproduce properly and can impair major functions in the body, including those of the immune, digestive, nervous, and endocrine systems. Ever since polyunsaturated fats have been introduced to the population on a large scale, degenerative diseases have increased dramatically, skin cancer being one of them. In fact, polyunsaturated fats have made sunlight "dangerous," something that would have never been the case if foods hadn't been altered and manipulated, as they are today. When polyunsaturated fats are removed from their natural foods, they need to be refined, deodorized, and even be hydrogenated, depending on the food product they are used for. During this process some of the polyunsaturated fats undergo chemical transformations, which turns them into *trans fatty acids* (trans fats), often referred to as "hydrogenated vegetable oils." Margarine can contain up to 54 percent of them, vegetable shortening up to 58 percent.

You can detect hydrogenated vegetable oils in foods by reading the food labels. Most processed foods contain them, including breads, crisps, chips, doughnuts, crackers, biscuits, pastries, all baked goods, cake and frosting mixes, baking mixes, frozen dinners, sauces, frozen vegetables, and breakfast cereals. In other words, nearly all foods that are shelved, processed, refined, preserved, and not fresh can contain trans fats. Trans fats inhibit the cell's ability to use oxygen, which is required to burn foodstuffs to carbon dioxide and water. Cells, which are inhibited in completing their metabolic processes, may become cancerous.

The trans fats also make the blood thicker by increasing stickiness of platelets. This multiplies the chances of blood clots and build up of fatty deposits, which can lead to heart disease. Research at Harvard Medical School, observing 85,000 women over eight years, found that those eating margarine had an increased risk of coronary heart disease. Further studies have shown that trans fatty acids prevent the body from processing Low *Density Lipo Protein* (LDL) or bad cholesterol, thereby raising blood cholesterol to abnormal levels. A Welsh study linked the concentration of these artificial trans fats in body fat with death from heart disease. The Dutch Government has already banned any products containing trans fatty acids.

Polyunsaturated fats have also been shown to suppress immunity. For this reason, they are used today in patients who have undergone kidney transplant operations or skin grafts taken from other people. This helps the patients to prevent the immune system from rejecting the foreign tissue, but of course this leaves them vulnerable to infection and other disorders. The same approach is used in the so-called *autoimmune diseases* where the immune system attempts to kill off some of the body's own cells, i.e., those that have become toxic and a risk for the survival of the body. But the tragic in all this is that such treatments don't change overall mortality rates, only the cause of death is altered.

What Really Burns and Damages the Skin

A person who consumes polyunsaturated fats in his diet and exposes his skin to ultraviolet light to the point of reddening produces hormone-like substances called *prostaglandins* from the linoleic acid contained in the fats. *Prostaglandins* suppress the immune system, thereby contributing to tumor growth. In addition, polyunsaturated fats are accompanied by free radical production, which can damage cells. If you add suntan oils to the skin you have the right combination of chemicals to produce skin cancer, especially on areas that are more exposed to the sun than others.

In nature, oils never occur in large quantities. To obtain one tablespoon of corn oil in natural form you would have to eat 12-18 ears of corn. Since oil extraction from corn, grains, and seeds became possible 80-90 years ago, consumption of polyunsaturated and unsaturated fats (thicker oils) as salad and cooking oils has increased dramatically in the industrialized world. The average person today consumes 16 times more of these fats than a person did 90 years ago. That does not include all the other fats contained in today's foods. The lack of exercise, fresh air, and foods rich in nutrients make it even less possible for a human being to cope with such large amounts of unnatural fats. They impair the digestive power and lead to a build-up of toxins and subsequent crises of toxicity. The presence of excessive amounts of free radicals indicates that the body is full of toxins. Once they enter the skin tissue, even short-term exposure to ultraviolet light can burn and damage skin cells.

If your eyes and skin are sensitive to sunlight, this indicates that your body is toxic. Your subsequent effort to avoid the sun may result in serious light deficiency, which can lead to serious health problems. The fact that cancer of all kinds increased when sunscreen was introduced is hardly surprising. The UV light entering the eyes stimulates the immune system. Today, more than 50% of the U.S. population wear prescription or sun-protective glasses, which are able to block out most UV light. The latest fashion is to wear plastic glasses; they also block out all UV light. Indoor activities, sun tan lotions, clothing, UV-repelling windows, etc., make certain that we hardly get any of it. Without regular exposure to sunlight, however, the immune system decreases its effectiveness with every year of age. With sunlight, the use of oxygen in the body tissues increases, but without it, our cells begin to starve for oxygen. This leads to cellular malfunction and premature aging and even death.

Starved of a balanced sunlight diet, we tend to look for help elsewhere, even though nature is ready to cure us at any time. It is very unfortunate that sick people are mostly kept indoors, often with curtains drawn and windows closed. One of nature's most potent preventive and curative powers is there for everyone to use.

Guidelines for Increasing Sun Exposure

If you wish to benefit from the sun but cannot afford much time to be outdoors, there are several ways to increase your exposure to sunlight:

- Windows should consist of glass that permits UV light to enter
- Have as many such windows as possible
- Keep your curtains pushed back so that you have maximum exposure
- Depending on weather and season, keep your windows open
- Install as many full spectrum lights as possible (the best alternative to natural sunlight)

Those living in a moderate climate can sunbathe regularly. It is best to avoid the sun between 10.00 a.m. and 3.00 p.m. during summer, whereas during winter and spring this time is OK, too. During winter you can sunbathe if you lie in a totally wind protected place. You can build your own sunbathing area against a wall facing the sun. The sidewalls should be made of material that can serve as a good windbreak. The wall pointing toward the sun should be at an angle slanted toward the sun so that the low winter rays can shine into the sunbathing area. Lying on a blanket, you will be warmer than if you were indoors.

Note: Avoid sunlamps, which produce UVA and can cause skin cancer, including melanoma. If for any reason you are going to be exposed to the sun for unduly long periods, you may apply Aloe Vera gel, coconut oil or olive oil.

For maximum benefits, through, and to wash off any oiliness, it is best to take a shower before sunbathing. Start your sunlight treatment by exposing your entire body (if possible) for a few minutes to start, and then increase the time each day by a few more minutes until you reach 20-30 minutes. Alternatively, walking in the sun for 40-60 minutes has similar benefits. This will give you enough sunlight to keep your body and mind healthy, provided you incorporate the basic measures of a balanced diet, lifestyle, and daily routine as outlined in the earlier chapters.

The Ancient Practice of Sun Gazing

Sun energy is the source that powers the brain. It enters the body through the elements of air, water, fire and earth. Sunlight enters and leaves the human body most easily and directly through the human eye, provided it isn't filtered out by colored spectacles. Sun gazing is an ancient practice that can induce healing of body and mind.

The eyes are very complex organs, consisting of 5 billion parts. Acting as a photo lens, the human eye is able to break down the entire spectrum of sunlight into the different color rays. In a camera, the various rays of light react with the chemicals of the film and encode the pictures you take. Likewise, upon entering the pineal gland in the brain, the different rays are being chemically encoded in the brain and are passed on to the organs and systems in the body. The vital organs of the body are dependent on specific colors of the light spectrum. For kidney cells to function properly, for example, they require red light. Heart cells need yellow light, and liver cells require green light. Light deficiencies in any of the organs and systems of the body can lead to disease. Regular sun gazing can help restore balance and efficiency to all cells in the body.

One should gaze at the sun only in the morning or evening hours, about one or two hours after sunrise or before sunset. Look at the rising or setting sun once per day. On the first day, look at the sun in a relaxed manner for a maximum of 10 seconds. On the second day, look at it for 20 seconds, adding about ten seconds every succeeding day. So after ten continuous days of sun gazing you will be looking at the sun for about 100 seconds. The eyes can blink or flicker, and don't need to be steady.

To receive the main benefits of sun gazing, you need to increase the duration in the above manner until you reach three months. This brings you up to the length of 15 minutes of gazing at a time. At this stage, the sun energy of the sun's rays passing through the human eye will be charging the hypothalamus tract – the pathway behind the retina leading to the human brain. As the brain increasingly receives extra power through this pathway you will find a drastic reduction of mental tension and worries. With access to this additional source of energy, you are likely to develop a more positive mindset and increased self-confidence. If you suffer from anxieties and depression, you will find that these go away. Sadness and depression are known to increase with reduced or lack of exposure to sunlight. With fewer worries and fears, your brain may use the saved and additionally supplied energy for healing and improvement of mental and physical wellbeing. One of the most frequently reported benefits of regular sun-gazing is improvement of eyesight.

CHAPTER 9



Heart Disease – Symptom of a Sick Body

Less than one hundred years ago heart disease was an extremely rare disease. Today, it kills more people in the developed world than all other causes of death taken together (with the exception of doctor-caused, iatrogenic, diseases; see Chapter 14). According to the *New England Journal of Medicine*, sudden cardiac arrest claims 350,000 to 450,000 lives per year in the United States (over 1,000 per day) and is responsible for more than half of all deaths that are due to cardiovascular disease. 865,000 Americans suffer a heart attack each year. There are 7.8 million people in the U.S. who are heart attack survivors (as per year 2004). Direct (medical costs) and indirect (lost productivity) costs related to coronary heart disease were about \$133 billion in 2004. And a recent study concludes that 85% of people over 50 already have artery blockages... and 71% of people over 40!

Although the ability to recognize patients who are at high risk for cardiac arrest has greatly improved over the past 20 years, 90 percent of cases of sudden death from cardiac causes occur in patients without identified risk factors. It is known that the majority of cases of sudden death from cardiac causes involve patients with preexisting coronary heart disease. Yet cardiac arrest is the first manifestation of this underlying problem in 50 percent of patients.

The most common underlying cause of sudden cardiac arrest is a heart attack which causes irregular heart rhythm and subsequent stoppage of the heart. In several industrialized nations mortality rates from heart attacks have slightly decreased due to a generation of breakthroughs in heart care. These include new medicines, the bypass operations, and the angioplasties. But now the “beneficiaries” of this kind of heart care are living with unexpected, often devastating consequences: Their damaged hearts still beat, but not strong enough to enjoy a decent quality of life. Many wish they had died swiftly than suffering a slow and torturous death.

The unintended result of better cardiac care is an unprecedented increase in a chronic, debilitating disease called *chronic heart failure*, which could very well be described as an epidemic. Heart failure is described as a *gradual* ebbing of the heart’s power to pump blood and supply the body with oxygen. “Heart failure is a product of our success in dealing with heart disease and hypertension,” said Dr. Michael Bristow of the University of Colorado. Treating the symptoms of heart disease and hypertension rather than their causes has lead to more hardship and suffering than anticipated. It is the call of our time

to take a more holistic look at the causes of this greatest killer disease in the modern world and to apply natural methods to restore heart functions swiftly and permanently, without side effects.

The Beginning Stages of Heart Disease

Our cardiovascular system is composed of a central pumping device – the heart muscles – and a blood vessel pipeline, consisting of arteries, veins and capillaries. The heart muscles pump blood through the blood vessel system to deliver oxygen and nutrients to all parts of the body. The blood vessel system is over 60,000 miles long and has a surface of more than half an acre. The 60-100 trillion cells in the body depend on the frictionless flow of blood through this vast network of channels.

The tiny blood capillaries, which have the thickness of one tenth of a human hair, are of particular importance to the body. Unlike the arteries, capillaries permit oxygen, water, and nutrients to pass through their thin walls in order to bring nourishment to the surrounding tissues. At the same time, they have to allow for certain cellular waste to return to the blood so that it can be excreted from the body. If the capillary network becomes congested for reasons explained below, the heart has to pump the blood with greater pressure to reach all the different parts of the body. This considerably increases the heart's workload and makes its muscles tense and tired. In due time, the exertion of the heart leads to stress and fatigue and impairs all major functions in the body.

Since the blood capillaries are also responsible for nourishing the muscle cells of the arteries, a reduced supply of oxygen, water, and nutrients will gradually injure and destroy arteries. To counteract this form of involuntary self-destruction, the body responds with inflammation. The inflammation response, which is often mistaken for and treated as a disease, is actually one of the body's best methods to increase the blood supply and deliver vital nutrients to promote growth of new cells and repair damaged connective tissue. However, continuous inflammatory responses eventually generate sizable lesions in the arteries which, in turn, lead to the development of atherosclerotic deposits. Hardening of arteries is commonly believed to be the main cause of heart disease, although this is, as new studies have shown, not entirely true.

Major Contributing Factors

While most heart attacks are believed to be triggered by the clogging of the heart arteries, which destroys millions of heart cells, strokes are assumed to be caused by the clogging of the brain arteries, which causes the death of millions of brain cells. Since brain cells coordinate the activities and movements of every part of the body, their death can lead to partial or complete paralysis and death. A stroke is considered to be merely a consequence of advanced atherosclerosis.

The brain arteries are located in close proximity to the heart. The blood pressure in both the brain and heart arteries is relatively higher than in those arteries located in other parts of the body, hence the difference of blood pressure in the different arteries of the circulatory system. If turbulence and congestion occur in the branching areas of the arteries, the blood pressure begins to rise. This particularly stresses the coronary, carotid (neck), and cerebral (brain) arteries to the point of damage. Damage occurs first in those blood vessels that are already weakened by internal congestion and nutrient deficiencies. This makes high blood pressure a major risk factor for strokes and heart disease.

Lowering an elevated blood pressure through medication, however, does not serve as a solution, but as a mere postponement and further aggravation of the problem. And, as recent research has shown, it can lead to chronic heart failure. Without removing the root cause(s) of elevated blood pressure the standard treatment for hypertension can cause severe cellular dehydration and sharply reduce the blood's capacity to deliver oxygen to the heart muscles and remove toxic waste from the cells and tissues of the body. All this further increases the risk of heart disease and many other health problems, including kidney and liver disorders.

The Western Hemisphere is heading the global list of heart disease. For many years, now, doctors have blamed the wrong type of food, overeating, too little exercise, smoking, and stress as the major risk factors. Latest research has added a few more, such as free radicals, pollution, poor circulation, certain drugs and chemicals, and a decreased ability of the blood to digest protein, which may lead to the formation of blood clots. When the proteolytic enzymes bromelain, trypsin, and chymotrypsin are no longer sufficiently available to help break down the blood clots, heart attacks, phlebitis, and strokes are the most likely consequences.

The major physical cause of coronary heart disease, however, is overeating of animal proteins. When stored in the body, protein becomes one of the greatest risk factors for heart disease and most other diseases as well. One of the latest markers of arterial damage and inflammation now believed to be the main reason behind blood clots triggering a heart attack is the protein *homocysteine*. High concentrations of homocysteine are found in meat.

Meat Consumption and Heart Disease

To illustrate the development of heart disease from virtual non-existence to being the biggest killer disease, I have used statistical trends describing disease development in Germany – a typical, modern industrialized nation. In the year 1800, meat consumption in Germany was about 13 kg (28 pounds) per person per year. One hundred years later, meat consumption was nearly three times as high, at 38 kg per person per year. By 1979 it had reached 94.2 kg, which is an increase of 725 percent in less than 180 years. These figures do not include fats. During the period of 1946-1978, meat consumption in Germany increased by 90% and heart attacks rose by 20 times. During the same period, fat consumption remained the same, whereas consumption of cereals and potatoes, which are major suppliers of vegetable protein, decreased by 45%. Therefore, fats and carbohydrates, as well as vegetable proteins, cannot be considered to be causes of coronary heart disease. This leaves meat as the main factor responsible for the dramatic upsurge of this degenerative blood vessel disease.

In consideration of the fact that at least 50 percent of the German population is overweight and most overweight people eat much more meat than those with normal weight do, meat consumption among the overweight must have at least quadrupled in the 33 years after World War II. Being overweight is considered to be a major risk for high blood pressure and heart disease.

According to statistics published by the World Health Organization (WHO) in 1978, the yearly increases of heart attacks in Western European countries were accompanied by a continuous yearly increase in meat consumption by as much as 4kg per person. This practically means that eating habits after World War II have shifted from a healthy mixed diet to one excessive in animal protein, but poor in carbohydrates such as fruits, vegetables and grains. According to the WHO, fat consumption remained virtually unchanged. Heart attacks and atherosclerosis began to increase dramatically in Germany and in Western industrialized nations soon after the war; today they cause over 50 percent of all deaths.

Although fat consumption among vegetarians is not lower than among meat eaters, the vegetarians have the lowest death rates from heart disease. The *Journal of the American Medical Association* reported that a vegetarian diet could prevent 97% of all coronary occlusions. The incredibly popular high protein, low carbohydrate *Atkins Diet* and *South Beach Diet* have the unfortunate side effect of starving a person by clogging up his capillary and artery walls with excessive proteins, and by greatly limiting his fuel intake (carbohydrates). This can certainly make a person lose weight, but not without also damaging his kidneys, liver, and heart. Both the late Dr. Atkins, a heart disease and obesity victim, and former U.S. President Bill Clinton, a keen follower of the South Beach Diet and recipient of a quadruple bypass, suffered the consequences of the high protein diet (for details, see section below). Millions of Americans are following in their footsteps.

The reason for the virtual absence of coronary heart disease among vegetarians is their low intake or complete absence of animal protein. Fat consumption is, therefore, only an accomplice of the disease, but not its cause. The constantly recycled mass hysteria that believes fat, which is generally associated with cholesterol, to be the main dietary culprit of heart disease, is completely unfounded, outdated, and has no scientific basis.

Yes, Your Body Can Store Protein!

Meat and meat products have five to ten times the concentration of protein than found in plant protein foods. It is, therefore, easily possible to overeat animal protein, but it is hardly possible to overeat vegetable protein because a normal digestive system does not have the ability to process 5-10 times more food than is normal for the body. It is common knowledge that the body is able to store unused sugar and other carbohydrates in the form of fat, but it lesser known that it also has a large storage capacity for protein. The body's protein stores are the *connective tissues* (the fluids between the capillaries and the cells) and the *basal* or *basement membranes*, which hold together and support the cells of the blood capillaries and arteries (see illustration 14). When these protein stores are filled to their full storage capacity, the organs and arteries that are supplied by these protein-congested capillaries begin to starve of oxygen and nutrients, and suffocate in their own metabolic waste products. The resulting toxicity crisis prompts an inflammatory process by the body, which is necessary to increase blood flow and make nutrients available for growth of new cells and repair of damaged connective tissue. Repeated bouts of inflammation in the artery walls can involve bleeding and subsequent formation of blood clots. Blood clots are the number one cause of heart attacks (see illustrations 15a/b) and strokes. As a measure of first aid and to avert constantly occurring potential heart attacks or strokes, the body attempts to contain the bleeding wounds. It does this by dispatching the glue-like *lipoprotein*, LP5, into the blood. LP5 attaches itself to the open wounds, thereby sealing them. To promote wounds healing and prevent them from repeated bleeding, the sticky LP5 catches the relatively large lipoprotein molecules, such as LDL and VLDL cholesterol molecules, and builds them into the artery walls. The resulting protective "bandage" saves the person's life, at least for a while. If this survival mechanism occurs in the coronary arteries, it is called *hardening of arteries* or *coronary heart disease*.

A person who eats too many simple carbohydrate foods such as sugar, bread and pasta, or fats in a particular meal may have elevated concentrations of sugar, fats, and the cholesterol-containing *lipoproteins* in his blood. But blood tests also show that if he overeats protein foods, his blood will

contain higher concentrations of protein. Nutritional science assumes¹⁴ that protein is completely burned during the digestive process. Whatever protein the body cells don't use or need, so goes the argument, continues to circulate in the blood until it is broken down by liver enzymes and excreted as urea.

A major problem arises when a person does not have enough of these enzymes to remove the excessive protein from the blood stream. The liver of Kapha and Pitta types, for example, who naturally require only very few proteins to sustain themselves, has a limited capacity to break down food proteins. If liver bile ducts are congested with stones, this also greatly diminishes this important liver function. The same applies to people who regularly eat too many proteins. In any case, the extra proteins that are not broken down and eliminated through the liver route, are absorbed by the connective tissue under the skin (which is the least harmful), and the intercellular connective tissue of the organs (which can be very harmful). If there is a continuous, regular supply of large amounts of food protein, the intercellular connective tissue and basal membranes of the capillaries start filling up with the protein and begin to thicken. Unless protein intake is discontinued, the capillary cells become damaged. The body responds with inflammation to help destruct and remove damaged or dead cells. This inflammatory process, though, has side-effects. It forms the beginning stage of diet-caused atherosclerosis.

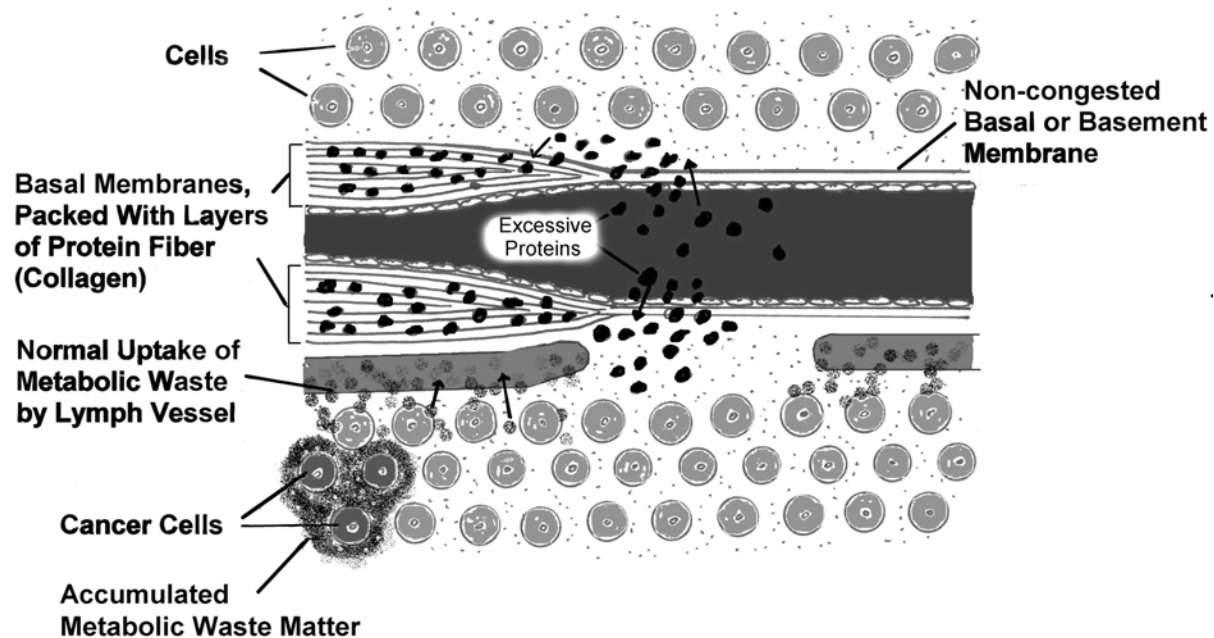
By contrast, as it was first discovered in 1955, people who live on a protein-free diet for a certain length of time do not produce urea after their first protein meals. This means that their connective tissues contain no abnormal amounts of protein. This applies to all vegetarians whose only source of protein is of purely vegetarian origin, such as in grains, legumes, nuts, seeds, etc. Vegetarians hardly ever develop a surplus of protein in the connective tissues and blood vessel walls, and are, therefore, not at risk of developing atherosclerotic deposits. This has been confirmed by the American Medical Association.

It is a commonly accepted medical theory that all unused calories, whether they occur in the form of carbohydrates, fat, or protein, are converted into fat and deposited in the body's fat cells. This would make fat to be the only storage molecule responsible for obesity and related illnesses, including coronary heart disease and Type 2 Diabetes (see chapter 11). Yet there is overwhelming evidence to show that stored fat alone cannot be held responsible for causing coronary heart disease. The only other substance that the body can store in large amounts is protein. And much of it ends up in the blood vessel walls.

In addition to breaking down proteins in the liver and storing proteins in the blood vessel walls, the body employs another tactic to get rid of this dangerous culprit. A well-trained athlete can utilize no more than 40 grams of protein per day. The average American eats up 200 grams per day. Whatever proteins cannot be stored, which easily happens by regularly eating more than 30-40 grams of protein each day, the body converts into nitric, sulfuric and phosphoric acids. The kidneys try to eliminate some of the strong acids (similar to the ones found in your car battery). To do so, they have to attach a basic mineral to every acid molecule. As a result, sodium, potassium, magnesium (the main basic minerals) and all the rest become depleted as well. All this sets your body up for an incidence of *acidosis*, which is another name for toxicity crisis. Heart disease is a typical symptom of chronic acidosis.

¹⁴ There is no scientific study to support this assumption

Thickening of Blood Capillary Wall



Hardening of Artery

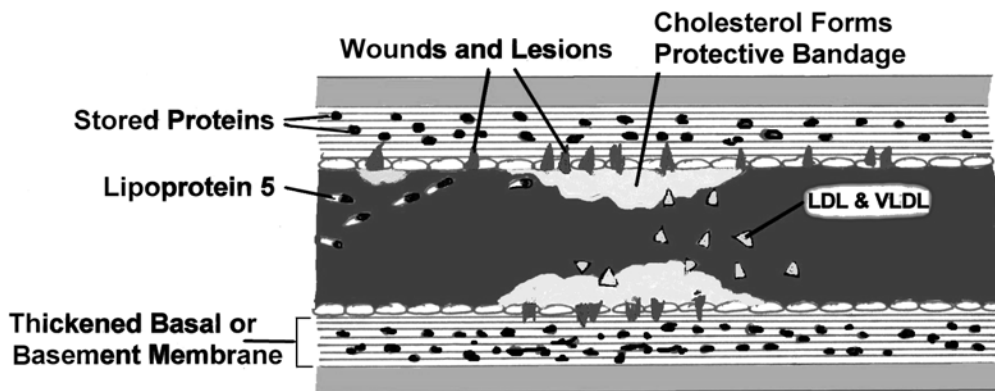


Illustration 14: Congestion of Blood Vessel Walls with Excessive Protein

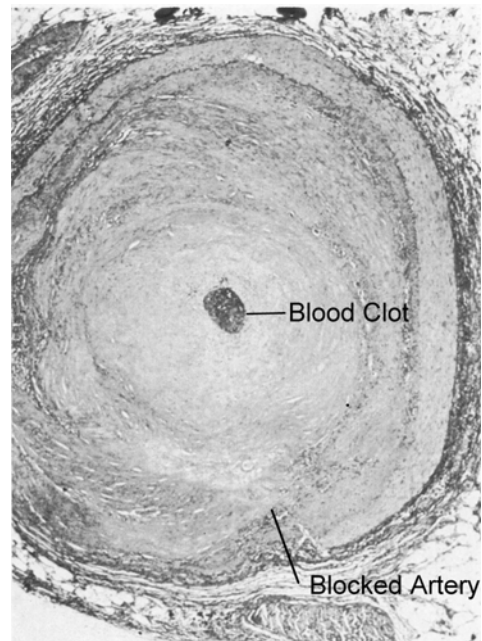


Illustration 15a: Blood clot that caused heart attack in 54-year old man

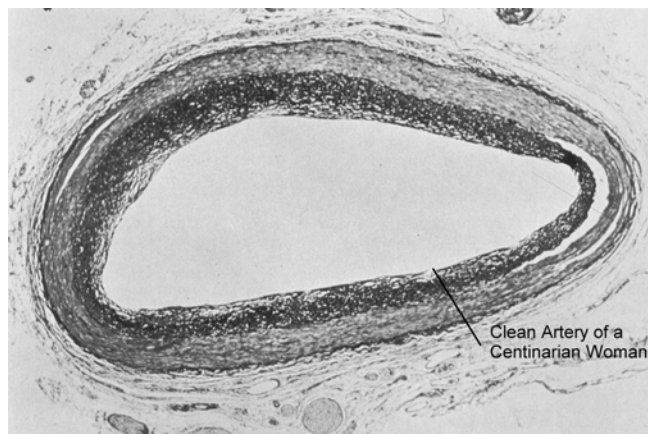


Illustration 15b: Healthy, open artery of a 100-year old woman

Protein Storage – A Time Bomb

Obese people have both high concentrations of fats and excessive amounts of protein in the blood. The blood's tendency towards clotting, which is considered to be the greatest risk for suffering a heart attack or stroke, stems almost exclusively from the saturation of the blood with proteins (also smoking increases blood protein concentrations, as shown below). Fats, on the other hand, have *no* blood-clotting ability. In their attempt to avert a heart attack, the capillary cells absorb the excessive protein, convert it into *collagen-fiber*, and store it in their basement membranes. Although this emergency response has a blood-

thinning and, therefore, life-saving effect, it also makes the blood walls thicker and more vulnerable to injury.

Examinations of connective tissue in obese people have proved that it contains not only plump fat cells, but also large amounts of dense collagen-fiber. Collagen is 100 percent pure protein. Building more collagen-fiber than necessary is one of the main emergency measures the body takes to deal with dangerously high protein concentrations in the blood. By removing the protein from the blood and thereby putting it out of circulation, the blood becomes thin and the crisis is avoided. But the situation changes drastically when the body's protein stores are all filled up to capacity, and protein consumption continues. This time, the blood becomes and remains saturated with protein. In such a case the blood begins to permanently thicken and develop a tendency towards clotting. Unless the afflicted person takes aspirin, which has a blood thinning effect, a stroke or a heart attack may occur. Yet in the long term the drug not only fails to prevent such an incidence, but strongly encourages it. There is a heightened risk of deadly uncontrolled bleeding that comes with regular or excessive aspirin use. In addition, once aspirin treatment discontinues, the risk of suffering a heart attack is greatly increased. [**Warning:** If you are suffering from macular degeneration – the #1 cause of blindness in people over 55 years – make sure to avoid taking aspirin. A major study linked aspirin to America's epidemic of macular degeneration. The so often prescribed one-aspirin-a day routine makes your retinas more likely to hemorrhage. Besides, aspirin belongs to the same class of painkillers as Vioxx, Celebrex and Aleve, all of which were found to increase heart attack and stroke risk by over 50%.]

Examinations have shown that by abstaining from food for a periodic length of time both fat cells and collagen fiber deposits begin to reduce in size and amount. This also demonstrates that overeating protein *does*, in fact, increase protein tissue in the body; the sites of the protein deposits being the basement membranes of the capillary walls and the connective tissues that surround the cells. As a direct consequence of this development, the thickened blood vessel walls are no longer capable of absorbing sufficient amounts of oxygen, water, and nutrients and removing all the metabolic waste products that the cells which constitute them produce. Hence the cells that make up these blood vessels become injured and eventually die from malnutrition, suffocation, and dehydration.

In a young person, the blood vessels of the heart have a diameter of about 3mm. By regularly overeating protein foods, the normally smooth and polished inner wall of a blood vessel becomes uneven, and the blood vessel as a whole thickens and loses its elasticity. This leads to a deterioration of blood flow throughout the circulatory system, and may culminate in a complete blockage. Coronary arteries that are totally blocked resemble an old rusty, damaged, calcified water pipe. Their walls are brownish-red and are clogged up with yellowish, calcified material.

The Revealing Role of Homocysteine

Researchers discovered that the toxic, sulphur-containing amino acid *homocysteine* (HC) promotes the tiny clots that initiate arterial damage and the catastrophic ones that precipitate **most** heart attacks and strokes (Ann Clin & Lab Sci, 1991 and Lancet 1981). HC results from normal metabolism of the amino acid *methionine* – which is abundant in red meat (especially well done steak), milk, and dairy products. Normally, your body has a built-in defense mechanism against homocysteine buildup – it transforms it into a harmless substance called *cystathionine*, which is flushed from the body in the urine. However, regularly overeating proteins greatly undermines this ability.

Although the role of increased homocysteine levels in the blood as a major risk factor of heart disease has been common knowledge in the field of medical research for many years, it is only now being recognized as such in the field of applied medicine. The presence of unsafe levels of homocysteine in the body is thought to be associated with people who are genetically unable to convert homocysteine at a sufficient rate. But the enormous incidence of abnormal homocysteine levels among heart disease patients suggests that the genetic factor is secondary, or may even be a response to continuously overwhelming the body with protein foods (similar to the phenomenon of genetic mutation in cancerous growths, see chapter 10). Foods that are high in folic acid (see chapter 7) have been shown to drastically lower homocysteine levels and thereby reduce the risk of cardiovascular disease.

Conclusion: If you regularly consume large quantities of animal protein, including meat, pork, poultry, fish, eggs, milk, cheese, etc., your body's ability to break down and safely remove all the protein or homocysteine becomes increasingly impaired (if it is not already naturally inefficient by constitution). Since excessive protein consumption thickens the blood and increases its risk of clotting, the body is forced to store the protein and the by-products of protein metabolism in the connective tissues under the skin as well as in the connective tissue of the organs and the basement/basal membranes of the capillary network. When the storage capacity of these membranes is exhausted, no more protein can be deposited in the capillaries. If overconsumption of animal protein continues, the body begins to store the excessive protein in the walls of the arteries (see illustration 14). At this stage the main coronary arteries become thickened, damaged, and inefficient. As they become occluded and cut off the oxygen supply to the heart, a heart attack occurs. Thus, the storage of excessive protein in the body acts like a "time bomb," ready to explode at any moment.

C-Reactive Protein Reveals the Truth

Continuous storage of excessive proteins in the blood vessel walls will eventually damage them. To help repair the damage and remove weak and injured cells, the body responds with inflammation. Inflammation is not a disease, but the body's basic emergency-response system. When the body is threatened by disease-causing germs, such as storage of proteins in the basal membranes of the blood vessel and subsequent buildup of protective fatty plaque in the arteries, the immune system dispatches large amounts of specialized cells to swarm and destroy the invader or potentially life-threatening obstructions. In the process of trying to fix the problem through inflammation, the immune cells cause multiple lesions that become increasingly unstable and may eventually rupture. When the body is unable to contain the bleeding resulting from a ruptured lesion, and any attempts to seal off the wound (s) fails, a heart attack or stroke occurs.

In a groundbreaking study published in the New England Journal of Medicine in 2002, doctors from Boston's Brigham and Women's Hospital showed that a simple blood test, called C-Reactive Protein (CRP), was able to predict which patients are most likely to suffer a heart attack or stroke. CPR measures the presence and intensity of inflammation in the walls of the blood vessels. Inflammation in the blood vessel walls is a much more accurate indicator of imminent heart trouble than measuring the concentrations of the "good" cholesterol (HDL) and the "bad" cholesterol (LDL) in the blood. This finding is very significant because half of all heart attacks occur in people with normal cholesterol levels. It not only shows that inflammation plays a key role in heart disease, but also in a wide range of other disorders involving the circulatory system, including arthritis, diabetes and cancer.

CRP is a protein produced by the liver in reaction to the immune system's inflammatory response. A simple blood test is able to detect this protein. It's concentration in the blood can determine how inflamed the heart arteries may be.

In the above study, the research team tracked the levels of both CRP and LDL ("bad" cholesterol) in nearly 28,000 women for eight years. According to the results of the study, women with high levels of CRP were twice as likely to have heart disease as those with high LDL. It also showed that many women who later suffered heart attacks would have been given a clean bill of health on the basis of their low LDL. Just relying on testing a person's cholesterol levels may not be enough, and may, in fact endanger his life.

CRP cannot be considered the ultimate testing kid for heart disease either, because it can jump as much as 10-fold when a person is fighting a cold or the flu. Infection includes an inflammatory response, and, therefore, the C-reactive protein is most likely to show up in the blood. However, this important piece of research shows that cholesterol testing is not what we should be focusing on if we want to save the lives of people who are at risk of heart disease. This is further substantiated by the most recent research showing that elevated blood cholesterol level cannot even be considered to be a major risk factor for heart attack (see *Risk Indications of a Heart Attack* below). Instead, focusing on the very causes of the inflammatory response will help us eradicate the incidence of heart disease, as well as arthritis and cancer.

How and Why Heart Attacks Really Occur

Just cutting off oxygen supply to the heart may not be enough to destroy the heart. The heart is one of the most innovative and resilient organs in the body, and it requires a lot of abuse for it to die. When the basement or basal membranes of the capillaries and arteries can no longer guarantee sufficient supply of oxygen, sugar, and insulin to the cells of the heart muscles, their ability to contract and pump blood is greatly reduced. Just to continue their work without enough oxygen, the heart cells begin to ferment glucose to produce energy, but this (anaerobic) process produces lactic acid, which acidifies the muscle tissues.

To further maintain its pumping action, the heart employs an additional emergency measure to gain energy, which is to mobilize and break down fats. Yet, without using oxygen in the process, these fats turn into harmful, cell-destructive acids. Proteins also begin to be used to provide energy; the by-products are once again harmful fatty acids. Since the thickening of the connective tissues as well as the lymph and blood capillaries in the heart begins obstructing normal elimination of metabolic waste, the heart muscles become intensely saturated with harmful acidic material. This may cause intense pain in the heart.

If uric acid, a waste product resulting from the breaking down of old cells, is retained in the tissues, gout occurs. The congestion leads to severe dehydration in the muscle cells, which prompts a group of cells known as *mast cells* to secrete the hormone *histamine* – a major water-regulating hormone in the body). When *histamine* passes over the sensitive pain nerves in the tissues, strong muscle pain results. If this form of muscle rheumatism occurs in the heart it is called *Angina pectoris*. Both the acid accumulation and lack of oxygen lead to the death of the heart cells.

Heart attacks can occur in a number of ways:

1. The connective tissues surrounding the heart cells may become so densely congested that the heart cells simply die a painless death of suffocation.

2. In the case of an angina attack, it is acidification and low oxygenation of the heart muscles that destroys the heart.
3. The basal membranes of the capillaries and arteries are blocked and can no longer supply oxygen to the heart. The part of the heart where the attack occurs is also the part where the storage capacity for protein was first exceeded.
4. A blood clot breaks loose from a congested and injured blood vessel, enters the heart and blocks its oxygen supply.

New Studies Question Value of Opening Arteries

The new and emerging understanding of how heart attacks occur raises the question how valuable or useful it is to open blocked arteries. For one thing, the increasingly popular aggressive treatments of opening arteries – bypass surgery, angioplasty¹⁵ and stents¹⁶ – do little or nothing to prevent the recurrence of an occlusion. Although bypass surgery was found to extend the lives of some patients with severe illness, it does nothing to prevent heart attacks. Overall, none of the currently used surgical procedures have been shown to significantly lower the mortality rate from heart disease.

One of the main reasons for the poor success rate of these treatments is that the vast majority of heart attacks do not originate with obstructions that narrow arteries. To tackle the heart disease epidemic spreading in most industrialized nations like North America, preventative strategies are the only ones that make sense. But since they cost near to nothing (including eating less protein, regular exercise, early bedtimes, balanced meals and regular meal times, drinking enough water, avoiding junk foods, giving up smoking, reducing alcohol consumption, etc.), prioritization of preventative approaches versus treatment after the fact is not lucrative enough for those in charge of health care.

The old model of understanding heart disease is rapidly falling apart, much to the surprise of heart experts. “There has been a culture in cardiology that the narrowings were the problem and that if you fix them the patient does better,” said Dr. David Waters, a cardiologist at the University of California at San Francisco. This theory made so much sense to the surgeons, cardiologists and laypeople that for decades hardly anyone questioned it, except those few (including myself) who were more interested in discovering the true causes of heart disease. The newest scientific discoveries now finally exposed this theory’s major flaws, with little room for discussion.

Until recently¹⁷, it was believed that coronary disease is akin to sludge building up in a pipe. Plaque accumulates slowly, over decades, and once a coronary artery is blocked completely, no blood can get through to the heart and the patient suffers a heart attack. In order to prevent this catastrophe from happening, the most apparent rational “solution” to this problem was to perform bypass surgery or angioplasty to replace or open up the narrowed artery before it closed completely. The assumption that this would avert heart attacks and prolong life seemed indisputable. But as medical research shows, this theory is no longer valid, and therefore, misleading. A study published in the New England Journal of

¹⁵ Opening of arteries by pushing plaque back with a tiny balloon and then, often, holding it there with a stent

¹⁶ Stents consists of wire cages that hold plaque against an artery wall; they can alleviate crushing chest pain. They can also rescue someone in the midst of a heart attack by holding the closed artery open.

¹⁷ This is not quite true, since as long ago as 1986, Dr. Greg Brown of the University of Washington at Seattle published a paper showing that heart attacks originated in areas of coronary arteries where there was too little plaque to be stented or bypassed.

Medicine by Coronary Artery Bypass Surgery Cooperative Study Group clearly demonstrated that the three year survival rate for bypass surgery is almost exactly the same as if no surgery was undertaken.

According to numerous heart disease studies, most heart attacks do not occur because an artery is narrowed by plaque. Instead, researchers say, heart attacks occur when an area of plaque bursts, causing formation of a blood clot over the area and abruptly blocking blood flow. In actual fact, in 75 to 80 percent of cases, the plaque that breaks off was not obstructing an artery at all and would, therefore, not even be considered for bypass surgery or stenting. The really dangerous type of plaque is soft and fragile, produces no symptoms and would not be seen as an obstruction to blood flow. For that reason, bypassing the hardened parts of an artery does nothing to lower the risk of a future heart attack. Not surprising then that so many heart attacks are unexpected. Accordingly, a person may have no problem jogging one day, but suffer a heart attack (or stroke) the next. If a narrowed artery were the culprit, the person would not even be able to exercise due to severe chest pain.

Most heart patients have hundreds of vulnerable plaques in their arteries. Since it is impossible to replace all these injured, plaque-ridden sections, the current interventional procedures are pretty helpless to prevent heart attacks. Regardless, this doesn't mean there are less bypasses or stent operations performed. The multi-billion dollar stent-business has, in fact, become unstoppable.

Heart researchers and some cardiologists are becoming increasingly frustrated with the fact that their findings are not being taken seriously enough by the health practitioners and their patients. "There is just this embedded belief that fixing an artery is a good thing," said Dr. Eric Topol, an interventional cardiologist at the Cleveland Clinic in Ohio. It has almost become fashionable to have one's arteries fixed, just in case. Dr. Topol points out that more and more people with no symptoms are now getting stents. In 2004, over one million Americans opted for a stent operation.

Although many doctors know that the old theory no longer holds true, they feel pressured to opening blocked arteries anyway, regardless whether patients have symptoms or not. Dr. David Hillis, an interventional cardiologist at the University of Texas Southwestern Medical Center in Dallas, explained: "If you're an invasive cardiologist and Joe Smith, the local internist, is sending you patients, and if you tell them they don't need the procedure, pretty soon Joe Smith doesn't send patients anymore. Sometimes you can talk yourself into doing it even though in your heart of hearts you don't think it's right."

According to Dr. Topol, a patient typically goes to a cardiologist with a vague complaint like indigestion or shortness of breath, or because a scan of the heart indicated calcium deposits – a sign of atherosclerosis, or buildup of plaque. Doing his job, the cardiologist follows the standard procedures and puts the patient in the cardiac catheterization room, examining the arteries with an angiogram. If you live in a developed country like America and are middle-aged or older, you are most likely to have atherosclerosis, and the angiogram will show a narrowing. It won't take much convincing to tell you that you need a stent. "It's this train where you can't get off at any station along the way," Dr. Topol said. "Once you get on the train, you're getting the stents. Once you get in the cath lab, it's pretty likely that something will get done."

Dr. Hillis believes that it is ingrained in the American psyche that the worth of medical care is directly related to how aggressive it is. Hillis has tried to explain the evidence to his patients, but with little success. "You end up reaching a level of frustration," he said. "I think they have talked to someone along the line who convinced them that this procedure will save their life. They are told if you don't have it done you are, quote, a walking time bomb."

Even more disquieting, Dr. Topol said, is that stenting can actually cause minor heart attacks in about 4 percent of patients. This means that out of the 1 million stent patients in 2004, 40,000 ended up suffering

heart damage from a procedure meant to prevent it, heart damage that they may never have developed without undergoing the procedure.

According to a new report (October 15, 2004) in the *New England Journal of Medicine*, the two stents that are currently approved by the Food and Drug Administration (FDA), the Cordis Cypher sirolimus-eluting stent and the Boston Scientific Taxus Express paclitaxel-eluting stent, have been associated with highly publicized adverse events after they were approved for marketing.

Bypass, angioplasty and stent operations are really not about preventing heart attacks per se. The obvious purpose of the procedures is symptom relief. Patients are satisfied that “something” was done, relieved of the anxiety of dying from a sudden heart attack. And the doctors are satisfied that their patients are happy. The drug industry is satisfied because the patients are doomed to taking expensive drugs for the rest of their lives.

Risk Indications of a Heart Attack

Most food-related blood vessel diseases, including heart attacks, stroke, rheumatism, and angina pectoris, are not primarily disorders of sugar and fat metabolism, but diseases resulting from protein storage. Eating too much protein food can be considered to be one of the greatest risk factors for developing any kind of disease. The thickening of the basal membranes of blood vessels and connective tissues caused by the storage of protein affects the very lives of all cells in the body. When and wherever in the body such congestion occurs, premature aging of cells and organs result. On the other hand, wherever the capillary walls maintain their porous, flexible nature and original thinness, cell nourishment and organ vitality continue throughout life.

Fat and *cholesterol* are not the primary blocking agents of blood vessel walls and, can therefore, not be considered to be the main cause of heart disease or any other disease in the body. Storage of protein in the blood vessel walls, on the other hand, is the common factor in all patients who suffer from alimentary (food-caused) atherosclerosis. Since most people in the advanced nations have consistently been consuming excessively large quantities of protein, particularly since World War II, coronary heart disease has become the leading cause of death in the developed world. As you will be able see below, most of the leading risk elements of suffering a heart attack are directly or indirectly linked with high protein consumption and protein deposits in the blood vessel walls. The following are the indications of such risks:

1. Thickening of blood as measured by Hemocrit or packed cell volume

The *Hemocrit* is the volume of red blood cells in one liter of whole blood and can be determined by a simple and cheap blood test. If it is above 42%, the risk of a heart attack increases. A healthy person has a Hemocrit of 35% to 40%. Under the assumption that the presence of larger quantities of protein in the blood is harmless, many doctors consider a volume of 44-50% to be still in the normal range; research, however, has shown that heart attacks were twice as high when the Hemocrit reached 49% compared to when it was 42%. The fact is that the higher the Hemocrit rises the greater is the risk of suffering a heart attack.

The question arises, why would the volume of red blood increase to beyond 40%? When the basal membranes and the intercellular tissues become thickened due to storage of excessive protein, blood flow slows down and becomes obstructed. This “naturally” increases the concentration of all blood values, including proteins, fats, and sugar. The thickening of the blood poses a great risk that affects all parts of the body. To deal with the dangerously high concentration of protein in the blood, the pancreas secretes extra insulin, but in doing so, the insulin may further injure and weaken the blood vessel walls. The cells making up the capillary walls start to absorb some the excessive protein, convert it into collagen, and deposit it in their basal membranes. Although this has a much-needed thinning effect on the blood, it also reduces nutrient transport to the cells. When the cells signal malnutrition, the blood nutrient levels begin to rise until the pressure of diffusion is high enough to again deliver enough nutrients to the cells.

In the meanwhile, this constant maneuvering raises the number of red blood cells, which contain the red colored *hemoglobin*. Hemoglobin combines with oxygen in the lungs and transports it to all the body cells. With increased thickness of the basal membranes, the oxygen supply to the cells also becomes restricted. The resulting increased need for oxygen by the cells raises hemoglobin concentrations in the red blood cells. However, this makes the red blood cells swell up. Eventually, they are too enlarged to pass through the tiny capillaries, blocking them altogether.

This even more drastically cuts down the nutrient and water supply to the cells, which subsequently begin to suffer dehydration. To signal dehydration, the cells release their water deficiency enzyme *renin* into the tissue fluid, which through a myriad of chemical events leads to an increase of heart beat and cardiac output. This emergency measure increases water supply to the cells and prevents their demise, but it also raises the blood pressure. Known as *essential hypertension*, this situation causes even more stress and damage to the blood vessels than have already occurred. The vicious cycle is closed. The preconditions of suffering a heart attack are now in place.

Conclusion: Both factors combined – an increased Hemocrit, which indicates increased blood thickening, and a higher hemoglobin concentration in the red blood cells – reduce blood circulation. A round, red-colored face and chest are typical indications of an abnormally high blood volume and a decreased blood circulation in the adult hypertensive and diabetic patient. The cell tissues begin to dehydrate as water distribution becomes increasingly difficult. The rate and force of contraction of the heart muscle increases to help maintain the cardiac output against a sustained rise in congestion throughout the circulatory system. Eventually, the heart can no longer afford such strenuous activity and collapses.

2. Eating too much Animal Protein

The majority of heart attack patients confirm that they have been eating large quantities of animal protein, including, meat, chicken, fish, eggs, or cheese throughout their life or at least for many years. By contrast, there are virtually no heart attacks among vegetarians eating a balanced diet of plant food.

3. Cigarette Smoking

The risk of cardiovascular diseases increases greatly with smoking. This, however, is not so much due to the nerve toxin *nicotine*, which is completely broken down within a few hours after smoking, but is rather caused by the *carbon oxide* (CO) contained in cigarette smoke. *Carbon oxide* or *monoxide* diffuses

from the lungs into the blood where it attaches itself to the hemoglobin of the red cells, about 300 times faster and tighter than oxygen does. All the CO of the inhaled smoke combines with hemoglobin and thereby blocks off oxygen transport to the cells. The red blood cells, which are loaded with carbon monoxide-hemoglobin, begin to burst and shed their defective protein particles into the plasma of the blood from where many of them are deposited in the basal membranes of the capillary walls. When the capillaries' storage capacity has reached its saturation point, the arteries begin to deposit the protein debris in their walls.

This makes the carbon monoxide of cigarette smoke a slow-working, but lethal poison that, by forming excessive amounts of protein debris, destroys the body's circulatory network and heart muscles. Also, passive smokers inhale large amounts of carbon monoxide, which explains why they are at a similar risk of developing coronary heart disease.

4. Constitutional (genetic) Disposition towards Reduced Protein Destruction

People whose constitution does not require extra food protein in order to be healthy (mostly the *Kapha* and *Pitta* types) don't have a very efficient enzyme system for breaking down food protein. Since constitutional body-types are mostly hereditary, this genetically determined "inefficiency" is passed on from parents to children. Those with a family history of heart attacks appear to be at risk because of possible hereditary factors, but the role of genetics in heart disease is only marginal. The primary reason is family members sharing a similar diet, lifestyle and constitutional body type, with possibly the same "inefficient" enzyme systems for destroying excessive, unused proteins.

5. Women during and after Menopause

Women who consume large quantities of protein foods and/or smoke cigarettes are at risk once their menstrual cycles become irregular or come to an end. The regular loss of menstrual blood practically protects a woman (before menopause) from accumulating dangerous amounts of protein in the body, as long as the reproductive system functions normally. This may explain why menstruating women before age 40 are generally not at risk of suffering a heart attack, whereas men of that age are. All the different blood values in women under 40 are lower than among men in the same age group. These include red blood cells, hemoglobin, Hemocrit, and the total amount of protein. Research has shown that men aged between 30 and 40 years are six times more likely to die from a heart attack than women of the same age. In fact, heart attacks among menstruating women are extremely rare.

Once a woman's menstrual cycles subside, if she continues eating animal protein, the level of protein concentration in the blood begins to rise steadily. By the time she is about 50 years old, her risk of suffering a heart attack is nearly the same as it is for a man of the same age. The earlier the menopause begins the greater the risk. Women, whose ovaries have been removed before age 35, have a seven times greater risk of a heart attack than those who have yet to enter menopause.

The hot flushes and reddening of the face, which many women experience during menopause, are most often signs of higher blood values. They indicate that the body has stored excessive amounts of protein, which it can no longer expel with the menstrual blood. It has now been found that a diet consisting of a lot of dairy products hastens the forming of atherosclerotic deposits in a woman's body even further, and, as I will explain later, causes osteoporosis.

6. Not eating enough fruit and vegetables, smoking and not exercising

It was a wake-up call for Baby Boomers when newscasters were reporting in 2004 about emergency heart surgery performed on former President Bill Clinton. Unfortunately, the message conveyed to the world wasn't on improving heart health, but on taking the right drugs. It was by mere coincidence that just one week before President Clinton was admitted to the hospital, the prestigious medical journal *The Lancet* sounded a wakeup call with a different meaning. A major new study on heart disease risk published by the *Lancet* had this message for those concerned about their hearts: "Wake up and get heart healthy. You don't need medicine for that."

When President Clinton left office in 2001, he was still on the cholesterol-lowering statin drug *Zocor*. But once his excessive weight came off and his cholesterol levels dropped, he discontinued taking the statin drug. So when main stream doctors heard about Clinton's heart condition they immediately pointed the finger at not taking the statins as being the culprit. "See what happens when you don't take your pills?" Their words carried a warning for the rest of us who perhaps are just as careless when it comes to keeping our cholesterol levels in check. Some cardiologists believe that Clinton will now have to be on a much higher dose of a cholesterol-lowering drug for the rest of his life. This is certainly not unusual after undergoing a heart bypass operation, but it doesn't always make sense, and perhaps it hardly ever does.

In a *Newsday* report, Dr. Valavanur Subramanian, chairman of cardiovascular surgery at New York's Lenox Hill Hospital, noted that two of the three arteries used in Clinton's operation were mammary arteries, taken from his chest. Dr. Subramanian described these arteries as "extraordinarily resistant to cholesterol buildup." The question arises why put a man on potentially dangerous statin drugs when his arteries are virtually incapable of accumulating cholesterol deposits. Clinton is also most likely sentenced for life to taking a daily aspirin, along with a diuretic drug (to prevent buildup of fluid), and a beta blocker (to help regulate heartbeat). This potentially hazardous drug cocktail is going to be his "crutch" for the rest of his life, unnecessarily, though. According to the editors of the *Lancet*, the new study titled INTERHEART is one of the most robust studies ever done on heart disease risk factors. The 260 researchers closely observed and rigorously tested 15,000 heart attack patients for about a decade, matching them with the same number of subjects who had not experienced any heart problems. The worldwide study included male and female subjects with a wide range of ages, cultural backgrounds and dietary habits. The result may come as a shock to those who believe that high LDL cholesterol (the "bad" cholesterol), is a major risk factor for heart attacks. According to the study this isn't the case.

According to INTERHEART, the number one physical risk factor of heart attack is an abnormal ratio of *apolipoproteinB* (*apoB*) to (*apoA1*). Apolipoprotein is cholesterol's protein component. ApoB is the protein found in LDL, and apoA1 is found in HDL. The ideal apo ratio is one apoB to two apoA1. In other words, an elevated bad cholesterol (LDL) alone poses no major risk for the heart. Yet, high LDL is the very condition cholesterol-lowering statin drugs are prescribed for. The whole focus has been on getting your cholesterol down and keeping it low. When doing this with drugs, you are asking for trouble. Thus, due to the numerous harmful side-effects of statin drugs, millions of unsuspecting healthy people have already been turned into real patients with real (drug-caused) diseases. They have never been told that elevated cholesterol poses no major risk to their heart. Certainly, no patient I know has heard from his doctor about the apo ratio.

The INTERHEART study was launched in 1994, at a time other major risk factors were not yet widely known; factors such as triglycerides, homocysteine and C-reactive protein. In their report the INTERHEART team listed the most important risks of heart attack after apo ratio (from greater to lesser risk): cigarette smoking, diabetes, high blood pressure, excessive abdominal fat, stress, inadequate intake

of fruits and vegetables, and lack of exercise. Much to the surprise of the cholesterol/heart disease lobbyists, elevated cholesterol wasn't one of them. In the concluding remarks of the 10-year study, researchers wrote that the relative risk for heart attack can be lowered by about 80 percent just by doing three things: eating plenty of fruits and vegetables, getting regular exercise, and avoiding smoking. Since cholesterol-lowering drugs have not been shown to lower the risk of heart attack, they were notably absent in the study's list of recommendations, much to the annoyance of the major statin producers.

INTERHEART isn't the only large study that discovered the significance of the apo ratio. During a Swedish study, researchers tracked more than 175,000 men and women for about five and a half years. The average age of the subjects was 48. Researchers studied all the main markers believed to be a risk, including total cholesterol, LDL and HDL cholesterol, triglycerides, and concentrations of apoB and apoA1. Over the course of the study, 864 men and 359 women died from heart attacks. While comparing the blood profiles of these heart attack victims to the remainder of the participants, the researchers found that an unbalanced apo ratio was the strongest predictor of heart attack death among all of the markers studied. Apo ratio was the only marker consistent over all age groups. They also found that an abnormal apo ratio continued to pose the same heart attack risk even when total cholesterol, LDL cholesterol, and triglycerides were within normal ranges.

It is my experience with hundreds of heart disease patients that eliminating animal proteins from their diet has helped restore normal heart functions, sometimes within a matter of six weeks. I, therefore, have come to the conclusion that eating a high protein diet, which is among the most acid-forming diets anyone can eat, greatly upsets the apo ratio and induces an inflammatory response in the coronary arteries. Both factors go hand in hand and, as we now know, pose the greatest physical risks to the health of the heart.

7. Kidney Disease

Just as is the case with congestion of the liver's bile ducts and gallbladder with stones, many people live with undetected, chronic kidney disease. When symptoms finally begin to appear, it is often too late to reverse the damage. Health officials estimate that there are many as 10 to 20 million people in the U.S. with serious kidney problems. But what has this to do with heart disease?

Two new studies, published in September 2004 in the New England Journal of Medicine (NEJM), found a clear correlation between chronic kidney disease (even non-severe) and cardiovascular disease, which makes prevention of kidney disease more important than ever.

In one of the studies, researchers examined three years of data covering the medical records from over one million patients (made available to them by the Kaiser Permanente Renal Registry in San Francisco). The average age of the subjects was 52 years. The research team specifically looked at the results of a blood test that measures the rate at which kidneys are able to filter waste from the bloodstream (glomerular filtration rate or GFR). The findings revealed that as GFR dropped, the risks of cardiovascular disease, stroke, hospitalization and death all increased sharply. In those patients where the GFR was above 45, the risk of death jumped by 17 percent, and the risk of a cardiovascular event increased by more than 40 percent.

In the second study, conducted in the cardiovascular division of Boston's Brigham and Women's Hospital, researchers showed that a GFR below 45 among patients who had suffered heart attack boosted death risk to more than 45 percent. Noting that factors common to kidney disease (such as the protein albumin in the urine, high homocysteine levels, inflammation and anemia) may boost the risk of

cardiovascular disease and death, the researchers concluded that even mild kidney disease should be considered a major risk factor for cardiovascular complications after a heart attack.

To ensure that your kidneys continue functioning properly, you will need to keep your colon, liver and kidneys clean (see chapter 7). Kidney health largely depends on efficient performance of the digestive system. In addition, to allow the kidneys do their important job of blood filtering, the basal membranes of the capillaries and arteries supplying blood to the kidney cells must be free of any protein deposits. Kidney health also depends on how well the lymph ducts are able to drain the kidneys' metabolic waste products and millions of turned-over, dead kidneys cells each day. Congestion in the body's largest lymph vessel (thoracic duct) leads to back-flushing of waste in the kidneys, which slowly suffocates them in their own waste and cell debris (see also the kidney-liver connection in my book *The Amazing Liver Cleanse*). Among the most lymph-congesting foods are animal proteins, milk and cheese, as well as highly processed and fat-deprived foods.

Besides keeping the main eliminative organs clean, there are other ways to prevent kidney disease, including: a nutritious low-protein diet, regular nutritious meals, sleeping between 10 p.m-6 a.m. to permit the liver and kidneys to do their respective work, taking care of one's emotional health, and most other advice provided in this book. If you keep your kidneys healthy, your heart may have little to fear.

8. Antibiotics and other synthetic drugs

It is becoming increasingly evident that medicinal drugs that have a suppressive effect on anything in the body diminish heart health. Every time you try to prevent the body from clearing out accumulated toxins and waste through a cold, a viral infection, or a disease process that includes inflammation, your heart is burdened with the difficult task of having to push the harmful waste material released from the tissues back to where it came from. With each new attempt to subdue pain, infection, cholesterol, etc., less and less of this waste finds its way out of the body. Some of it ends up congesting the lymph ducts responsible for draining the heart muscles of their metabolic waste products. Antibiotics are one of the leading culprits for this form of heart damage.

For many years, antibiotics have been over-prescribed, often for infections (such as the common cold and flu) that they have no effect on at all. It is common knowledge that antibiotics don't kill viruses, only bacteria. Now a new study shows that the popular antibiotic *erythromycin*, which has been widely used since the 1950s, may actually trigger cardiac arrest.

For many years, heart doctors have been aware of a risk of cardiac arrest when erythromycin is used intravenously, but this risk has been less well known among family practitioners who often prescribe the same antibiotic in pill form to treat a wide variety of infections. This new study, conducted by researchers from Vanderbilt University, examined the risk of cardiac arrest when oral erythromycin is used alone or with other medications. Their report, which was published in the *New England Journal of Medicine* in October 2004, covered the medical records of more than 4,400 Medicaid patients, averaging 15 years per patient. About 1,475 subjects suffered cardiac arrest during the study period. When the complete medication use of each subject was analyzed, researchers came up with these results:

- The rate of sudden death from cardiac causes was twice as high among patients using erythromycin, compared to subjects that didn't use the antibiotic.
- Two blood pressure medications that are sold generically – verapamil and diltiazem – were both associated with an additional increased risk of cardiac arrest when taken with erythromycin.

- Other drugs associated with increased cardiac attack risk when taken with erythromycin include the antibiotic clarithromycin, the vaginal yeast infection drug fluconazole, and two antifungal drugs: itraconazole and ketoconazole

According to the researchers, blood levels of these additional drugs may be boosted by erythromycin, making the blood thick and sluggish. This can result in a slower heart rate, which in turn may trigger irregular rhythms, setting in motion a cardiac arrest. In an interview with The Associated Press, the lead researcher of the study, Wayne A. Ray, Ph.D., warned that erythromycin levels may also be increased by drinking grapefruit juice or by taking protease inhibitors used to treat AIDS.

Just because your doctor prescribes you a medical drug does not mean it is safe. Very few drug interactions with other drugs or with common foods have ever been tested. Drug prescription can be a gamble of life and death that you are willing to risk when you enter your doctor's office. The bottom line is that all pharmaceutical drugs contain poisons that have a detrimental effect on your health. Your heart is the one that pays the ultimate price for the constantly offered and highly praised shortcuts to health.

The fact is no Disease Control Agency or Federal Drug Administration (FDA) can protect you from developing a serious illness or dying as a result of using prescribed drugs. The VIOXX scandal of September 2004 has taught us that there are no safe drugs out there. VIOXX, a leading arthritis drug, was withdrawn by its producer, Merck & Co, after evidence leaked out that its use doubled the risk of heart attack and stroke. [As per the end of 2004, Merck was faced with over 1,000 lawsuits]. According to documentation, this risk has been known to both the drug producer and the FDA since the mid-nineties. The result of this well-kept secret was that a minimum of 27,000 people suffered a heart attack or died because of it. Given the high number of unreported side-effects, this number may well exceed hundreds of thousands.

More and more drugs are coming under suspicion of being killer drugs. Bextra is next. According to a study of more than 1,500 patients who had previously undergone cardiac surgery, those who were treated for pain with Bextra were more likely to have heart and blood clotting problems than those who received no drug at all. Stroke, heart attack, blood clots in the lung, deep vein blood clots in the leg, all can result just from taking this drug. Arthritis drugs have never been safe, but they have never been properly tested for safety. Vioxx, Celebrex, Bextra, Aleve, Aspirin are just plain poisons. Another arthritis drug – *infliximab* (Remicade) – is on cancer-causing alert. Amazingly, so many people have been so blinded by clever advertising campaigns and methods of brainwashing that they have no clue they are methodically poisoned in order to support and sustain, besides oil, the most lucrative business in the world – the pharma-medical industry.

The main question is how could anyone possibly want to entrust his life to the hands of drug-producers whose only objective it is to keep the sickness-business going by making sure what they produce creates more health problems than it can resolve? In the majority of all cases, attempting to prescribe medications that claim to offer a relief to the symptoms of disease is not only a dangerous approach, but also an unscientific and unethical one.

Ending the Cholesterol-Heart Disease Myth

At no time has there been a record of cholesterol ever having blocked a vein in the body! It is not the stickiness of cholesterol that causes the blockage of healthy blood vessel walls! The body uses cholesterol as a kind of bandage to cover abrasions and tears in its arterial walls. It is a life-saver.

For the past thirty-five years, the lipoprotein *cholesterol* has been stigmatized to be the number one cause for most deaths in the rich nations – heart disease. This is how the theory goes: cholesterol is known to increase in the blood stream of many people today, stick to the walls of arteries, and eventually starve the heart muscles of oxygen and nutrients. The masses are advised to reduce or ban fats from their diet so that they can live without the fear of dying from a heart attack. The tremendous concern of being attacked by this “vicious” lipoprotein has finally led to innovative technologies that can even extract cholesterol from cheese, eggs, and sausages, thus making these “deadly” foods “consumer-safe.” Products that claim to be low in cholesterol, such as margarine and light-foods, have become a popular choice of “healthy eating.”

Cholesterol is Not the Culprit After All

But as INTERHEART and other studies have shown, cholesterol isn't even a major risk factor for heart disease. An earlier study sponsored by the German Ministry of Research and Technology showed that there is no exact link between food cholesterol and blood cholesterol. Even more surprising, in Japan, the cholesterol levels have risen during recent years, yet the number of heart attacks has dropped. The largest health study ever conducted on the risks of heart disease took place in China. Like so many other similar studies, it found no connection between heart disease and the consumption of animal fats.

All the major European long-term cholesterol studies confirmed that a low fat diet did not reduce cholesterol levels by more than 4% percent, in most cases by merely 1-2%. Since measurement mistakes are usually higher than 4% and cholesterol levels naturally increase by 20% in autumn and drop again in winter, the anti-cholesterol campaigns since the late 1980s have been very misleading, to say the least. A more recent study from Denmark involving 20,000 men and women, in fact, demonstrated that most heart patients have normal cholesterol levels. The bottom line is that cholesterol hasn't been proved a risk factor for anything.

The current medical understanding of the cholesterol issue is more than incomplete. The argument that animal tests on rabbits have confirmed that fatty foods cause hardening of the arteries sounds reasonable, but only when the following facts are omitted:

1. Rabbits respond 3,000 times more sensitively to cholesterol than humans do.
2. Rabbits, which are non-carnivorous animals by nature, are force-fed excessive quantities of egg yolk and brain for the sake of proving that cholesterol-containing foods are harmful.
3. The DNA and enzyme systems of rabbits are not designed for consumption of fatty foods, and if given a choice, these animals would never eat eggs or brains.

It is obvious that the arteries of these animals have only an extremely limited ability to respond to the damage caused by such unsuitable diets. For over three and half decades the Western civilization assumed that animal fats are the main cause of dietary heart disease. This misinformation is highlighted by the fact that heart attacks began to rise when consumption of animal fats actually decreased. This was verified by

British research, which revealed that those areas in the UK where people consumed more margarine and less butter had the highest numbers of heart attacks. Further studies revealed that heart attack patients had consumed the least amounts of animal fats.

In this context, it is important to differentiate between processed and unprocessed fats. It has been discovered that people who died from a heart attack were found to have many more of the harmful fatty acids, which are derived from the partially hydrogenated vegetable oils of margarine, in their fat tissue than those who survived. These so-called “faulty” fats (trans-fatty acids) envelop and congest the cellular membranes, including those of the heart and the heart arteries. This practically starves the cells of oxygen, nutrients, and water, and eventually kills them. In another more comprehensive study, 85,000 nurses working in American hospitals observed a higher risk for heart disease in patients who consumed margarine, crisps, biscuits, cakes, and white bread, all of which contain “faulty” fatty acids.

Eating margarine can increase heart disease in women by 53% over eating the same amount of butter according to a recent Harvard Medical Study. While increasing LDL cholesterol, margarine lowers the beneficial HDL cholesterol. It also increases the risk of cancers by up to five fold. Margarine suppresses both the immune response and insulin response. This highly processed and artificial product is but one molecule from being plastic. Flies, bacteria, fungi, etc. won’t go near it because it has no nutritional value and cannot be broken down by them. It can last for years, not just outside the body, but inside as well. It is very apparent that eating damaged, rancid fats or trans-fats can destroy any healthy organism and should be avoided by anyone.

Healthy Today – Sick Tomorrow

Unfortunately, high cholesterol (*hypercholesterolemia*) has become the dominating health of the 21st century. It is actually an invented disease that doesn’t show up as one. Even the healthiest people may have elevated serum cholesterol and yet they remain healthy. But they are instantly turned into patients when a routine blood test reveals that they have a “cholesterol problem.”

Since feeling good is actually a symptom of high cholesterol, the cholesterol issue has confused millions of people. To be declared sick when you actually feel great is a hard nut to swallow. So it may take a lot of effort on a behalf of a practicing physician to convince his patients that they are sick and need to take one or more expensive drugs for the rest of their lives. It may actually have a depressing effect on these healthy individuals to be told that apart from having to take side effect causing drugs to lower their cholesterol levels, they also learn that they will require regular checkups and blood tests. The worry-free, good life is now over.

These doctors cannot be blamed for the blunder of converting healthy people into patients. Behind them stands the full force of the U.S. government, the media and the medical establishment, agencies, and pharmaceutical companies, to name a few. Each has contributed to create relentless pressure to disseminate the cholesterol dogma and convince the population that high cholesterol is its number one enemy. We are told that we need to combat it, by all means, to keep us safe from the dreadful consequences of hypercholesterolemia.

What constitutes a healthy level of cholesterol has been changed over and over during the past 25 years, which certainly does not give me much confidence in a system of medicine that professes to be founded on scientific principles. In the early days of measuring cholesterol levels, a person at risk was any middle-aged man whose cholesterol is over 240 with other risk factors, such as smoking or being overweight.

After the adjustment of parameters during the Cholesterol Consensus Conference in 1984, the population was hit by a shock wave. Now, anyone (male or female) with overall cholesterol readings of 200 mg% (200mg per 100 ml) could receive the dreaded diagnosis and a prescription for pills. The claim that 200 blood *serum cholesterol* is normal and everything above is dangerous was scientifically unfounded, though. At least, this is what all the major cholesterol studies showed. In fact, in a 1995 issue of the Journal of the American Medical Association, it reported that there was no evidence linking high cholesterol levels in women with heart conditions later in life. Although it is considered completely normal for a 55-year-old woman to have a *cholesterol* level of 260 mg%, most women that age are not told about this. Also healthy employees are found to have an average of 250 mg% with high fluctuations in both directions.

The lack of evidence linking elevated cholesterol with increased risk of heart disease, however, didn't stop the brainwashing of the masses. From one day to the next, 84% of all the men and 93% of all the women aged 50-59 in the U.S. whose *cholesterol* levels are 220 mg% and more, were suddenly told they needed treatment for heart disease. The totally unproved, but rigorously promoted cholesterol theories turned most of us into patients for a disease that we probably will never develop. Fortunately, not everyone has followed the advice to have their cholesterol levels checked.

To make matters worse, the official, acceptable cholesterol level has now been moved down to 180. If you already have had a heart attack once, your cardiologist will tell you to take cholesterol-lowering statins even if your cholesterol is very low. From the viewpoint of conventional medicine, having a heart attack implies that your cholesterol must be too high. Hence you are being sentenced to a lifetime of statins and a boring low-fat diet. But even if you have not experienced any heart trouble yet, you are already being considered for possible treatment. Since so many children now show signs of elevated cholesterol, we have a whole new generation of candidates for medical treatment. So yes, current edicts stipulate cholesterol testing and treatment for young adults and even children. The statin drugs that doctors use to push cholesterol levels down are *LIPITOR* (atorvastatin), *Zocor* (simvastatin), *Mevacor* (lovastatin), and *Pravachol* (pravastatin). If you decide to follow your doctor's advice and take one of these drugs make certain to read the list of side-effects so that you know the risks you are taking.

If you want to obtain objective and untainted information on cholesterol, agencies like the National Institutes of Health and the American College of Cardiology are certainly not the places from which to obtain it. Until not too long ago, they wanted you to keep your overall level below 150. Then, in 2001, they finally admitted that measuring overall cholesterol levels makes no sense at all. So they began recommending to keep your LDL level below 100. Now their aim is to keep LDL lower than 70. Every time they lower the target, the number of "patients" requiring treatment jumps dramatically. Being officially backed by these agencies, doctors feel motivated, if not obliged, to prescribe these expensive drugs to these new patients. The extensive promotional campaigns by the pharmaceutical giants have already brainwashed the masses to believe they need these drugs to be safe from sudden heart attack. Even if a doctor knows the truth about the cholesterol issue, these anxious patients will demand a prescription from him. That the massive sales of these best-selling drugs of all time drive up health care costs to levels that undermine economic growth and make basic health care unaffordable to an ever-increasing number of people doesn't seem to be their immediate concern.

In 2004, there were already 36 million statin candidates in the U.S., with 16 million using *LIPITOR* alone. When the official LDL target level drops to 70, there will be another 5 million people eligible for their use. At the consumer markup price of \$272.37 and a cost of \$5.80 for a month supply of *LIPITOR*, for example, you can do the math and understand the incentive the pharmaceutical industry has to push their products and make them a mass commodity.

What Statins May do to You!

Statins inhibit the production of cholesterol. Now, most people would think that this is a good thing. The statins manage to lower cholesterol by inhibiting the body's production of *mevalonate*, which is a precursor of cholesterol. When the body makes less mevalonate, less cholesterol is produced by the cells and thus blood cholesterol goes down as well. Still sounds good to most people. But mevalonate is a precursor of other substances also, substances with many important biologic functions that you definitely don't want to disrupt (see side effects below).

The masses are told that the most important objective is to get rid of the excessive cholesterol so that it doesn't clog up their arteries and cause a heart attack. This simplistic train of thought got us into trouble in the first place. Contrary to what we know about the true value of cholesterol, it has been declared to us that this essential substance is a dangerous nuisance that makes our lives miserable.

The fact is that each cell in your body requires cholesterol to make it waterproof and prevent its membrane from becoming leaky or porous. If your diet, for example, contains a lot of acidic compounds, such as meat protein, sugar and trans fats, your cell membranes become damaged and require repair. To fulfill the repair request by the cells, the body releases a flood of corticoid hormones that cause extra amounts of cholesterol to be transported to areas where it is needed.

One of cholesterol's many roles is to repair tissue damage. Scar tissue is known to contain high levels of cholesterol, including scar tissue in the arteries. In other words, whenever an artery becomes injured due to acid attacks and buildup of proteins in their walls, you can expect cholesterol to be there to help repair the damage as best as possible. The increased demand for more cholesterol is naturally met by the liver, which can raise production by 400% if necessary. That this emergency response must lead to elevated cholesterol levels in the blood is not only common sense, but desirable. Obviously, this changes any negative preconceived notions that you may have had about the role of cholesterol in your body. Cholesterol is not your worst enemy, but your best friend.

Apart from cholesterol protecting your health, there are many more reasons why we need to avoid meddling with the finely tuned cholesterol-producing mechanism in the body (explained in following sections). A real problem arises when we lower cholesterol by bypassing or disturbing this life-essential mechanism. The cholesterol-lowering statin drugs do just that. If your body has reasons to increase cholesterol levels in your blood, it is for your protection only. Artificially lowering blood cholesterol with synthetic drugs removes that protection and can generate an entire host of health problems, starting with disrupting the production of adrenal hormones. This, in turn, can lead to:

- Blood sugar problems
- Edema
- Mineral deficiencies
- Chronic inflammation
- Difficulty in healing
- Allergies
- Asthma
- Reduced libido
- Infertility
- Various reproductive disorders
- Brain damage

The last side-effect on the list – brain damage – may be one of the most disturbing side-effects resulting from long-term use of statins. A case-control study published in 2002 by the American Academy of Neurology found that long-term exposure to statins may substantially increase the risk of polyneuropathy.

The problem with statin drugs is that they *don't* cause immediate side-effects like the older, cholesterol-lowering drugs did. The old method used was to lower cholesterol by preventing its absorption from the gut, which led to nausea, indigestion, and constipation. But the old drugs' success rate was minimal and patient compliance was very low. Statin drugs became an overnight success story because they were able to lower cholesterol levels by 50 points or more, with no immediate major side-effects. On the false notion that cholesterol causes heart disease, statins – the bestselling pharmaceuticals of all time – have become the miracle drug of the 21st century. The promise of the drug giants is that if you keep taking their drugs for the rest of your life you will forever be protected against man's greatest killer disease. This equation, however, has two major flaws in it. One, cholesterol has never been proved to cause heart disease. Two, by lowering cholesterol with the help of statins, you can actually make your body very ill. The industry is now faced with an ever-growing number of reports listing the side effects that manifest many months after the commencement of therapy.

A 1999 study at St. Thomas' Hospital in London found that 36 percent of patients on LIPITOR's highest dose reported side effects and 10% of the patients at the lowest dose also reported side effects. The steady increase of obvious and hidden side-effects (such as liver damage) isn't at all surprising. The "benefits" (of lowering cholesterol) seen with LIPITOR early in the trial that led to its approval were so convincing that it was halted approximately two years ahead of schedule. The trial was never long enough to show that LIPITOR had long-term side-effects that could devastate people's lives. Side-effects from using LIPITOR include gas, stomach pain or cramps, diarrhea, constipation, heartburn, headache, blurred vision, dizziness, rash or itching, upset stomach, muscle pain, tenderness, muscle cramps or weakness with or without a fever.

The most commonly experienced side effects are muscle pain and weakness. Dr. Beatrice Golomb of San Diego, California is currently conducting a series of studies on statin side effects. Golomb found that 98 percent of patients taking LIPITOR and one-third of the patients taking Mevacor (a lower-dose statin) suffered from muscle problems, such as severe calf pain and foot pain. An increasing number of long-term patients (after three years) develop slurred speech, balance problems and severe fatigue. It often begins with restless sleep patterns. Fine motor skills can be affected and cognitive functions decline. Memory loss is not uncommon. Usually, when patients discontinue taking the statins, the symptoms weaken or disappear.

I found in my own practice that regular statin users accumulate an excessive amount of cholesterol stones in the bile ducts of their liver and gallbladder, which can lead to a vast number of chronic diseases (see *The Amazing Liver & Gallbladder Flush* for details).

Before deciding to take LIPITOR (or other statins), there are some basic of points for you to consider:

- You need to tell your doctor and pharmacist if you are allergic to LIPITOR/ Atorvastatin or any other drugs. *This obviously raises the question how many patients follow that advice.*
- You are supposed to tell your doctor and pharmacist what prescription and nonprescription medications you are taking, especially antacids; antifungal medications such as itraconazole (Sporanox) and ketoconazole (Nizoral); digoxin (Lanoxin); erythromycin; medications that suppress the immune system such as cyclosporine (Neoral, Sandimmune); oral contraceptives (birth control pills); other cholesterol-lowering medications such as cholestyramine (Questran),

colestipol (Colestid), gemfibrozil (Lopid), and niacin (nicotinic acid); and vitamins. *You may wonder how many people follow that advice, and how many doctors ask this information of their patients?*

- You need to tell your doctor if you have or have ever had liver or kidney disease, a severe infection, low blood pressure, or seizures. *How many people actually know if their liver's bile ducts are packed with stones, whether their kidneys have major stone deposits in them, or if their blood pressure is below acceptable?*
- Tell your doctor if you are pregnant, plan to become pregnant, or are breast-feeding. If you become pregnant while taking LIPITOR/Atorvastatin, you are supposed to stop taking LIPITOR/atorvastatin and call your doctor immediately as this drug can harm the fetus. *If the drug can harm the fetus, you may need to ask what else it can harm.*
- If you are having surgery, including dental surgery, tell the doctor or dentist that you are taking LIPITOR/Atorvastatin. *How many people remember to do that?*
- Talk to your doctor about the safe use of alcohol while taking this LIPITOR drug. Alcohol increases the side effects caused by LIPITOR/Atorvastatin. *Many doctors forget to tell their patients about the potential risks regarding alcohol, and many patients just ignore that warning, often with severe consequences.*
- Plan to avoid unnecessary or prolonged exposure to sunlight and to wear protective clothing, sunglasses, and sunscreen. LIPITOR/Atorvastatin may make your skin sensitive to sunlight. *It is a pretty serious condition when the sun becomes so dangerous that you have to hide from it.*
- For the drugs to be effective, you also need to eat a low-cholesterol, low-fat diet. This kind of diet includes cottage cheese, fat-free milk, fish (not canned in oil), vegetables, poultry, egg whites, and polyunsaturated oils and margarines (corn, safflower, canola, and soybean oils). Avoid foods with excess fat in them such as meat (especially liver and fatty meat), egg yolks, whole milk, cream, butter, shortening, lard, pastries, cakes, cookies, gravy, peanut butter, chocolate, olives, potato chips, coconut, cheese (other than cottage cheese), coconut oil, palm oil, and fried foods. *Please see Chapter 14 about the damaging side-effects that arise from being on a prolonged low-fat diet or light-food diet.*

But Doesn't Aspirin Protect Against Heart Disease?

If you are diagnosed with heart failure and follow the recommended treatment of taking blood thinners such as *aspirin* or *coumadin*, you could seriously endanger your health. In a recent study, researchers compared Blood-Thinning Therapies to no Antithrombotic Therapy. They not only found no advantage in undergoing such treatments, but risks of further complications. Participants included 279 patients who were diagnosed with heart failure that required diuretic therapy. The subjects were divided into three groups, aspirin therapy, warfarin therapy and no antithrombotic therapy.

Results of the Study

- Aspirin and warfarin didn't provide the patients with any valuable health benefits
- There didn't appear to be any substantial differences of incidences of death, nonfatal heart attacks or nonfatal stroke in the three groups of the study
- Patients in the aspirin group had increased chances of experiencing serious gastrointestinal problems

- Cases of minor bleeding complications were primarily seen among the aspirin and warfarin group
- Patients in the aspirin therapy group were twice as likely as the patients in the warfarin group to face hospitalization for cardiovascular complications, particularly worsening cases of heart failure during the first 12 months following the study
- warfarin proved to be ineffective and should be eliminated as a treatment option

Based on the results from this study, the treatment of heart failure should not involve the use of drug thinners, such as aspirin. It is relatively easy to keep the blood thin through a balanced vegetarian diet, drinking sufficient quantities of water, avoiding diuretic foods and beverages, keeping regular meal and bedtimes, and cleansing the liver, kidneys and colon.

Dangers of Low Cholesterol

It seems we need to be more concerned about low cholesterol, which is a major risk for cancer, mental illness, stroke, suicide, liver diseases, anemia, and AIDS. Studies conducted in major German hospitals verified that low cholesterol levels are linked to high mortality rates. When cholesterol levels dropped to 150 mg%, two out of three patients died. Most of the patients whose cholesterol levels were high recovered from whatever they suffered. Also longevity in old homes is linked with higher levels of cholesterol. Recent studies published in the British Medical Journal (BMJ) indicate that a low level of blood cholesterol could increase a person's risk of suicide.

A study published in the *Lancet* in 1997 showed that particularly among the elderly, high total cholesterol levels are associated with longevity. The research suggests that elderly people with elevated cholesterol levels live longer and are less likely to die from cancer or infection. Doctors at Reykjavik Hospital and Heart Preventive Clinic in Iceland noted that the major epidemiological studies on cholesterol had not included the elderly. So when they studied total mortality and blood cholesterol in those over 80, they found that that men with blood cholesterol levels over 6.5 had less than half the mortality of those whose cholesterol level was around the 5.2 we are told is "healthy". In support of this discovery, scientists working at the Leiden University Medical Centre found that "each 1 mmol/l increase in total cholesterol corresponded to a 15% decrease in mortality." A study of Maori in New Zealand showed that those with the *lowest* levels of blood cholesterol had the *highest* mortality.

Similar findings were also borne out by the Framingham Heart Study. Forty years after the Framingham Heart Study began, its researchers looked at total mortality and cholesterol. They found "*no increased overall mortality with either high or low serum cholesterol levels*" among men over forty-seven years of age. There was also no relationship with women older than forty-seven or younger than forty. But the researchers concluded that people whose cholesterol levels are falling may be at increased risk.

The same applies also to children. Research on seven to nine-year-old boys from six countries revealed a strong correlation between low blood cholesterol and childhood deaths in those countries. The death rate rose dramatically as blood cholesterol levels fell. So for children too, low blood cholesterol is outright unhealthy. And once again the official line is for parents to reduce their children's fat intake in order to lower their cholesterol or keep it low. But instead of telling the people to keep their cholesterol levels down, parents should be told that it is better to let cholesterol rise. This effectively lowers their risk of disease and death.

The low cholesterol-cancer connection has been known for many years. And although there never has been any convincing evidence that raised levels of cholesterol have any causal relationship with coronary heart disease, this hasn't stopped the drug giants from advertising statins drugs as a safe approach to protect the masses against heart disease. The extremist attempt to indiscriminately lower cholesterol levels, especially among the elderly where elevated cholesterol levels are normal and very necessary, has led to numerous cancers in the U.S. and worldwide. As most studies have shown, high serum cholesterol is a weak risk factor or no risk factor at all, for men above fifty, and actually increases longevity in those over eighty.

Women, in particular should be cautious about using statins. Most studies have shown that high serum cholesterol is not a risk factor for women at all, and, therefore, should not be lowered by any means. The bottom line is that cholesterol protects the body against cancer. Removing the protection is synonymous with "involuntary suicide. Both animal and human trials have demonstrated increases in cancers when cholesterol was lowered through fibrates and statins. In the CARE trial, for example, the relative breast cancer increase was a whopping 1,400%!

Then there is the low cholesterol-stroke connection. On Christmas Eve, 1997, a very important study made it to the headlines in the press. Researchers heading the famous Framingham study (still continuing) said that "*Serum cholesterol level is not related to incidence of stroke . . .*" and showed that for every three percent more energy from fat eaten, strokes would be cut by fifteen percent. They conclude: "Intakes of fat and type of fat were not related to the incidence of the combined outcome of all cardiovascular diseases or to total or cardiovascular mortality."

All this published evidence, of course, does not deter the big pharmaceutical business from coming up with more drugs. Soon doctors will be recommending one pill to lower your LDL level, and another drug to raise your HDL level and lower your triglycerides. This will not only double the already high cost many people are paying for their current statin drugs, but also greatly increase your risk of suffering a stroke, or dying from cancer or any other disease.

Even aggressive behavior and suicides are now linked with lowering cholesterol levels. Since 1992, researchers have noted increases in suicides among those undertaking cholesterol-lowering treatment or dietary regimes. By lowering blood cholesterol you also reduce serotonin receptors leading to increased micro viscosity and affecting the balance of cerebral lipid metabolism. This is believed to have profound effects on brain function. Data from mental institutions have revealed that aggressive people and those with antisocial personality have lower blood cholesterol levels than average. Mental patients with high blood cholesterol levels were found to be less regressed and withdrawn than those with lower levels.

After so many years of researching heart disease and its risk factors, there is no evidence to date linking high cholesterol levels to heart disease, stroke or any other disease as a cause-and-effect relationship, although in some cases both may occur together. The decision to embark on lifelong cholesterol lowering drug treatment in patients with primary hypercholesterolemia depends on the doctor's interpretation of available evidence. However, such evidence exists only for those who have a vested interest in keeping the cholesterol myth alive. At the same time, the true culprits or contributing factors of vascular diseases remain largely concealed from the public's eye. Yet it is becoming increasingly evident that a diet high in animal proteins poses, perhaps, the greatest physical risk for arterial damage and subsequent buildup of cholesterol-containing plaque.

Cholesterol – Your Life and Blood

A newborn baby that is being breast-fed by its mother receives a high dose of cholesterol right from the beginning of its life. Mother's milk contains twice the cholesterol of cow's milk! Nature certainly has no intention of destroying a baby's heart by giving it such high amounts of cholesterol. On the contrary, a healthy heart consists of 10% pure cholesterol (all water removed). Our brain is made of even more cholesterol than the heart is and half of our adrenal glands consist of it. Cholesterol is an essential building block of all our body cells and is needed for every metabolic process. Because cholesterol is such an important substance for the body every single cell is capable of producing it. We could not even live a single day without it.

Cholesterol

- is important for brain development
- protects the nerves against damage or injury
- repairs damaged arteries (seals off lesions)
- supports immune functions
- gives elasticity to red blood cells
- stabilizes and protects cell membranes
- is the basic ingredient of most sexual hormones
- helps to form the skin
- is the essential substance which the skin uses to make vitamin D
- is the basic ingredient used to manufacture the body's stress hormones
- is needed to form bile acids to help digestion of fats and keep us lean
- helps to prevent kidney damage in diabetes

Cholesterol plays a vital role in every living being. Microbes, bacteria, viruses, plants, animals, and human beings all depend on it. Since cholesterol is so important for our body, we cannot solely depend on its supply from external sources, but must be able to produce it independently as well. Normally, our body makes about half a gram to one gram of cholesterol a day, depending on how much the body requires at the time. The main cholesterol producers are the liver and the small intestines. These organs release the cholesterol into the blood stream where it is instantly tied to blood proteins that are responsible for transporting it to their designated areas for the purposes listed above. Cholesterol basically consists of fat and protein molecules, which gives it the name "Lipo Protein." Only about five percent of our cholesterol circulates in the blood, the rest is used for numerous activities in the body's cells.

If a healthy person consumed 100g of butter a day (the average European eats 18g a day), he would ingest 240-mg cholesterol, of which only 30-60% would be absorbed through his intestines. This would give him about 90 mg cholesterol each day. Yet of this amount only 12 mg would eventually end up in his blood and raise the cholesterol level by as little as 0.2%. In comparison, our body is able to produce 400 times more cholesterol than we could obtain from eating 100g butter. In other words, if you eat more than the usual amount of cholesterol with your food, your blood cholesterol levels will naturally rise. However, to balance this increase your body will automatically reduce its own cholesterol production. This self-regulating mechanism ensures that cholesterol remains on the exact level that your body requires in order to sustain optimal functions and equilibrium.

If eating fatty foods does not significantly increase cholesterol levels to meet the body's demands for this vital substance then the body must take other more drastic measures. One of them is the stress response. If your body runs low in cholesterol, you are likely to feel stressed. You will lose your calm and patience, and feel tense. Stress is a powerful trigger for cholesterol production in the body. Since cholesterol is the basic constituent of all stress hormones, any unsettling situation will use up large quantities of cholesterol. To make up for the loss or increased demand of cholesterol, the liver starts making more of it.

Take the example of the cholesterol-increasing effect of television. Research has shown that watching television for several hours at a time can drive up blood cholesterol more dramatically than any other so called risk factors, including diet, sedentary lifestyle, or genetic disposition. Exposure to television is a great challenge for the brain. It is far beyond its the brain's capacity to process the flood of incoming stimuli that emanate from the overwhelming number of picture frames appearing on the TV screen every second. The resulting strain takes its toll. Blood pressure rises to help move more oxygen, glucose, cholesterol, vitamins, and other nutrients around the body and to the brain, all of which are used up rapidly by the heavy brainwork. Add violence, suspense and the noise of gunshots etc., to the spectacle and the adrenal glands respond with shots of adrenaline to prepare the body for a "fight or flight". This causes contraction of many large and small blood vessels in the body, leading to shortage of water, sugar and other nutrients in the cells.

The signs for this stress-response can be several. You may feel shattered, exhausted, and stiff in neck and shoulders, very thirsty, lethargic, depressed, and even "too tired" to go to sleep. If the body did not bother to increase cholesterol levels during such stress encounters, we would have millions of television deaths by now. Thanks to rising cholesterol levels!

When Cholesterol Signals SOS

The self-regulating cholesterol mechanism that keeps the body healthy even in stressful situations is disrupted when the body has begun to store excessive amounts of protein in the liver capillaries. The liver capillaries, called *sinusoids*, are grid-shaped, and their thin basal membranes have sizable pores that normally permit larger molecules and even the relatively large blood cells to leave the blood stream and enter the fluids surrounding liver cells. Unlike other cells, liver cells are thus able to work directly with the blood and its contents.

In comparison with the High Density Lipoprotein (HDL), also known as "good" cholesterol, the Low Density Lipoprotein (LDL) as well as Very Low Density Lipoprotein (VLDL), termed "bad" cholesterol, are relatively large cholesterol molecules. Despite their size, the latter two are still able to pass through the sinusoids and enter the liver cells where they are rebuilt, sent to the gallbladder for storage, or excreted into the intestines. In fact, most of these large cholesterol molecules cannot "escape" the blood stream anywhere else, but through the liver sinusoids. Only the small HDL molecules, which make up 80% of all lipoproteins, are small enough to pass through ordinary capillaries in different parts of the body. For this reason HDL is hardly ever found to reach abnormally high levels in the blood. LDL and VLDL, on the other hand, may rise to levels that reflect an underlying disorder (congestion) of some sort.

Under normal circumstances, most of the cholesterol eaten in a meal is absorbed by the small intestine and sent to the liver. Once the larger LDL and VLDL molecules enter the liver they are removed from the blood in the manner described before. This mechanism, which keeps the cholesterol concentration of the blood balanced, becomes defective when the normal outlets for cholesterol, namely the grid fibers of the

sinusoids, become blocked by excessive amounts of stored proteins. Consequently LDL and VLDL concentrations begin to rise in the blood to levels that indicate the occurrence of blockage and, possibly, inflammatory processes in the sinusoids and coronary arteries. The “bad” cholesterol is trapped in the circulatory system because its escape routes, the liver sinusoids, are congested. The liver’s sinusoids become congested with proteins whenever the capillary and artery walls in the rest of the body are congested. The injuries caused by the proteins require much of the bad cholesterol to be used as a band aid to prevent possible occurrences of heart attack. Eventually, however, the arteries become increasingly hard, rigid, and occluded. This may raise arterial blood pressure and pose further problems to the heart.

The vicious cycle closes when the liver cells are no longer able to receive enough of the LDL and VLDL cholesterol. They naturally assume that the blood does not contain sufficient amounts of cholesterol. The liver cells subsequently begin to produce extra quantities of cholesterol which they pass into the bile ducts. Much of the cholesterol intermixes with bile and is then dispatched to the intestines where it combines with fats and enters the blood stream. This may raise the blood cholesterol levels even further. Some of the affected individuals produce twice as much LDL as a healthy person does.

In the presence of toxic substances and due to lack of bile salts some of the excessive cholesterol forms intrahepatic stones (consisting of mostly cholesterol). These stones decrease bile flow and further reduce the body’s ability to digest protein and fat-containing foods. Every meal that contains cholesterol – a natural part of numerous foods – adds more of the “bad” cholesterol to the one that is already trapped in the blood stream. The body’s final attempt to stay alive is to accommodate more and more cholesterol in the bile ducts and tissue of the liver, which could end up leading to an enlarged, fatty liver, and to stick as much cholesterol as possible to the damaged walls of the arteries.

In many cases, the liver’s sinusoids become so congested with proteins that they do not even allow enough water and sugar to reach the liver cells. As a result, many of the liver cells simply die off. The dead liver cells are replaced with fibrous tissue, leading to portal hypertension, diabetes, and possibly liver failure. And because the protein storage does not only occur in the liver sinusoids, but also in the capillaries and arteries throughout the body, the risk of a heart attack or stroke increases dramatically.

Cholesterol cannot be considered a culprit for heart disease or any other illness. Due to protein deposits in the sinusoids the liver cells are increasingly cut off from the daily needed cholesterol supplies, and are therefore forced to synthesize more and more cholesterol. Lowering blood cholesterol by cutting out fats in the diet and/or artificially reducing it through statin drugs has little or no benefits in the control of heart disease. What helps most is cutting out all animal protein (meat, fish, poultry, eggs, cheese, milk) from the diet plan, until the condition has been completely normalized. If any of these foods are being reintroduced, they should only be eaten occasionally and very sparingly. At the same time, all gallstones in the liver bile ducts and gallbladder should be removed through a series of liver cleanses, and the colon should be cleansed from any existing waste deposits. Additional essential measures include drinking plenty of water (6-8 glasses per day), maintaining a healthy diet and lifestyle, and, if necessary, giving blood to reduce excessive amounts of protein from the blood and to lower the Hemocrit value. All this can effectively reverse atherosclerosis and prevent a heart attack or stroke.

Balancing Cholesterol Levels Naturally

Apart from the above methods, there are a number of herbal substances and foods that have powerful cleansing effects on the blood vessels and lymphatic ducts. When ingested regularly, they naturally balance blood cholesterol concentrations to where they need to be for the body to function optimally.

Take for example, the extract from a common Indian tree known as the *mukul myrrh* or *guggul*. Guggul is no strange medicine in India. It has been used for over 3,000 years to treat a variety of diseases. One side benefit happens to be the lowering of cholesterol and triglycerides. Double blind clinical trials in India have proven that the extract of this small thorny tree is just as effective for this as some common prescription drugs. Of course, what heals common ailments naturally is unattractive to big drug companies, and, therefore, stands no chance of making it into the field of mainstream medicine, at least not in countries where health care is dominated by the pharmaceutical giants.

There are dozens of herbs and common foods that all have similar effects as guggul. Green tea alone has shown to have great benefits for cholesterol health. Most fruits and vegetables, including apples, citrus fruit, berries, carrots, apricots, cabbage, and sweet potatoes have also shown to be helpful in naturally balancing cholesterol. Almonds walnuts, pumpkin seeds, olive oil, coconut oil, oats, barley, etc., are just as effective. Recently, the drug giants declared war on red yeast rice, and succeeded banning it in the U.S. Several studies show that this ancient Asian edible slashed cholesterol an average of 40 points in just 3 months, without any side effects whatsoever. As its reputation increased, it became a serious threat to the greatest drug-sellers of all time – statins. To secure the continuance of the big business, red yeast rice needed to be eliminated, thanks to the FDA.

Lemon rind and orange peel contain a substance that lowers cholesterol quite dramatically. Even the researchers were shocked when they tested *policosanol*—a safe, natural substance found in citrus peels. In one study, 244 women with high cholesterol received either a placebo or policosanol. Researchers saw the bad cholesterol of the policosanol group plunge by 25%. Total cholesterol fell 17%. And their ratio of total to good cholesterol (*the* most important risk factor) *improved* by a whopping 27.2%! Another study compared policosanol against a popular statin drug. Those given policosanol lowered their bad cholesterol by an average of 19.3% – versus just 15.6% for the statin. Most important, policosanol improved the most crucial ratio – total cholesterol to good cholesterol – by 24.4% (the statin drug only improved it by 15.9%).

Food is still by far the best medicine for most ailments plaguing the human body. If used wisely, and without destroying it before its consumption, food can create miraculous cures of the most common diseases. I have discussed a number of such healing foods and herbs in Chapter 7. When choosing the right healing foods for you, please refer to the food lists shown in Chapter 6. Foods that harmonize with one's body type have the most healing properties, whereas foods that don't may actually interfere with the body's own effort to restore health and vitality.

Overcoming Heart Disease – Two Encouraging Stories

Over the years I have seen hundreds of patients with “heart” problems that, in fact, were not heart problems at all. Most of these turned out to be cases of simple indigestion, causing strong sensations of pain in the chest and stomach. Their stomachs were usually hard and swollen, filled with pockets of gas exerting great pressure on the diaphragm and heart. Trapped gas and “heart burn” more often than not lead to the false alarm of a heart condition. Other patients, however, did have serious heart trouble, in addition to suffering chronic indigestion, or, as I see it, because of it. George, age 64, was one of them.

George had received medical treatment for thirty years for what his cardiologist called “progressive heart disease.” During the same period he had been on a large variety of drugs to relieve the symptoms. One of them was an anti-hypertensive drug. The drug's diuretic effects helped to drain excess fluids from

his body, but also caused severe cellular dehydration and damaged his kidneys and liver. Other side effects included impotence, increase of angina pain, stomach upset, eye pains, muscle weakness, depression, and nightmares.

Despite taking the drugs regularly he was advised to undergo a bypass operation since several of his heart arteries were almost completely blocked. A few years after the operation, at age 62, his "new" coronary arteries also showed strong signs of damage, causing chest pain and severe tiredness. His heart was no longer able to perform sufficiently well and, he was informed that, as a last resort, only a heart replacement could prolong his life. That was the time I saw George for the first time. He said this to me: "I feel more dead than alive. My energy level is only a fraction of what it used to be. There is not much I can do now except wait for a heart replacement, but considering my general condition I am not sure whether I even can make it through such an operation."

After applying the diagnostic tools of Ayurvedic Pulse Reading and Eye Interpretation, I explained to him that his real problem wasn't his heart, but the amassed, and toxic, undigested food in his intestines (I was pointing to his grossly protruded belly), and the stored animal protein throughout his blood vessel system. The toxic material was suffocating the cells of his body and causing slow poisoning of the liver, kidney, and heart cells. His liver bile ducts were congested with thousands of gallstones. I suggested that he remove all the toxic waste, which his body had collected over the past 40 years in his small and large intestines through intestinal cleansing, and stimulate the digestive power through a series of liver cleanses. Thereby, he could directly relieve his heart from the heavy burden of having to deliver nutrients to a body that was blocked and overtaxed with harmful material. His heart was obviously exhausted from pumping blood through a congested body.

George quickly began to implement a program that included directions for a specific body-type diet, cleansing of his intestines and liver, the daily and seasonal Ayurvedic routine, regular full body oil massage, yoga and walking near the beachfront, and meditation.

Within three days of his first-ever colonic irrigation session, and strict avoidance of any protein foods, George felt a huge burden had been lifted from his heart. His energy began to return, but he still did not feel strong enough to go back to work. Two weeks later, though, he was back at his desk, with great enthusiasm. Being a director of his own successful insurance company, he no longer felt as stressed at work as he used to feel before the treatment. He was also asleep by 10 p.m. and meditating each day, which made him feel refreshed and calm, and able to handle the difficulties at work with a more relaxed attitude.

Three months later, George visited his cardiologist who took him through a series of tests to determine the condition of his heart. George was not surprised to hear his doctor confirm that he no longer needed a heart transplant operation. He saved himself the \$750,000.00 that the heart transplant would have cost. Over a period of time he reduced and finally stopped all of his medication. Ten years later, he is still very active and enjoys an excellent state of health.

"Just thought you would like to hear the latest report from my cardiologist, whom I went to see on Monday, just because it has now been over one year since my heart attack." This was the beginning of an e-mail message that Susan, a 62-year old friend of mine from Arizona, sent me in the year 2000. "He was a bit disturbed when I first saw him," she continued, "because I said I was not taking any medications and had not since last August. As he was talking with me he said he would probably prescribe a couple of medications for me to start taking again, but first he wanted to do an echocardiogram and a stress test."

"I agreed to them both and they were done in his office. While I was on the treadmill, I became tired, so I told his assistants I was getting tired and they said 'You may be, but your heart is not!' They said the

echocardiogram and stress test were well within normal limits. When the cardiologist came back into the room, he said, 'I am totally surprised, just totally surprised. These tests show a healthy heart, no failure at all! So you can go home, continue doing what you have been doing and come back to see me in six months.' He did not mention anything else about medications."

Her message ended by saying how grateful she was for having received all the advice and recommendations that had given her the power to claim a healthy normal heart. Susan is one in thousands of people who were listed as incurable heart disease patients, but through liver cleansing and changes in diet and lifestyle, has beaten the odds.

Non-dietary Causes of Heart Disease

Lack of Social Support System

Traditionally, Japanese people living in Japan have very low rates of heart disease and cancer. But when Japanese began immigrating in large numbers to the United States, their newly adopted lifestyle and diet often proved disastrous for their health. By the second generation in the new world, there was no advantage left with respect to these leading killer diseases. First it was hypothesized that the typical American diet rich in fats, was responsible for this development. But soon the *heart disease-diet-cholesterol* explanation received a severe blow.

There was one subgroup among the Japanese immigrants in California who continued to have very low rates of heart disease, irrespective of whether their blood cholesterol levels were high or low. The group consisted of males who retained their sense of being Japanese by growing up in a Japanese neighborhood, by participating in traditional Japanese cultural and social events, and by learning and speaking their mother tongue. The close family ties and social support system were the only factors that prevented them from developing degenerative heart disease. Even if they had personal problems at home or financial difficulties, there was a large family to lean on and to receive moral and often financial support.

A Swedish study proved that frequent social interaction among men – friendships, golf outings, poker nights, etc. – correlated into a more than 50% reduction in heart disease among test subjects. As far as I know there is no prescription drug that could boast such results, not even close. The feeling of being rejected, left behind and lonely can be a “heart-breaking” event that easily can turn a healthy heart into a sick heart. It is well known that women are in greater need of support and understanding during pregnancy. An epidemiological study on pregnant women showed that 91 percent of those who felt unsupported by family and friends suffered serious complications during pregnancy. The women reported that they were leading stressful lives with little or no social support. Similar studies on unemployed men have revealed that those men who felt strong support from family, relatives and friends were less likely to develop physical or mental problems.

Greatest Risk Factors: Job Satisfaction and Happiness Rating

What is rarely mentioned in reports on heart disease and their contributing risk factors is one the most important discoveries ever made about man's number one killer disease: *The greatest risks of developing*

heart disease are job satisfaction and happiness rating. These unexpected risk factors turned up when American researchers looked once more at clues of what could cause heart disease.

If you ask a man in the street whether he is satisfied with his job and happy, depending on his answer, you will be able to make a prognosis about whether he is at risk of developing heart disease or not. It would be too simplistic to assume that heart disease is *only* caused by stress, cigarette smoking, overeating, alcohol abuse, etc. These risk factors are not the ultimate causes of a dysfunctional heart, but rather the effects or symptoms of plain dissatisfaction in life. The cause behind the major causes of heart disease, which is nothing but the plain lack of happiness and contentment in life, may still be there after all the other risk factors or causes have been eliminated. A large number of people have died from heart attacks with perfectly clean arteries and no other tangible, physical reasons. Many of them have never smoked, abused alcohol, or led a particularly stressful life. But they were unhappy within themselves.

One 1998 study by the Johns Hopkins School of Medicine has confirmed what 10 other surveys have found: Men who are clinically depressed are twice as likely as those who aren't to suffer heart attacks or develop other heart illnesses. If the "heartache" is severe enough, there are several ways to shut down the arteries and, in fact, the entire energy system in the body. DNA research has shown that the double strands of the DNA controlling the health of every cell in your body suddenly contract and shorten when you feel fear, frustration, anger, jealousy, or hatred. It is as if the software of a computer program begins to malfunction and the computer can no longer perform properly. By applying the procedure of Kinesiology muscling testing to a depressed or unhappy person, you find that all the muscles in his body are weak, especially while he ponders his personal problems. His discontent also affects the muscles of his heart and arteries. If unhappiness persists, disease is inevitable, and whatever part of his body is the weakest will succumb first to the chronic shortage of energy. If it happens to be the heart, then heart disease may result.

Even if such a person doses himself with antioxidants, which are believed to protect the arteries against oxygen radical attacks, they will neither be digested and assimilated, nor be successfully delivered to the damaged arteries. Lack of satisfaction in life paralyzes the body's functions of digestion, metabolism, and elimination. This causes congestion, high toxicity, and damage to all cell tissues. People who have blocked coronary arteries are not just sick in the area of the heart, they are sick throughout the body. The most important determinant factor of disease appears to be the inability to live a happy, satisfying life.

The reason modern medicine is so helpless in providing lasting cures of heart disease is because there is not much in the current medical approach that can increase happiness in a patient. Yet there is hardly any other primary risk factor for disease, including coronary heart disease, other than its absence. It is the lack of lasting happiness and peace of heart and mind that makes a person feel stressed, take drugs, overeat protein and other foods, abuse alcohol and cigarettes, drink excessive amounts of coffee, become a workaholic, or dislike his job or himself.

Your Need to Love

Satisfaction in life increases spontaneously when we devote time to meet our spiritual needs, apart from developing our physical and mental aspects. The human self cries out to be recognized as a spiritual being whose innate nature is unconditional happiness. A truly happy person finds deep inner satisfaction in sharing whatever he likes about himself with others; this is called love. Love is the most basic characteristic of a human being. Love is the life force that makes the heart beat, the cells thrive, and the

spirit sore. However, at times it becomes overshadowed or remains unexpressed. If it is unable to flow inside and outside the body, it causes deep sadness and frustration in the heart center.

The need to open one's heart to others and to oneself cannot be adequately met by identifying a few risks of disease and "treating them away." Such an approach is futile because it ignores the fact that human feelings are far more powerful than any physical effect could ever be. If unhappiness continues to prevail in a patient's life, no amount of vitamin C or E will stop free radicals from creating havoc in the body.

The continual emphasis on the risk factors for disease today may divert people's attention from the real issues in life. That happiness rating and job satisfaction are the leading causes of heart disease is hardly being publicized because there doesn't seem to be a magic formula to deal with them. The pharmaceutical industry possesses no drugs that can make people happy; all it can offer is drugs that deal with the physical symptoms of the disease. If you are troubled with heart disease, you may need to ask yourself a few basic questions, such as these:

Am I living a lifestyle that is detrimental to my health, and if yes, why would I do that? Do I feel that no one really likes or loves me? Am I afraid of being rejected by my partner? Do I believe that I have a deeper purpose in my life, but cannot find it? Am I feeling frustrated because I am not able to get out of life what I really want? And most importantly, am I afraid to love, out of fear of becoming hurt?

What a Loving Wife can do

Major research on male heart attack patients has shown that the men's feeling of being loved by their wives was the most crucial element that determined whether they survived an attack or not. Heart attacks often become an eye-opener for estranged couples who have forgotten how to love and care about each other. The sudden closeness which couples often experience after one partner suffers a heart attack can serve as an incentive for many of the patients to continue wanting to live, and the chances are that they *will* live.

Surveys of male heart attack victims revealed that most men felt lonely or misunderstood before their attack. Minor attacks led to death only in those men who felt that their wives no longer loved them. If a relationship was brought back to "life" as a result of the attack, then even a massive heart attack could not take the person's life. Most men are quite sensitive at heart, even though they may not necessarily admit it. They generally tend to put on a brave face and suffer silently when they have "heartache." Most men tend to consider it a sign of weakness to shed tears, especially if it is in front of a woman. Yet the male's tendency to repress feelings of weakness makes him a likely candidate for heart disease. A heart attack can reveal his deep vulnerability and yearning for support and comfort. His partner is allowed to see this "new" side of him, which can trigger love, compassion, a new sense of intimacy, and give a new lease on life to both of them.

A new European study, from the U.K., confirmed all the earlier findings. It showed that having loving, close relationships – with spouses, relatives or close friends – helped to measurably lower heart attack victims' risk of suffering a second cardiovascular event. In fact, heart attack survivors that don't have an intimate relationship to lean on for emotional support or social interaction are twice as likely to suffer major heart problems within one year of their initial heart attack.

The Healing Power of “Loving Touch”

Every time someone touches us with loving care or we do the same for someone else, an emotional exchange takes place that profoundly nourishes the heart. The expressions “He touched my heart”, “I felt so touched by his words,” or “It was so touching to see my old friend again”, show that the sense of touch is closely related to our physical and emotional heart, which is also the center of our being. To touch and to be touched is as essential to health as a balanced diet, if not more.

When American researchers discovered that prematurely born babies who are stroked three times a day increased their weight by 49 percent, they had unintentionally discovered the *loving touch*. As it turned out, loving touch – the scientific expression is *kinesthetic tactile stimulation* - became recognized as an effective method to reduce the time and cost of a baby’s stay in hospital. Loving touch (I prefer to use the less sterile and more human term for this precious gift of God) stimulated the babies’ production of growth hormones and thereby improved utilization of nutrients from the daily food ratio. The researchers did not realize that they had stumbled upon a major technique of healing that could be applied successfully to the young and the old, the healthy and the sick, and not only for prevention, but also for cure.

In the human body, the sense of touch is so highly developed that it can detect or sense everything it comes into contact with, like radar. By (unconsciously) picking up other people’s *pheromones*¹⁸ and/or “touching” their aura, your body can identify who is friendly, honest and loving or cold-hearted, deceitful, and aggressive. The body may instantly translate all that information into powerful chemical responses that can make you either feel well or ill. These internal responses, however, also depend on your interpretation of the experience. Muscle testing can verify whether your interpretation is correct. You may think of a person and check with your muscles whether this person has a positive influence on you or not. A weak muscle indicates that your relationship with this person may disturb your balance and energy field. Merely thinking of a person gives you enough physical responses to decide whether you want to be with that person or not.

There are multiple forms of touch that can have profound healing effects. The Ayurvedic oil massage, for example, has been proven to open clogged arteries because of its deeply penetrating and detoxifying action. However, the purely physical part of this kind of touch is only partly responsible for this healing phenomenon. By touching your body with the intention to improve its health it automatically senses that you love and appreciate yourself and your life, otherwise you wouldn’t do it. Love carries the highest frequency of energy, and, when present in the depth of your heart, it triggers a strong healing response by releasing *endorphins*¹⁹ and other healing drugs throughout the body, similar to the ones a breast-fed baby receives from its mother.

If you want to help a sick person, but do not know how, hold his/her hand in yours, or gently hold or massage his/her feet. This does more to help the person’s condition than any amount of sympathetic words could do. The body remembers a loving touch more vividly than spoken words and it reproduces the same drugs whenever it links into the “touching” feeling through remembering. Heart patients especially need to feel that they are loved and cared for because their hearts have lost the sweetness of life that is mostly present in a committed and loving relationship where emotional exchange is most common. Many heart disease victims have isolated themselves from such intimacy before they became ill, by

¹⁸ Chemicals produced by the body that signals its presence to others. Pheromones play a particularly important role in sexual behavior. It has become crystal clear that human pheromones affect us more than most people can imagine. Our knowledge of visual input, and of how vision might influence our sexual behavior, pales by comparison.

¹⁹ Endorphins are hormones produced by the body that stop pain and make you feel good (pleasure drugs).

overloading themselves with work, commitments, deadlines, and too many social engagements. By rediscovering the secrets of loving touch, they can once again connect to the circuit of love that supplies the only frequency the heart needs in order to function properly and efficiently, that is, the love frequency.

Loving touch opens the heart. It is the kind of touch that gives without expecting anything in return. It is the kind of touch that can create miracles. Each one of us has this healing gift; it is only a matter of acknowledging that you have it, which is a prerequisite for being able to use it. Give your touch freely and without reservations, for it is one of the few gifts that can make you truly happy, too. It may feel nice to be loved by someone, but it is most important to express love to others, in whatever form is possible. You always have the choice to touch someone with your kindness, generosity, and honesty, and feel so much better for it. This opens your heart. Only a closed heart can be broken or attacked. Living your whole life without the danger of suffering a heart attack is more your choice than something that just happens to you. Take care of your heart and it will take care of you.

Chapter 10



Cancer – Who Makes It?

"It is more important to know what sort of person has a disease than to know what sort of disease a person has." ~ Hippocrates (460-377 B.C.).

Preface

What you are about to read may rock or even dismantle the very foundation of your currently held beliefs about disease in general, and cancer specifically. I am currently in the process of writing a book, entitled *Cancer is not a Disease* (due for release after 2006). The title may, in fact, be provocative to most, unsettling for many and acceptable to few. This book will be written for those who are sufficiently open-minded to consider the possibility that cancer or a similar disorder is not a disease but a desperate and final attempt of the body to stay alive for as long as circumstances permit. It may come as a shock to you to learn that a person who has all the main causative factors to develop cancer would be dying within a matter of days *unless* he actually grew cancer cells. In *Cancer is not a Disease*, I will provide evidence to this effect. In this chapter, I will create the basis for truly understanding the causes, purpose and role of cancer.

I claim that cancer occurs only after all other defense mechanisms have failed. Under extreme conditions this can happen within several weeks or months, but normally it takes many years, even decades, before a so-called “malignant tumor” is formed. A malignant tumor is not a vicious being out to kill us in retaliation for our sins or abuse of our body. Cancer is on our side, not against us.

If cancer is indeed part of the body’s complex survival responses and not a disease, we must find answers to the following pressing questions: “Can we change those reasons that coerce the body to develop cancer cells? What are these reasons? Who or what decides what type of cancer one gets? What are the necessary steps to prevent the body from taking recourse in cancer as a survival mechanism? Why would the body suddenly want to destroy itself if its basic design and tenet are to maintain life and work through adversities of any kind? Why do most cancers appear and disappear by themselves? Are radiation, chemotherapy and surgery really saving lives or are cancer sufferers healed due to other reasons, *despite* using these radical, side-effect-loaded treatments? What roles do fear, frustration, low self-worth and

anger play in the origination and outcome of this disorder? Or asked differently, how can the self-destructive effects of these emotions be transformed into useful energies that promote health and well being? Anyone who wishes to get to the root of cancer, any kind of cancer, must find satisfying and practical answers to these essential questions.

If you have cancer and are looking for answers to these questions you will need to examine every facet of yourself and your life. You will need to discover for yourself that you are always in control of your body, one way or another. You can use the power that is naturally available to you as a result of being in a physical body, either in a nourishing and self-sustaining, or destructive and debilitating way. If you consciously or unconsciously choose negligence or self-abuse over loving attention and self-respect, your body is likely to end up having to fight for your life. Cancer is but one of the many ways the body tries to change the way you treat yourself, and that includes your body. This obviously brings up the subject of spiritual health, which is just as important an issue as the physical and emotional aspects of cancer.

Cancer appears to be a very confusing and unpredictable disease. It seems to strike the very happy and the very sad, the rich and the poor, the smokers and the non-smokers, the very healthy and the not so healthy. People from all backgrounds and occupations can have cancer. But if we dare look behind the mask of its physical symptoms, such as the type, appearance and behavior of cancer cells, we will find that cancer is not as coincidental or unpredictable as it seems to be. Why are certain types of people so much more prone to developing cancer than others?

After having met numerous cancer patients over a period of many years, I began to recognize a certain pattern of thinking, believing and feeling that was common to most of them. To be more specific, I have yet to meet a single cancer patient who does not feel burdened by a poor self-image, constant unresolved conflicts or past emotional trauma still lingering in their hearts or minds. The following two cases may provide you with the important insight that cancer always occurs on two main levels – as a physically manifested cancer, and as an invisible emotional cancer. A third level, which is psychosomatic, relates the two with one another. Cancer as a concrete physical illness cannot occur unless there exists an underlying pattern of deep-seated frustration and lack of self-respect, or what could be termed “unfinished business” in life. Cancer can actually be a way of revealing the source of such inner conflict, coming to terms with it, and even healing it. When the roots of the weed are removed, the weed can no longer grow. Such is the case with cancer.

Cancer’s Main Characteristics

1. Its Physical Side

Mary visited me when she was 39 years old. One year earlier she was diagnosed with advanced breast cancer. Her oncologist prescribed the standard routine treatments for cancer – radiation and chemotherapy – but to no avail. Soon she was submitted for surgery to amputate her right breast. The operation took place shortly before her menstrual period. Much to her relief, her doctors informed her that they “got all the cancer” and the situation was now under control. Little did her doctors know that according to research findings in the field of *chronobiology*, there is a four times higher risk for reoccurrence of cancer in women who undergo surgery for breast cancer one week before or during menstruation. While menstruating, a woman’s immunity and iron levels are measurably low and her body is, therefore, not

able to destroy all the cancer cells left over from surgery. Hence the high risk of cancer cells spreading (metastasis) to other parts of the body.

One year after her mastectomy, Mary complained of severe pain in the lower spine and in left knee. Ten years earlier she had been diagnosed as having *cervical spondylosis* in her lower spine, caused by abnormal outgrowth and ossified cartilage around the margins of joints of the vertebral column. This time, however, the examinations revealed that she had developed bone cancer in her lower spine and left knee. The breast surgery had, as so often is the case, caused the dispersion of millions of cancer cells to other parts of the body. They deposited themselves in her lower spine where the resistance to cancer formation was particularly low.

Mary had also been suffering from severe menstrual problems as long as she remembered. In addition, she was diagnosed as having anemia. But despite taking iron tablets regularly for years, which caused her frequent nausea and stomach cramps, she remained anemic. She told me that her digestive system had “never worked properly,” and constipation often lasted for as many as three to five days in a row. My examination revealed that her liver was clogged with thousands of intrahepatic stones.

Mary also mentioned that she had received multiple treatments of antibiotics over the years for all sorts of infections. As it is known now, regular use of antibiotics sharply increases breast cancer risk. According to a large, long-term study, the risk of breast cancer was doubled among women who received 25 or more prescriptions for antibiotics of any variety over a 17-year-period, when compared to women who took no antibiotics at all.

Mary was brought up with a lot of candy, cakes, ice cream and chocolate. A number of recent studies linked a greater risk of breast cancer among women to a diet high in sugar (especially soft drinks and popular desserts). Scientists now believe that the extra insulin released to process the simple carbohydrates and sugars found in these foods causes cells to divide and estrogen levels in the blood to rise. Both of these factors (cellular division and blood estrogen) can contribute to cancer.

2. Its Emotional Side

Mary experienced a very sad childhood because her parents had great problems relating with one another. When I asked her, she could not remember even one single instant when there had not been tension between her parents. Being a very sensitive person at heart, she took everything more seriously than her more extrovert brother, and consequently felt insecure, frightened and depressed. With a painful smile on her face she said that she always felt torn between her mother and father and could not make a choice over which one to favor. Eating her meals with the parents was particularly difficult for her. She was forced to sit and eat with them while the atmosphere was very tense. Sometimes, every one would keep quiet, so not to arouse any new conflicts. Up to this very day she has a strong aversion to, and fear of, food, and she gobbles it down very quickly, most often when standing or driving from one place to another.

Mary also faces great difficulties at work. Being a schoolteacher, she feels that the students are allowed to take out their own frustrations on her, but she has to keep it all inside. When she returns home, though, she shouts at her own children, which creates much guilt in her. She wants to be a good mother, but just doesn't know how to. Mary never wanted to be a schoolteacher, she always dreamt of becoming a gymnastics teacher.

The frustration from not being able to fulfill her desires has been a major cause for Mary's cancer. Right from the beginning of her life she was taught to conform to the system, which meant for her that she

always had to do what she was told to do. Deep inside herself she had dreams that she could never fulfill because she didn't want to stir up tension, or make other people think badly of her.

In order to keep the peace, Mary went along with what her parents demanded of her, but inside herself she was boiling with rage. When Mary walked into my office that morning, she gave me a beautiful smile, which did not reveal the pain she was feeling inside. She had learned to conceal her inner world from the outer world. But it wasn't so much the physical pain in her body that hurt her; it was all the bottled-up frustration, fear and insecurity that threatened the sensitive feelings in her heart. The physical pains only reminded her of the profound emotional heartache she had suffered from for so long. All the endless attempts of suppressing or hiding her true inner feelings during her childhood, and while an adult, shaped a personality that eventually required a disease to bring it all to some kind of conclusion.

Torn between her parents for many years and trying to please both of them, Mary was never bold enough to make a choice that would please her and her only. The division within her heart sapped all her energy and happiness. The cancer started in her divided heart, in all the unexpressed grief and frustration that filled her early life.

A Psychosomatic Phenomenon

Whatever happens in our emotional body also occurs in our physical body. The real cancer is a trapped and isolated emotion, a feeling of "having no choice." Through the mind/body connection, any repressed feelings of wanting harmony, peace, stability and a simple sense of joy in life are translated into appropriate biochemical responses in the body. This effectively deprives the body cells of all these positive qualities as well. Cells are not physical machines that have no feelings, no sense of I-ness, or no reaction to threats. The emotional suffocation caused so much anger and frustration in Mary, that for fear of not being loved or liked by others, including her parents, she targeted these negative emotions at her own body. Her toxic mind translated into a toxic body, and it threatened Mary's very survival. She threatened the cells of her body by keeping poisonous thoughts and feelings to herself.

The constant tension, which Mary experienced during dinnertime at her parental home, had greatly impaired her digestive functions. To eat while being emotionally upset suppresses the secretion of balanced amounts of digestive juices. The bile flora particularly is altered when feeling angry and unhappy. Constant emotional strain leads to stone formation in the bile ducts of the liver and in the gallbladder. The resulting curbed secretion of bile lowers AGNI, the digestive fire. Mary is still linking the eating of her meals with the tension she experienced while sitting at the parental dinner table. Since she is programmed by her unconscious attempt to avoid everything that has to do with food and eating, her body does the same. The body cannot properly digest and absorb foods that are eaten in a hurry, hence the accumulation of large quantities of toxic waste in her small and large intestines. Chronic constipation and the poor absorption of nutrients, including fats, calcium, zinc, magnesium, and vitamins had increasingly depleted and weakened her bone tissue, bone marrow and reproductive functions.

When the reproductive tissue, which maintains the genetic blueprint (DNA) of the cells, is starved of oxygen and nutrients, it is only a matter of time before normal and healthy cells begin to abnormally divide and mutate their genes in order to survive the "famine." Normally, a host of immune cells, pancreatic enzymes and vitamins break down cancer cells in the body, wherever they appear. However, most of the digestive enzymes are "used up" quickly when the diet is rich in animal protein such as pork, fish, and cheese, as well as sugar-containing foods, food items that Mary ate plenty of. Having suffered from poor

digestion and constipation for nearly all her life, Mary's body was practically deprived all of these natural antidotes to cancer cells. Most cancers occur when digestive functions are continually disrupted.

The spondylosis of Mary's lower spine signifies weakening of her internal and external support system; it manifested in direct response to the lack of support and encouragement by her parents. Mary's body slumps forward while she sits, looking half its size. She looks like a scared child, without confidence and trust. Her posture suggests that she is trying to protect her heart from being hurt again. Also her breathing is shallow and insufficient, as if she does not want to be noticed and possibly be criticized by her parents. The knees serve as a support system for the entire body. A lifetime of "giving in" and "not standing on her own feet" manifested as the knee problems she developed over the years.

Mary's Personal Remedies

Japanese research has shown that cancer patients whose cancerous tumors went into spontaneous remission, often within a period of 24 hours, experienced a profound transformation in their attitude towards themselves before the sudden cure occurred. Mary needed to make several major changes in her life; one of which was to change her job, even if this meant fewer earnings for her and her children. While still being highly susceptible to stressful situations and chaotic noise, the tense atmosphere present at her school was hardly conducive to the healing process. She also needed to spend more time in nature, walk in the sun and on the beach, paint her impressions, listen to her favorite music, and devote some time in quietness and meditation every day.

Apart from following the Ayurvedic daily routine and diet, Mary began to use a number of cleansing procedures to rid her colon of stagnant, old fecal matter and to purify the blood, liver, and connective tissue from accumulated toxins. The liver cleanse produced thousands of stones that had impacted both her liver and gallbladder for at least 15 - 20 years.

The most important thing for Mary was to become more conscious about everything in her life. This included eating, emotional releases, listening to the body's signals of thirst, hunger, tiredness, etc. She needed to become aware of her needs and desires and begin to fulfill them whenever possible. The most important realization she had to make was that she didn't need to do anything that didn't please her. Her friends and family also needed to understand that Mary was at a very crucial stage of recovery where every positive thought and feeling towards her could serve as a tremendous support system, one that she never had when she was young. Mary started to improve steadily six months after she adopted about 60% percent of the recommended advice. Today she feels that the disease has brought her a deeper understanding of life and led to an inner awakening she had never experienced before. At the time of completion of the first edition of this book, Mary continued to improve and grow in confidence and self-acceptance.

Cancer -- A Form of Rejection

Jeromy has *Hodgkin's* disease, which is the most common *lymphoma*. Lymphomas are malignant neoplasms of lymphoid tissue that vary in growth rate, also known as lymph cancer. Contemporary medicine has no explanation as to what causes the disease. Hodgkin's disease usually begins in adolescence or between 50 and 70 years of age.

When Jeromy was 22 years old he noticed two enlarged lymph nodes in his neck. A few days later he was diagnosed as having Hodgkin's disease. In some people the disease leads to death within a few months, but others have few signs of it for many years, Jeromy being one of them. Being a Kapha type, he has a very athletic and strongly built body and is naturally endowed with a lot of stamina and physical endurance. His naturally slow metabolic rate can be considered to be responsible for the slow progress of the disease.

Jeromy received his first chemotherapy treatment in 1979, soon after diagnosis of the lymphoma, but to no avail. Multiple radiation treatments were added to the regular chemotherapy in 1982, which produced severe side effects, including loss of all body hair and his sense of taste. His distress was considerable. Yet, despite the traumatic experiences caused by the various treatment programs over the following fourteen years, Jeromy was not willing to give into depression and desperation. His strong fighting spirit permitted him to continue his work as a general manager of a successful business enterprise.

Through the Ayurvedic Pulse Reading method and Eye Interpretation (Iridology) I was able to determine that from about age four Jeromy's digestive functions and lymph drainage began to decline very rapidly. His liver showed presence of a large number of intrahepatic stones. As it turned out, Jeromy went through a very traumatic experience at that time, although at first he had difficulties remembering it. According to Jeromy, the most traumatic event was at age 21 when his long-term girl friend suddenly left him for another man. Exactly one year before she left him he discovered the lymph swellings in his neck. The rejection by his girl friend was one of the most heart-breaking experiences of his life. Yet this experience merely triggered the memory of an even more traumatic rejection.

The Ghost of Memory

Jeromy was born in a developing country with an unstable political situation. When he reached the age of four, his parents sent him to a boarding school in another developing country, for his own safety. Unable to understand the reasons behind this move, he felt that they stopped loving him and no longer wanted him around. All he remembers is the feeling of being cut off from what he considered his life line – the closeness with his parents. Although his parents believed that sending him away was in Jeromy's best interest, he had lost the love of the most important people in his life at an age when he needed it most. His little world had collapsed on this first "black" day in his life, and his body's main functions subsequently began to decline, too.

Jeromy dedicated the major part of his life trying to prove to his parents that he was worthy of their love. He was not aware, however, of his incessant drive to succeed in life. He proudly told me that he never gives up in life and that he would not allow anything to get him down. One part of him never acknowledged that he was gravely ill. His physical appearance, except for being bald, would not reveal the battle his body was fighting. He spent all his energy and time in his work and he was very good at it.

To heal himself physically, Jeromy needed to become aware of the "rejected child" within him. He "buried" that part of him in the farthest depths of his subconscious when he was four years old, and then a second time when he was 21 years old and his girlfriend left him. The deep hurt caused by what he considered to be a rejection by his parents was profoundly amplified by this second rejection.

The body stores all our experiences in some kind of etheric "filing cabinets." Accordingly, the feelings of anger we experience in life go into one file, sad events into another, and all rejections are filed in yet a different one, and so on. These impressions are not stored according to linear time, but compiled in terms

of similarity. They feed “the ghost of memory,” and give it more and more life. Once a file is “full up,” even a small event can trigger a devastating eruption and awaken the ghost of memory, thereby giving it a life of its own. And so this happened in Jeromy’s life.

The abandonment that Jeromy experienced as a four-year-old was reawakened in his awareness when his girlfriend left him. By ignoring or denying the fact that this rejection ever took place, he unconsciously “instructed” his body to create the identical response, which was a cancer in the very system that is responsible for neutralizing and removing harmful waste in the body, the lymphatic system. Unable to get rid of the ghost of memory, which consisted of deep-seated anger from feeling abandoned, Jeromy was also no longer able to free himself of dead, turned-over cells and deadly poisons. Both his liver and gallbladder had accumulated thousands of gallstones, which nearly suffocated him. His body had no other choice, but to give physical expression to the cancer that had tortured his heart and mind for so many years.

Giving Up the Need to Fight

All events in life that appear to be negative are in fact unique opportunities to become more complete and whole inside, and to move forward in life. Whenever we need to give ourselves more love, time and appreciation, but fail to fulfill these essential needs, there will be someone or something in our life that pushes us in that direction. Feeling rejected by or being disappointed and angry with another person highlights a lack in taking responsibility for the negative things that happen to us. Blaming someone else or oneself for an unfortunate situation can eventually manifest as disease, and if we cannot understand its accompanying message we may even have to face death to appreciate life or living.

Jeromy needed to give himself the love and appreciation he didn’t feel he was getting from his parents. He also needed to make room for enjoyment and pleasure, and to take time for himself, for mediation, for self-reflection, for being in nature and sensing the joy and energy it is able to instill in us. Cancer cells are fighting cells that try to survive in “hostile,” toxic environment. Letting go of the need to fight in life reprograms the DNA of the body, changing its course of warfare and eventual self-destruction to one of healthy reproduction. Not needing to fight for their survival gives the cancer cells a chance to be accepted again by the family of all the other cells in the body. Cancer cells are normal cells that have been “rejected” by what they “considered” home. They are deprived of proper nourishment and support. In their desperation to survive, they grab everything they can find to live on, even cellular waste products and toxins. This practically makes them “outcasts.”

But just as *we* want to be loved, cancer cells also need to know that they are loved. Cutting them out of the body through surgery, or destroying them with poisonous drugs or radiation just adds more violence to the body. To live in health and peace in life, we especially need to be friends with the cells of the body, including any cancer cells. Jeromy’s cause of cancer was a lack of self-appreciation, a feeling of not being wanted, or not being worthy. By waiting for his parents to show him their love, he effectively denied this love to himself. Jeromy realized that his disease was, in fact, a great blessing in disguise that could help him find himself and love himself, for the very first time.

It is Not Cancer that Kills

Cancer, like any other disease, is not a clearly definable phenomenon that suddenly and randomly appears in some part(s) of the body like mushrooms popping up out of the ground. Cancer is the result of many crises of toxicity that have as their common origin an energy-depleting influence. Stimulants, emotional trauma, repressed emotions, irregular lifestyle, dehydration, nutritional deficiency, overeating, stress reactions, lack of sleep, etc., all hinder the body in its effort to remove metabolic waste, toxins and dead cells (the body creates and destroys 30 billion cells each day). When they accumulate in a part of the body they naturally lead to a number of progressive responses that include irritation, swelling, hardening, inflammation, ulceration and abnormal growth of cells. Like every other disease, cancer is but a toxicity crisis and marks the body's final attempt to rid itself of septic poisons that result from not being able to properly remove metabolic waste and putrefying dead cells in the body.

Cancer cannot be its own cause. Treating it as if it were its own cause is like cleaning a dirty pot with filthy water, it never gets clean. You can throw away the pot and solve the problem in this way, but when it comes to preparing a new meal you will face an even bigger problem. Despite the huge effort and expenditure on behalf of the medical establishment, mortality rates from cancer remain unchanged. Although X-rays, chemotherapy drugs, or surgery can certainly help neutralize or eliminate a lot of the septic poison kept in check by a tumor mass and in a good number of cases improve the condition, they nevertheless fail to remove the cause(s) of cancer. A cancer patient may return home after a "successful" treatment, relieved and obviously "cured," but continue depleting his body's energy and gathering toxins as he did before. The immune system, already battered by one traumatic intervention, may not make it through a second one. If the patient dies, it is not the cancer that killed him but it's untreated cause(s).

Tumor cells are cells that "panic" due to lack of food, water, oxygen, and space. Survival is their basic genetic instinct, just as it is ours. To survive in such an acidic, unsupportive environment, the defective cells are forced to mutate and begin devouring everything they can get hold of to sustain them, including toxins. They leach more nutrients such as glucose, magnesium and calcium from the connective tissue, etc. than they would need to if they were normally growing cells. Their healthier neighboring cells, however, begin to gradually waste away in the process, and eventually an entire organ becomes dysfunctional due to exhaustion, malnutrition, or wasting. Cancerous tumors always look for more energy to divide and multiply cells. Sugar is one of their favorite energy-supplying foods. Craving sugar reflects excessive cell activity, and many people who eat lots of sugar end up growing tumors in their body.

It seems so obvious that the cancer cells must be responsible for the death of a person –the main reason why almost the entire medical approach is geared towards destroying them. But cancer cells may not be the culprits after all, just as blocked arteries are not the real culprits of heart disease. In fact, cancer cells help a highly congested body survive a little longer than it would without them. In a body filled with toxic waste, what possible reason could the immune system have to ignore cancer cells that cluster together and form a tumor mass? Cancer cells are not at all vicious; in fact, they serve a good purpose. You wouldn't call a poisonous mushroom "vicious" or "evil" just because it could kill you if you ate it, or would you? Those mushrooms in the forest that attract and absorb poisons from the soil, water and air form an essential part of the ecologic balance of nature. Their existence and activity allow for the healthy growth of the forest and its natural inhabitants. It is not the primary choice of healthy normal cells to suddenly one day become "poisonous" or malignant, but it is the next best choice they have to avoid an immediate catastrophe in the body. If the body dies, it is not because of cancer, but because of the reasons that lead up to it.

Cancer Isn't a Disease

To continue doing their increasingly difficult job, these tumor cells need to grow, even if it is at the expense of other healthy cells. Some of the cancer cells may even leave a tumor site and enter lymph fluid carrying them to other parts of the body that also suffer from an equally high degree of toxicity or acidosis. The spreading of cancer cells is known as *metastasis*. Cancer cells are programmed to settle only where there is a “fertile” ground of high toxicity (acidity), a milieu in which they can survive and continue their unusual rescue mission. They have mutated to be able to live in a toxic, non-oxygenated environment, and to help neutralize at least some of the stuck metabolic waste, such as lactic acid, (more on this below), and decomposing cellular debris. Given the circumstances, it would be a fatal mistake by the immune system to destroy these types of “estranged” cells as they are doing part of the immune system’s work. Without the tumor’s presence, large amounts of septic poison resulting from the accumulated corpses of dead cells would perforate the capillary walls, seep into the blood and kill the person within a matter of hours or days. Cancer cells are still the body’s cells and one “call” from the DNA would stop them from behaving like senseless lunatics, if they were no longer needed.

The body has to exert a lot more effort in maintaining a tumor than eliminating it. If it were not forced to use cancer growth as one of its last survival tactics, the body would never opt for this final form of self-preservation, final, because it could very well fail in its attempt to survive – against the odds. Yes, against the odds! Research has shown that most tumors (about 90%) appear and disappear completely on their own, without any medical intervention. Millions of people walk around with cancers in their body and will never even know they had them. There is no other cancer treatment out there that can even closely compete with the body’s own healing mechanism, which we call disease. Cancer isn’t a disease; it is a very unusual, but obvious highly efficient mechanism of survival.

We ought to give the most developed and complex system in the universe – the human body – a little more credit that it has so far received, and trust that it knows perfectly well how to conduct its own affairs, even under the grimmest of circumstances.

Cancer is “Not Loving Yourself”

Many cancer patients have devoted their entire lives to helping and supporting others. Their selfless service can be very a noble quality, depending on the motivation behind it. If they sacrifice and neglect their own wellbeing to avoid facing any shame, guilt or unworthiness within them, they are actually cutting off the very limb they are hanging on. They are “selflessly” devoted to please others so that, in return, they may be loved and appreciated for their contributions. This, however, serves as an unconscious acknowledgement of *not loving oneself*. This may lock up unresolved issues, fears and feelings of unworthiness in the cellular memory of organs and tissues in the body.

“Love your neighbor as you love yourself” is one of the most a basic requirements for curing cancer. This phrase means that we can only love others as much as we are able to love and appreciate ourselves, no less and no more. To be able to truly love someone else without cords of attachment and possessiveness, one has to fully accept oneself with all the flaws, mistakes, and inadequacies one may have. The degree to which we are able to care about the well being of our body, mind, and spirit determines upon the degree to which we are able to care about other people, too. By being critical of ourselves, or disliking the way we look behave, or feel, we close down our heart and feel unworthy and

ashamed. To avoid exposing our shadow self (the part of us we don't like) to others out of fear of rejection, we try to win over the love of others by pleasing them. This way, we assume, we could receive the love we are unable to give to ourselves. But this approach cannot work in the long term.

Your body always follows the commands given by your mind. Your thoughts, emotions, feelings, desires, beliefs, drives, likes, dislikes, etc., serve as the software your cells are programmed with on a daily basis. Through the mind/body connection, your cells have no other choice but to obey the orders they receive via your subconscious or conscious mind. As DNA research has recently proved, you can literally alter your DNA's genetic setting and behavior within a matter of a moment. Your DNA listens to every word you utter to yourself, and it feels every emotion you experience. And it responds to all of it. You program yourself every second of the day, consciously and unconsciously. If you choose so, you can rewrite the program in any way you want to, provided you are truly self-aware. Once you know who you truly are you cannot help but love yourself. You can no longer judge yourself for making mistakes in life, for not being perfect, for not always being how others want you to be. Seeing yourself in this light, you send a signal of love to your cells. The bonding effect of love unites differences and keeps everything together, including the cells of your body. When love, which should not be confused with neediness or attachment, is no longer a daily experience, the body begins to disintegrate and become sick.

It is the expansion of love that is the main purpose of our existence here on earth. Those who love themselves are also able to love others and vice versa. These two aspects of love always go hand in hand. People who accept themselves fully have no real fear of death; when their time comes to die, they leave peacefully without any regrets or remorse in their heart.

Whenever we close our hearts to ourselves, we become lonely, and the body begins to become weak and diseased. It is known that widows and people who are socially isolated, or have nobody to share their deepest feelings with, are the most prone to developing cancer.

Your body cells are the most intimate "neighbors" you can have and they need to feel your love and self-acceptance, to know that they are a part of you and that you care about them. Giving yourself an oil massage, going to sleep on time, eating nutritious foods, etc., are simple, but powerful messages of love that motivate your cells to function in harmony with each other. They are also messages that keep elimination of toxins flawless and efficient. There is nothing unscientific about this. You can go around a number of hospitals and ask all the patients whether they felt good about their life prior to falling ill. The overwhelming response would be a "no." Without being a medical researcher, you would have conducted one of the most important research studies anyone could ever do. You would have stumbled over the most common cause of ill health, which is, "not loving yourself," or, to use a different expression, "not being happy about how your life turned out to be." Not being happy or satisfied in life is perhaps the most severe form of emotional stress you could possibly have. It is, in fact, a major risk factor for many diseases, including cancer.

A recently published study suggests that severe emotional stress can triple the risk of breast cancer. One hundred women who had a breast lump were interviewed before they knew that they had breast cancer. One in two who had the disease had suffered a major traumatic life event, such as bereavement, within the previous five years. The effects of emotional stress or unhappiness can severely impair digestion, elimination, and immunity, thus leading to a dangerously high level of toxicity in the body. Just ridding the body of cancer through weapons of "mass" destruction doesn't remove the unresolved emotional pain behind it (see Chapter 7 about my approaches for restoring emotional health).

The Body's Desperate Attempt to Live

Nobody wants to be attacked by anyone in life; this also applies to the cells of the body. Cells only go into a defensive mode and turn malignant if they need to ensure their own survival, at least for as long as they can. A spontaneous remission occurs when cells no longer need to defend themselves. Like every other disease, cancer is a toxicity crisis that, when allowed to come to its natural conclusion, will naturally relinquish its symptoms.

Out of the 30 billion cells that your body turns over each day, at least one percent are cancer cells. But does this mean you all are destined to develop cancer – the disease? Most certainly not. These cancer cells are products of “programmed mutation” that keep your immune system alert, active and stimulated.

The situation changes, though, when due to constant energy-depleting influences the body can no longer adequately deal with the continual presence of worn out, damaged and cancerous cells. The result is gradual buildup of congestion in the inter-cellular fluids. This can affect both the transportation of nutrients to the cells and the elimination of waste from the cells. Consequently, a large number of the corpses of dead cells begin to decompose, leaving behind a mass of degenerate protein fragments. To remove these harmful proteins, the body builds some of them into the basal membranes of the blood vessels (see illustrations in previous chapter) and dumps the rest into the lymphatic ducts, which leads to lymphatic blockage. All this disrupts the normal metabolic processes and alienates some groups of cells to such a degree that they begin to become damaged. Out of these cells, a number of them undergo genetic mutation and turn malignant. A cancerous tumor is born and the toxicity crisis has reached its peak.

With the correct approaches, a tumor as big as an egg can spontaneously regress and disappear, regardless of whether it is in the brain, the stomach, a breast or an ovary. The cure begins when the toxicity crisis stops. A toxicity crisis ends when we cease to deplete the body's energy (see chapters 3&4) and remove existing toxins from the blood, bile ducts, lymph ducts, and cell tissues. Unless the body has been seriously damaged, it is perfectly capable of taking care of the rest. Medical intervention, on the other hand, reduces the possibility of a spontaneous remission to almost zero because of its suppressive and debilitating effects.

Most cancers occur after a number of repeated warnings. These may include headaches that you stop with pain killers; tiredness that you keep suppressing by having a cup of coffee, tea, or coke; nervousness you want to control through nicotine; medicines you take to ward off unwanted symptoms; seasonal head colds which you don't have time to let pass on their own; not giving yourself enough time to relax, laugh, and be quiet.; conflicts that you keep avoiding; pretense that you are always fine when you are not; having a constant need to try pleasing everyone, but feeling unworthy and unloved by others; trying to constantly prove yourself to others; rewarding yourself with comfort foods, etc. Any of these are likely risk indicators for developing cancer or another illness.

There are no principle physiological differences between a simple cold and the occurrence of a cancer. Both are attempts by the body to rid itself of accumulated toxins, but with varied degrees of intensity. Taking drugs in an attempt to ward off a head cold or an upper respiratory infection, before giving your body the chance to eliminate the accumulated toxins, has a strongly suffocating effect on the cells of the body. It coerces the body to keep large amounts of cellular waste products, acidic substances and, possibly, toxic chemicals from drug medicines, in the extra-cellular fluid (connective tissue) surrounding the cells. By repeatedly undermining the body's efforts of cleansing itself, the cells are increasingly cut off from their supply routes of oxygen and nutrients. This alters their basic metabolism and eventually affects the DNA molecule itself.

Located in the nucleus of every cell, the DNA makes use of its six billion genes to mastermind and control every single part and function of the body. Without the adequate supply of vital nutrients, the DNA is left with no other choice than to alter its genetic program in order to guarantee the cell's survival. Mutated cells can survive in an environment of toxic waste. Soon they begin to draw nutrients from other surrounding cells. For these nutrient-deprived cells to survive, they also need to subject themselves to genetic mutation, which leads to the spreading or enlargement of the cancer. Cancerous growths are anaerobic, which means that they develop and survive without the use of oxygen.

Nobel Prize winner Dr. Otto Warburg was one of the first scientists to demonstrate the principal difference between a normal cell and a cancer cell. Both derive energy from glucose, but the normal cell utilizes oxygen to combine with the glucose, whereas the cancer cell breaks down glucose without the use of oxygen, yielding only 1/15 the energy per glucose molecule that the normal cell produces. It is very obvious that cancer cells opt for this relatively inefficient and unproductive method of obtaining energy because they have no access to oxygen anymore. The capillaries supplying oxygen to a group of cells, or to the connective tissue surrounding them (usually both) may be severely congested with harmful waste material, noxious substances such as food additives and chemicals, excessive proteins, or decomposing cellular debris, and unable to deliver oxygen and nutrients.

For this reason, (blocked oxygen and nutrient supply) cancer cells have an insatiable appetite for sugar. This may also explain why people with constant cravings for sugar foods have a higher risk for developing cancer cells, or why cancer patients often want to eat large amounts of sweets. The main waste product resulting from the anaerobic breakdown of glucose by cancer cells is lactic acid, which may explain why the body of a cancer patient is so acidic, in contrast to the naturally alkaline body of a healthy person.

To deal with the dangerously high levels of lactic acid (and to find another source of energy) the liver reconverts some of it into glucose. In doing so, the liver uses 1/5 the energy per glucose molecule that a normal cell can derive from it, but that's three times the energy a cancer cell will get from it. To help feed the cancer cells, the body even grows new blood vessels, funneling more and more sugar towards them. This basically means that the more the damaged cancer cells multiply, the less energy is available to the normal cells, hence the sugar cravings. In a toxic body the levels of both oxygen and energy tend to be low and is the environment where cancer spreads most easily. Unless the toxins and the cancer's food source are eliminated, and oxygen levels are sharply increased, the wasteful metabolism associated with cancer becomes self-sustaining and the cancer spreads further. If death occurs it is not caused by the cancer, though; it is due to wasting of body tissues and final acidosis (over-acidification).

Genetic mutation is believed to be the main **cause** of cancer, yet in truth it is only an **effect** of "cellular famine" and nothing more or less than the body's desperate, but oftentimes unsuccessful attempt, to survive. Something similar occurs in a person's body when he uses antibiotics to fight an infection. Most of the infection-causing bacteria that are being attacked by the antibiotics will be killed, but some of them will survive and reprogram their genes to become antibiotic-resistant. Nobody really wants to die, and this includes bacteria. The same law of nature applies to our body cells. ***Cancer is the final attempt of the body to live, and not, as most people assume, to die.*** Without gene mutation, those cells in the body that live in a toxic (anaerobic) environment would simply suffocate and expire. Similar to bacteria that are combated with antibiotics, many cells, in fact, succumb to the poison attack and die, but some manage to adjust to the abnormal changes of their natural environment. The cells know that they will eventually die, too, once their final survival tactics fail to keep the body alive.

To truly understand cancer and more successfully treat it than we do now, we may have to radically alter our currently held views about it. We may also have to ask what its purpose is in the body and why

the immune system fails to stop it from spreading. It is just not good enough to claim that cancer is an autoimmune disease that is out to kill the body. Such a notion (of the body trying to commit suicide) goes against the core principles of physical life. It makes so much more sense to say that cancer is nothing but the body's final attempt to live.

By removing all excessive waste from the gastrointestinal tract and any harmful deposits from the bile ducts, connective tissues, blood and lymph vessels, etc., the cancer cells will have no other choice but to die or reverse their faulty genetic program. Unless they are too damaged, they certainly can become normal, healthy cells again. Those anaerobic cells and much damaged cells that cannot make the adjustment to live in a clean, oxygenated environment may simply die off. By thoroughly cleansing the liver and gallbladder from gallstones and other toxins, AGNI, the digestive power, improves considerably, thereby increasing the production of digestive enzymes. Digestive enzymes possess very powerful anti-tumor properties. When the body is being decongested through major cleansing and is given proper nourishment, these powerful enzymes have easy access to the cells of the body. Permanently damaged cells or tumor particles are easily and quickly neutralized and removed.

There are many people in the world who cure their own cancers in this fashion. Some are aware of this because their diagnosed tumors went into spontaneous remission without any form of medical treatment. But most of them will never even know that they had it because they never received a diagnosis for it. After passing through a bout of flu, a weeklong of coughing up bad-smelling phlegm or a couple of days with high fever, many people eliminate massive amounts of toxins, and along with them, tumor tissue. Recent cancer research on gravely ill patients at M.D. Anderson Cancer Center, Houston, Texas, USA, revealed a promising treatment to kill cancer cells by giving them a cold, that is, injecting tumors with a cold virus. It may still take a while, though, before researchers will discover that catching a few colds can do the same job. This way, without interfering with the body's self-repair mechanisms, a person may experience a spontaneous remission of cancer, easily and only with relatively minor discomfort.

Prostate Cancer – Risky Treatments?

There is indeed scientific evidence now to suggest that most cancers disappear by themselves if left alone. A 1992 Swedish study found that of 223 men who had early prostate cancer but did not receive *any* kind of medical treatment, only 19 died within ten years of diagnosis. Considering that one third of men in the European Community have prostate cancer, but only one percent of them die (not necessarily from the cancer), it is very questionable to treat it at all. This is especially after research has revealed that treatment of the disease has not decreased mortality rates. On the contrary, survival rates are higher in groups of men whose "treatment" consists merely of watchful waiting, compared with groups undergoing prostate surgery. Known as the Trans-Urethral Resection (TURP) Procedure, during this operation a 1/4-inch pipe is inserted into the penis (to just below the base of the bladder), through which the prostate is then fried with a hot wire loop. Far from being a safe procedure, one study found that a year after the surgery, 41% of men had to wear diapers because of chronic leakage, and 88% were sexually impotent.

Even the screening procedure for prostate cancer can be dangerous. According to a number of studies, more men who are screened with the PSA (prostate-specific-antigen) screening test die from prostate cancer compared with those who are not tested. A recent editorial in the British Medical Journal sized up the value of the PSA test with this comment: "At present the one certainty about PSA testing is that it causes harm." A high enough positive PSA test is typically followed up by a prostate biopsy – a

painful procedure that can result in bleeding and infection. Recent evidence suggests that a great number of these biopsies are completely unnecessary.

The main problem is that PSA tests are notoriously unreliable. In a 2003 study undertaken by the Memorial Sloan-Kettering Cancer Center in New York City, researchers found that half of the men found to have PSA levels high enough to be recommended for a biopsy had follow-up tests with normal PSA levels. In fact, doctors at the Fred Hutchinson Cancer Research Center (FHCRC) in Seattle, estimated that PSA screening may result in an over-diagnosis rate of more than 40 percent. To make matters worse, a “disturbing” new study finds that fully 15% of older men whose PSA readings were considered perfectly normal had prostate cancer – some even with relatively advanced tumors.

There is a much more reliable test than PSA. The lesser known AMAS (Anti-Malignant Antibody Screening) blood test is very safe, inexpensive, and more than 95% accurate at detecting cancer of any type. Anti-Malignant antibody levels become elevated when any cancer cells are present in the body, and can be detected several months before other clinical tests might find it (find out more about the AMAS test at www.amascancertest.com).

If men learned how to avoid a build-up of toxins in the body, prostate cancer could perhaps be the least common and the least harmful of all cancers. Aggressive treatment of early prostate cancer is now a controversial issue, but it should be controversial for every type of cancer, at whatever stage of development.

Note regarding prostate enlargement: Prescription drugs for enlarged prostate encourage testosterone-to-estrogen conversion. This can greatly increase cancer risk. Men who take them have even known to grow female breasts. Also beware of estrogen-mimicking foods (soy products and others) that men and women are advised to eat. There are better ways to prevent prostate enlargement. In a study published in a recent issue of the *British Journal of Urology International*, researchers from the University of Chicago reviewed the results of nearly 20 trials that tested Permixon, a commercial extract of saw palmetto. The results were overwhelmingly positive, including improved urine flow; reduction of urinary urgency and pain; improved emptying of the bladder; reduction in size of the prostate gland after two years; and significant improvement in quality of life. In one trial saw palmetto extract produced positive results similar to the drugs, but without the sexual dysfunction that accompanied the drug use. Permixon is manufactured in Europe and not yet available in the U.S., but there other supplements available here that are just as effective. Look for prostate products that contain Beta-sitosterol, such as “Prostate Care” by *Healthy Choice Nutrionals*, which is even more powerful than Saw Palmetto. If there are red blotches on the penis, massage it with pure Aloe Vera gel, twice daily. Many prostate problems are caused by trapped urinary deposits in the penis and disappear when removed by the gel. You should notice a clearing of the skin irritation.

Why Most Cancers Disappear Naturally

Every toxicity crisis, such as a complex cancer or a simple head cold, is actually a healing crisis that, when supported by cleansing measures, leads to swift recovery. However, if it is interfered with by symptom-suppressive measures, following a short-lived “recovery” it may become a chronic condition. Unfortunately, cancer researchers don’t dare or don’t care to find a natural cure for cancer; this is not what they are trained and paid for. Even if they did stumble over a natural cure, it would never be made public.

Rose Papac, MD, a professor of *oncology* at Yale University School of Medicine, in New Haven, Connecticut, USA, once pointed out that there is little opportunity these days to see what happens to cancers if left untreated. “Everyone feels impelled to treat immediately when they see these diseases,” says Papac, who has studied cases of spontaneous remissions of cancer. Being stifled with fear, and in some cases being paranoid about finding a quick-acting remedy for the dreaded illness, many people don’t give their bodies the chance to cure themselves, but instead choose to destroy what does not need to be destroyed. This may be one of the main reasons spontaneous remissions occur in just so few cancer patients nowadays.

On the other hand, numerous researchers have reported over the years that various conditions such as typhoid fever, coma, menopause, pneumonia, chickenpox, and even hemorrhage can spark spontaneous remissions of cancer. However, there are no official explanations to explain how these remissions relate to the disappearance of the cancer. Because they are unexplained phenomena (having no scientific basis), they are not used for further cancer research. Consequently, the interest of the scientific community discovering the mechanism for how the body cures itself of cancer remains almost nil. . These “miracle cures” seem to happen most frequently in certain types of malignancies: kidney cancer, melanoma (cancer of the skin), lymphomas (cancers of the lymph), and neuroblastoma (a nerve cell cancer that affects infants).

Considering that most of the body’s organs have eliminative functions, it is obvious that liver, kidney, colon, lungs, lymph, and skin cancers are more likely to disappear when these major organs and systems of elimination are no longer overloaded with toxins. A toxicity crisis like pneumonia or chickenpox removes large amounts of toxins and helps the cells to “breathe” freely again. Fever, sweat, loss of blood, mucus discharge, diarrhea, vomiting, etc., are additional outlets for toxins to leave the body. After breaking down and removing the toxins in an unhindered way, the immune system receives a natural boost. A renewed immune stimulation based on reduced overall toxicity in the body can be sufficient to do away with a malignant tumor that no longer has a role to play in the survival of the body. The undesirable chickenpox, pneumonia, fever, etc. may actually be “a gift of God” (to use another unscientific expression) that could save a person’s life. Refusing to accept the gift could take his life. Many people die unnecessarily because they are prevented from going through the all the phases of an illness. Illness is nothing other than the body’s many attempts attempt to create outlets for poisonous substances. Blocking the exits routes for these poisons, which happens when symptoms are being treated away, can suffocate the body and stop its vital functions.

The suppression of children’s diseases through unnatural immunization programs can put the children into a high risk level of eventually developing cancer. Chickenpox, measles, and other natural self-immunization programs (wrongly called “children’s diseases”) help equip a child’s immune system with the ability to counteract potential disease-causing agents more efficiently and without having to go through a major toxicity crisis.

With 500,000 annual cancer deaths in the USA alone, the justification of mandatory immunization programs in this country is very questionable. The standard approach of establishing immunity, which is unproved and unscientific (see chapter 12), may undermine and override the body’s own far superior programs of self-immunization. The body gains natural immunity through a healing crisis, which naturally eliminates cancer-producing toxins. Whether man-made immunization directly or indirectly causes cancer is irrelevant. It is important to know, however, that conventional immunization programs can prevent the body from developing a potentially life-saving healing crisis.

Cancer – Who Cures It?

Those who have gone into complete remission of cancer and remained free of it are the most likely candidates to reveal the mechanisms of causing and curing cancer.

Anne was forty-three when she was diagnosed with an incurable form of lymphoma and was given only a short time to live. She was strongly recommended to have radiation and chemotherapy treatments, which are the two most commonly used methods of combating cancer cells. Anne was aware that the treatments could not only substantially increase the risk of secondary cancer, but also have potentially severe side effects. She refused the treatment, arguing that if the cancer was incurable anyway, why treat it and suffer painful side effects.

Having accepted that she had an incurable disease, which meant that she came to terms with death, Anne felt free to look for alternative ways to make the “transition” easier. Rather than passively accepting her fate, she decided to focus on feeling well and began taking an *active* role in improving her well being. She tried everything from acupuncture and herbal medicine to meditation and visualization, which were all definite signals of *caring attention* sent to her body’s cells. Anne’s cancer went into remission a few months later. Within a year all apparent signs of cancer had disappeared, much to the astonishment of her oncologist. Today, 19 years later, she is not only without a trace of cancer, but she also feels that she has never been healthier and more vital as she is now.

Linda was diagnosed with a malignant melanoma (the most aggressive form of skin cancer) when she was just 38 years old. After several unsuccessful operations, she was informed that her cancer had progressed to the point that it was “terminal” and that she had only about one year to live. Linda also refused treatment with chemotherapy and radiation and, instead, focused on the more positive approaches of healing, including yoga, praying, vegetarian diet, meditation and daily visualizations. Today, 18 years after having “outlived” her death sentence, she is as healthy as she can be with no trace of even a skin irritation.

Both Anne and Linda have changed their entire attitude to life from being passive victims of an uncontrollable “invasive” disease, to being active participants in the creation of a healthy body and mind. Taking self-responsibility was their first step to remove the focus from cancer and direct it towards consciously creating healthfulness.

To call the remissions “miracle cures” is certainly not correct. Remarkable recoveries have been documented with every type of cancer and with nearly every other disorder, from diabetes to warts and even AIDS. The fact that a spontaneous remission of cancer can occur even in the final stages of the illness shows that the immune system has not only the potential to quickly and effectively clear the body from existing tumors, but also to prevent new ones from forming, provided their origins being taken care of. A shift in attitude from “having” to attack and kill cancer cells to leaving them in peace and eliminating the energy-depleting influences in life may be a strong enough stimulant for the immune system to do away with the symptom (the cancerous tumor). Without its root causes, cancer is as harmless as a simple cold.

People like Anne and Linda don’t have to be the exception, they can be the rule. When Michalis, a Cypriot businessman who came to me with kidney cancer, he told me that his doctors had given him only one month to live. They had already removed one of his kidneys and believed that his second one “would not make it that much longer either.” Yet one month was sufficient for Michalis to remove enough toxins from his body to stop the cancer from growing. The cleansing procedures described in chapters 6 and 7 turned out to be very effective for him. Formerly a heavy drinker, meat eater, and late night reveler, he decided to stop depleting his energy from one day to the next. I have seen few people as determined to

change his lifestyle as Michalis. The next visit to his cancer clinic in Germany three months later (much to the doctors' surprise, as they didn't expect to see him alive) revealed no trace of kidney cancer or any other disease, and after 14 years he is as healthy and active as ever.

Spontaneous remissions rarely occur spontaneously or for no apparent reason. The body regards cancer as an emotional and physical obstruction that can be overcome through a healing crisis and cleansing on all levels of body, mind and spirit. Active participation in the healing process and taking self-responsibility (an expression of love for oneself) is an absolute necessity in the treatment of every type of disorder, including cancer. Having cancer does not equate with being a helpless victim who is at the mercy of oncologists or surgeons.

Useful Tips to Remove the Need for Cancer

After having examined numerous cancer patients in my practice I discovered that all of them, regardless of the type of cancer, have large amounts of gallstones in the liver and gallbladder. If *all* stones are removed from the liver and gallbladder through a series of liver cleanses, and the colon and kidneys are cleansed before and after each liver cleanse, you have created the physical preconditions for most every type of cancer to go into spontaneous remission. This also applies to cancers that are considered to be terminal.

If a healthy diet and lifestyle is maintained hence forward, the cure is likely to be permanent. There is plenty of evidence that fruits and vegetables have cancer-curing and cancer-preventive properties. Research carried out at Britain's Institute of Food Research has revealed that brassica vegetables such as cabbages, kale, broccoli, and Brussels sprouts contain anticarcinogenic compounds, stimulating cancer cells to commit suicide. The vegetables have strong purifying effects on tissues and blood. This greatly reduces overall toxicity and eliminates the body's need for cancer cells. There are also numerous herbs and plants, such as Pau D 'Arco, green tea, Aloe Vera, etc. that have powerful antitumorous properties. Those substances that help heal cancer always have strong blood and tissue-cleansing effects.

Dr. Warburg's insights about the sugar-cravings of cancer cells are also very helpful in this context. Cancer cells are unable to multiply rapidly without it. If you have cancer, you better stop eating refined, processed sugar immediately. Nutritionally, refined sugars contain none of the nutrients necessary for the assimilation of the sugar ingested. Eating these sugars drains body stores of nutrients and energy (if any are still present), leaving less (or none) for other tasks. Cancer never kills a person, the wasting of organ tissues does. Cancer and wasting go hand in hand. Eating regular sugar feeds cancer cells, but starves healthy cells.

Sweeteners that don't rob the body's nutrient and energy resources are stevia and xylitol. Stevia has zero-calories, so it cannot serve as food for cancer cells. Xylitol, contains calories (about 40% less than sugar), but its slow release into the blood gives it a much lower glycemic index. If taken in moderation, xylitol is unlikely to pose a problem. However, refined carbohydrates, such as pasta, white bread, pastries and cakes, etc., are quickly broken down into glucose and act just as refined sugar does. Obviously, sugar-rich foods and beverages, such as chocolate, ice cream, and sodas, etc. should be avoided. Milk, yoghurt and cheese should also be avoided. Cancer cells thrive on milk sugar (lactose).

Graviola – More Effective than Chemo

If you suffer from cancer and feel you need to have a specific treatment that is natural and at least as effective as chemotherapy or radiation, you may wish to consider the use of the herbal remedy *graviola*. Graviola is a plant indigenous to most of the warmest tropical areas in South and North America, including the Amazon.

Many active compounds and chemicals have been found in graviola, as scientists have been studying graviola's properties since the 1940s. It has shown a large variety of benefits for numerous ailments, one of which is cancer. Graviola produces a set of chemicals called *Annonaceous acetogenins*. Graviola makes these natural compounds in its leaf and stem, bark, and fruit seeds. In a total of eight clinical studies, several independent research groups have confirmed that these chemicals have significant antitumorous properties and selective toxicity against various types of cancer cells (without harming healthy cells). Purdue University, in West Lafayette, Indiana, has conducted a great deal of research on these chemicals (acetogenins), much of which has been funded by The National Cancer Institute and/or the National Institute of Health (NIH). Thus far, Purdue University and/or its staff have filed at least nine U.S. and/or international patents on their work around the antitumorous and insecticidal properties and uses of these acetogenins.

One of America's billion-dollar drug companies attempted to produce an anticancer drug from Graviola after it discovered that this compound was 10,000 times more toxic to colon cancer cells than a common chemo drug. It found Graviola to be lethal to 12 different kinds of malignant cells, especially those that cause lung, prostate, and breast cancers, and to be also safe enough to protect healthy cells instead of killing them. With Graviola, there is no nausea or hair loss, dropping of large amounts of weight, getting weak, or compromising the immune system. Graviola actually boosts the immune system.

For seven years, this drug company tried to develop a synthetic patented prescription version of Graviola's anticancer chemicals (you can't patent natural compounds – it's against the law), but all attempts failed and the project was terminated. Instead of making their findings public, the researchers boxed up the research and put it away for good. Eventually, though, the story leaked out and Graviola is now increasingly receiving the recognition it deserves among health professionals and researchers alike.

Many terminal cases of cancer were reversed through use of Graviola, even in people 85 years or older. When cancerous tumors break up, the body may be flooded with lots of poisons. When this happens the patient may feel quite poorly. To minimize the intensity of the healing crisis, it is important to cleanse the colon every day, perhaps through enemas, colema, colosan, etc. The kidneys should be supported by drinking the kidney tea (see kidney cleanse recipe in chapter 7). If possible, the liver should be cleansed, too.

Note: Graviola has cardiodepressant, vasodilator, and hypotensive (lowers blood pressure) actions. The dosage should be increased gradually. Overly large dosages can cause nausea and vomiting. Use only when under the supervision of a health practitioner who understands its value, the above actions, and possible interaction with other medical drugs.

Chapter 11



Understanding Diabetes – One Illness, Many Faces

At one time in our recent history, many of today's epidemic disorders were well understood to often be but symptoms of Diabetes. Strokes, both ischemic and hemorrhagic, heart failure due to neuropathy as well as both ischemic and hemorrhagic coronary events, obesity, atherosclerosis, elevated blood pressure, elevated cholesterol, and elevated triglycerides were all known to be common consequences of a disturbed metabolism as it occurs with Diabetes. These symptoms, as well as impotence, retinopathy, renal failure, liver failure, polycystic ovary syndrome, elevated blood sugar, systemic candida, poor wound healing, peripheral neuropathy, and many others have since been turned into separate diseases, requiring specialized treatments and specialists to administer them. Although this may have greatly served the medical and pharmaceutical industry, it has led to untold suffering of patients and cost many lives.

Diabetes afflicts over 8% of the American population. Many of them have the belief that Diabetes is inherited and the body is a victim of a genetic flaw. Although genetic reasons can play a certain role in the manifestation of Diabetes, in most cases they don't, and they certainly don't explain why pancreatic cells one day suddenly decide to self-destruct (type I Diabetes), or why common cells in people of age 50 or older suddenly decide to block out insulin-laden sugar (type II Diabetes).

Many patients and their doctors assume that diseases manifest when the body somehow makes a mistake and thus fails to do its job. This idea defies all sense of logic, and scientifically, it is incorrect. In this world every effect has an underlying cause. Just because doctors are not aware of what causes certain pancreatic cells to stop producing insulin doesn't automatically mean this is an autoimmune disease, a disease where the body presumably tries to attack and destroy itself. By developing Diabetes, the body is neither doing something wrong nor is it out to kill itself. It certainly finds no pleasure in making you suffer and feel miserable.

What we should be focusing on are the circumstances that the body would need to shut down its insulin-producing capability in type I Diabetes, and increase it in type II Diabetes. With its huge number of sophisticated survival mechanisms, the body makes every effort to protect you from further harm from what has already been caused through inadequate nourishment, emotional pain, and/or a detrimental lifestyle. When seen in this light, disease becomes an integral part of the body's effort to *prevent* a person from committing unintentional suicide. It can be firmly stated that your body is always on your side, never against you, even if it *appears* to attack itself (as in the so-called autoimmune disorders, such as type I Diabetes, lupus, cancer, and rheumatoid arthritis).

Just as there is a mechanism to become diabetic, there is also one to reverse it. To call Diabetes, regardless whether it is type I or type II, an irreversible disease reflects a profound lack of understanding the true nature of the human body. Once the preconditions for restoring balance or homeostasis have been created, the body will be able to use its full repair and healing abilities. Almost all of us know how to heal a wound or mend a broken bone. Some of us may "lose" this ability when the immune system becomes impaired, when prescription drugs interfere with blood clotting mechanisms, or when the body becomes severely congested with toxic waste. In the case of type I Diabetes, pancreatic cells don't just stop producing insulin because they are tired of doing their job. And in the case of type II Diabetes, the body's 60 trillion cells don't just reject insulin entering them because they have developed a dislike to it. In both situations, the cells are prevented from doing their job for a number of reasons, all of which are basically under our control. If we stop destroying the cells directly or indirectly by the way we eat and live, they can just as easily be reprogrammed, nursed back to life or be replaced by new ones.

Healing the pancreas is not so much different than healing a broken bone. But for healing to occur we must make certain changes that facilitate the healing, not counteract it. Treating Diabetes on the symptom level prevents its cure. On the other hand, it is not difficult to determine what causes the insulin-secreting pancreatic cells to malfunction in type I Diabetes, and then to remove those causes. To perform properly, these specialized cells require adequate nourishment. Insulin is an all-important hormone that all of us need to take essential nutrients (proteins, sugar, fats), especially glucose, into the cells of the body. If there is not enough insulin available to deliver these nutrients to the cells, sugar in particular becomes trapped in the blood, causing it to rise to dangerously high levels. In the case of insulin-dependent Diabetes (which can apply to both types), it would seem to make sense to inject insulin into the blood in order to remove the excessive sugar, fat and protein molecules from the blood stream. However, without investigating and rectifying what has put the body into this awkward position in the first place, merely administering insulin shots to the patient to enforce a lower blood sugar does not only not solve the problem, but, as we will see, makes it worse. This quick-fix approach actually makes a true cure impossible and, at the same time, increases the risk of developing many other ailments.

It is now known to be a fact (again) that diabetics suffering from either type have an increased risk for heart disease, cancer, stroke, blindness and Alzheimer's, etc. The question arises whether this risk is really due to the Diabetes itself or its treatments. I propose that Diabetes has become such a dangerous ailment because it is treated on the symptom level rather than on the causal level. If a non-insulin dependant type II diabetic gets an insulin shot, it can seriously harm or even kill him. And as surprising as it may be, a healthy person who receives insulin shots develops Diabetes, which is not so uncommon, given the high percentage of false positive blood tests nowadays. "Once a diabetic, always a diabetic" is a sad consequence of medical intervention. But it doesn't have to be this way.

Foods That Cause Diabetes

1. Refined Carbohydrates – A Cause of Insulin Resistance

One of the most common directions given to type II diabetics is to reduce or even cut out their intake of carbohydrates. They are being told that the sugars they contain may raise their blood sugar to abnormal levels and endanger their lives. While there is basic truth to this statement, as we will see in the following section, it is also a highly misleading one. Let us first understand the true part of this statement.

It is certainly correct to say that refined, manufactured carbohydrates can seriously affect anyone's health, not just the health of diabetics. As a result of the normal digestion of plant foods, the body converts complex carbohydrates into complex sugars (glycogen), which it stores in the liver and muscles. Whenever required, the body converts glycogen into glucose for generation of cellular energy. On the other hand, if you eat refined carbohydrate foods (crisps, potato chips, cakes, candy, ice cream, pasta, white bread, soft drinks, etc.), you actually bypass this process and the sugars or starches (starch is sugar) they contain enter the blood stream within a matter of minutes. The more of these simple carbohydrates you consume, the higher your blood sugar rises. To keep the constantly rising blood sugar in check, your pancreas has to pump extra amounts of insulin into the blood. Insulin takes sugar out of the blood stream and delivers it to the cells. On the surface of the cells are insulin receptors which act like tiny doors that open and close to regulate the inflow of blood sugar.

There is a major difference between the highly valuable glucose the body makes available to the cells and the useless sugar forced into the blood stream right after drinking a coke or eating an ice cream cone. The cells don't like to absorb the acidic, bleached, processed, and energy-stripped sugar. To protect themselves, they put up a barrier that ignores the insulin when it knocks at their door, even as it tries to deliver proper, usable, quality glucose. The resulting buildup of blood sugar prompts even more insulin secretions by the pancreas, which in turn causes more and more cellular doors to close and blood sugar to rise further. This condition is known as "insulin resistance." When insulin production no longer keeps up with rising blood sugar, type II Diabetes results. This makes type II Diabetes a severe case of insulin resistance. Insulin resistance can lead to many complications in the body, including:

- Heart Disease
- Hardening of the Arteries
- Damage to Artery Walls
- Increased Cholesterol Levels
- Vitamin & Mineral Deficiencies
- Kidney Disease
- Fat Burning Mechanism Turned off
- Accumulation & Storage of Fat
- Weight Gain

2. Animal Proteins – More Harmful Than Sugar

Without question, foods that are nutritionally empty lead to malnutrition, eating disorders, and obesity. To avoid sudden, harmful blood sugar spikes, not even healthy individuals should eat refined sugar or

starch-packed foods. Having a regular craving for sweets and starchy foods represents a serious signal of a major disturbance of cell metabolism. But sugar is actually not such a big concern when you compare its effects with those caused by eating animal proteins. Diabetes patients are almost never told that the amount of insulin the body needs to process, for example, one regular piece of steak equals the amount of insulin required for about 1/2 pound of white sugar. The reason no doctor is telling you about this is because eating the steak does not substantially raise your blood sugar levels, so it appears that meat is a safe food, especially for diabetics. And so the “disease” can progress and worsen quietly and unnoticeably.

The insulin resistance in type II diabetics describes the condition in which the pancreas is capable of producing insulin, but the cells are insensitive to it. Insulin acts as the “key” that unlocks the “gate” through which glucose and other nutrients must pass to enter cells. When there are too few “gates” open, or the “locks” on the gates are “rusted shut” and difficult to open despite the presence of insulin, insulin resistance results. Cells may actually become damaged and turn cancerous if insulin comes into contact with them too often and in too large amounts. Regular protein meals make the cells increasingly resistant to insulin, and, without at first raising blood sugar levels, eventually lead to type II Diabetes. Frequent snacks that contain sugars and refined fats also play a major role, but as already explained, to a much lesser extent.²⁰ Refined fats, though, play a major role in type I Diabetes, as we will see in section 3.

Even in a healthy body, pancreatic cells are unable to produce such large amounts of insulin as would be required for regularly consumed protein meals. Part of the unused protein is broken down by the liver, although this ability is greatly diminished in diabetics. The secreted insulin takes the rest of the protein out of the blood into the intercellular fluids. But since the diabetic’s cell membranes prevent insulin from entering the cells, the protein must be removed from the intercellular tissue or connective tissue through other means. The process is the same one I have discussed in the last two chapters. The body converts the excessive proteins into collagen fiber and stores them in the basal membranes of the blood capillary walls. This escape route makes it appear that protein poses no problem for the diabetic.

Sugar, on the other hand, doesn’t have such a seemingly untraceable escape route. Once the intercellular fluid is saturated with the unutilized sugar, it naturally rises in the blood stream. With continued protein consumption, the basal membranes accumulate so much protein fiber that simple sugars can no longer pass through them, even if the cells were to give up their insulin resistance and let the sugar pass through their membranes again. Thus, overeating protein foods makes type II Diabetes a permanent condition, a chronic illness. But the progression of this illness doesn’t stop there.

3. Refined Fats and Oils – Delicious Poisons?

In the 1930s, physicians considered many of our degenerative diseases to be due to a failure of our endocrine system known as *Insulin Resistant Diabetes*. The severe derangement of the body’s blood sugar control system was understood to be the basic underlying disorder that could manifest itself as nearly any kind of illness. Although there are other reasons for bringing about such a basic imbalance, as discussed

²⁰ Apart from those conditions discussed here, there are other conditions which may predispose the body to the development of insulin-resistant Diabetes or which may unmask a mild, subclinical, or transient Diabetes that already exists. These include pregnancy, overproduction or over-administration of steroids like cortisone or prednisone, overproduction of growth hormone (acromegaly), infections, and prolonged or severe stress.

before, badly engineered fats and oils are among the most influential ones. Although these fats and oils may be delicious to the taste buds, they act like poison in the body. Their destructive effects lead to severe nutritional deficiencies that prevent the body from coping with the metabolic consequences of these poisons.

In recent years there has been a lot of publicity about good fats and bad fats. Although some food companies now claim to avoid bad fats, there are still thousands of common foods that contain them. The fats and oils industry still wants us to believe that the saturated fats are the bad ones, and the unsaturated fats are the good ones. This is false information. There are many highly beneficial saturated fats, and just as many unhealthy unsaturated fats. The only distinction that should be made when judging the value of fats is whether they are left in their natural form or are engineered. You cannot trust advertisements by the fats and oils industry that praise the amazing benefits of their unique flavorful spreads or low cholesterol cooking fats. Their smart ad campaigns have no interest in promoting your health; they are solely intended to create a market for cheap junk oils such as soy, cottonseed and rape seed oil.

Until the early 1930s, manufactured food products were very unpopular and mostly rejected by the population because of their suspicion of them being of poor quality and not being fresh enough to be safe for consumption. The use of automated factory machinery to mass produce foods for immense potential profits was at first bitterly opposed by local farmers. But eventually, this resistance broke and gave way to an increasing interest in the “new” foods that no one had ever seen before. When margarine and other refined and hydrogenated products were introduced into the US food markets, the dairy industry was vehemently opposed to it, but the women found it to be more practical than the lard they had been using. Due to the shortage of dairy products during WW II, margarine became a common food among the civilian population, and the commonly used coconut oils, flax oils and fish oils disappeared from the shelves of America’s grocery stores.

The campaign by the emerging food industry against natural oils and genuinely beneficial fats such as the very popular coconut oil became fueled by a massive media disinformation that blamed saturated fats for the wave of heart attacks that suddenly started to grip a large portion of the American population. For 30 or more years, coconut oil was nowhere to be found in grocery stores and has only recently re-emerged in health food stores. Coconut oil and other healthful oils were practically replaced by cheap junk oils, including soy oil, cottonseed oil and rape seed oil. The coconut oil’s powerful weight controlling effects helped prevent an obesity epidemic among the general population. Since eliminating it from the American diet, obesity has become the leading cause of illness in this country and the rest of the world.

If you are suffering from either type Diabetes and wish to permanently restore your body’s natural sugar-regulating mechanisms, for a certain period of time you will need to strictly avoid all artificially produced fats and oils, including those that are found in processed foods, restaurant foods, fast foods and are sold as “healthy” foods in grocery stores. One of the more harmful oils is the genetically engineered canola oil made from rapeseeds. Rapeseeds are not suitable for human consumption. Produced in Canada (hence the name canola) this renamed, refined rapeseed oil found a huge and instant market in the U.S. during the height of the cholesterol mania (still going on). It is cheap and, therefore, widely used by restaurants and people on a low food budget. The reason for its huge popularity is that it contains very little cholesterol. One of the main problems with this oil is that it should not be heated, yet heating it is a standard practice in the production process, or in restaurants and households. According to a January 26, 1998 Omega Nutrition press release, “heating distorts the omega-3 essential fatty acid found in canola, turning it into an unnatural trans form that raises total cholesterol levels and lowers HDL [good] cholesterol.”

Japanese researchers found that the life spans of rats fed diets rich in canola oil were 40% shorter. Experimental rats that were fed canola oil “developed fatty degeneration of the heart, kidney, adrenals, and thyroid gland.” Canadian federal scientists have spent several years and a lot of money to alleviate fears linking canola consumption to hypertension and stroke. The Health Ministry in Canada insists that although their tests match the Japanese data, canola poses no risks to humans. Yet canola oil consumption has been correlated with development of fibrotic lesions of the heart, lung cancer, prostate cancer, anemia, and constipation. The long-chain fatty acids found in canola have been found to destroy the *sphingomyelin* surrounding nerve cells in the brain. Other illnesses and conditions that have been associated with canola oil consumption include loss of vision and a wide range of neurological disorders.

How can this government be so reassuring when Canola oil has been around for a short number of years and long-term effects may not develop before 3-5 years? Is it not also strange that the FDA allowed the canola industry to avoid the lengthy and expensive approval process, including medical research on humans? Given the alarming reactions that rats have to canola oil, could it at least be possible that a certain percentage of heart attack and stroke victims are actually due to regular canola oil consumption? Since canola oil is contained in the majority of manufactured foods, baked goods, frozen foods, and restaurant foods, is it any wonder why people are falling ill everywhere, at a rate that is absolutely stunning and unprecedented?

So what do refined and manufactured oils and fats actually do to the body? For one thing, they can cause severe gastro-intestinal disturbances. The number of people in the U.S. suffering from acid reflux disease, irritable bowel syndrome, Crohn’s disease, constipation, colon cancer, etc., exceeds the number of all other diseases taken together. Deep fried foods and other fast foods have become the popular choice of young people, aged 3-30. An ever-increasing number of them develop Diabetes.

The high temperatures used in canola refining and margarine production will damage many of the essential fatty acids, which are much more susceptible to damage by heat than saturated fats. As mentioned before, heat is known to convert many of the unsaturated double bonds to the “trans fatty acid” configuration. Although high-quality essential fatty acids as contained in some of these engineered foods are required for human health, in their damaged or rancid forms they become harmful. In fact, they may trigger power immune responses that may lead to autoimmune diseases, such as type I Diabetes.

In order for cells to be healthy and functional, their plasma cell membrane, now known to be an active player in the glucose scenario, needs to contain a complement of *cis type w=3* unsaturated fatty acids. This makes the cell membranes slippery and fluid, thereby permitting glucose molecules to be able to pass through them and enter the cell interior for energy generation. This maintains balanced blood sugar levels. By regularly eating fats and oils that are heat-treated (versus natural cold pressed oils and untreated fats) the cell membranes begin to lose their healthy fatty acids and replace them with harmful trans-fatty acids and short and medium chain saturated fatty acids. As a result, the cell membranes become thicker, stiffer, sticky and inhibit the glucose transport mechanism, resulting in blood sugar rising.

The rest of the body suffers serious consequences of the clogging up of the cell membranes. The pancreas starts pumping out excess insulin. The liver starts to convert some of the excess sugar into fat, stored by adipose cells. To get rid of the rest of the sugar, the urinary system goes into overdrive. The body goes into exhaustion due to the lack of cellular energy. The adrenals respond by pumping extra amounts of stress hormones into the blood, creating mood swings, anxiety and depression. The endocrine glands malfunction. Overtaxed by the constant demand for extra insulin, the pancreas fails to produce enough. Body weight plummets. The heart and lungs become congested and fail to deliver vital oxygen to all the cells in the body, including the brain. Each organ and system in the body is affected by this simple dietary mistake. All this and more is what we know as Diabetes, an acquired illness that can easily be

avoided and even reversed by eating a natural diet consisting of natural, fresh foods that nature so generously provides for us. The idea that we can create better foods than nature does is a fallacy that has turned into a weapon of mass destruction.

The Unfolding Drama of the Diabetes Syndrome

When sugar becomes trapped and begins to increase in the blood stream, eating sugar at this point can be life-threatening. Not having enough glucose reaching the cells and organs of the body can also be fatal. If the heart cells run out of glucose, heart failure occurs. If the kidney cells run out of glucose, kidney failure occurs. If the eyes don't get their glucose, eyesight will fail. The same applies to a sugar-starved liver, pancreas, stomach, brain, muscle, and even bone cells. By not receiving enough glucose, the body begins craving food, especially sugars, sweets, starchy foods, sweet beverages, etc., which leads to overeating and further congestion, and possibly heart congestion or cancer (see previous chapters).

Because type II Diabetes affects the health of every single one of the 60 trillion cells in the body, diabetics are predisposed to developing virtually every type of disorder there is. This has been denied by medical science for many years, but has recently been verified through major medical research. The majority of the chronic disorders plaguing our modern world today, including heart disease, cancer, arthritis, MS, Alzheimer's, Parkinson's, etc., may in actual fact not be separate diseases at all. While sharing the same cause or causes, they manifest themselves in different parts of the body as unique symptoms of disease. There will come a time when the practicing physician will recognize that Diabetes, cancer, heart disease, and dementia, for example, share the same underlying causes, and therefore require the same treatment.

At the beginning stages of type II Diabetes, the pancreas tries to respond to the increasing congestion of the blood vessel walls (with excessive proteins) and, possibly, to an excessive sugar or starch consumption, by secreting extra large amounts of insulin. By constantly producing disproportionate amounts of insulin, the cells become even further resistant to insulin. By blocking out insulin (along with vital nutrients) the cells try protecting themselves against the cell-damaging effects of too much insulin, or otherwise they would have to face cell mutation. Eventually, though, through intricate hormonal feedback mechanisms and enzyme signals, the pancreas recognizes both the increase in blood sugar levels and the shortage of cellular sugar, proteins and fatty acids. So the pancreas begins to deactivate, destroy or "put to sleep" a large number of its insulin-producing cells. This practically sets the stage for non-insulin dependent Diabetes to become insulin-dependent Diabetes.

There are a number of other reasons that may lead to reduced insulin output by the pancreas. When the basal membranes of blood capillaries supplying the pancreas with nutrients become congested with protein fiber, insulin production and other important functions, such as production of digestive enzymes, become suppressed. The same occurs when stones in the bile ducts of the liver and gallbladder drastically reduce bile secretion. In an increasing number of individuals, bile sludge consisting of small cholesterol stones enters the common bile duct and gets caught up in the *Ampulla of Vater* (where the common bile duct and pancreatic duct meet). Bile activates pancreatic enzymes before they enter the small intestine to aid in the digestion of foods. If bile flow is restricted, not all of the enzymes dispatched by the pancreas are activated. Any of these unused enzymes remaining in the pancreas can damage or destroy pancreatic cells, which leads to pancreatitis – a common cause of Diabetes and pancreatic cancer. In any case, the inability of the pancreas to produce enough insulin can be a lifesaver, at least temporarily.

It is obvious, though, that this act of cancer-preventive self-preservation also means that there is not enough insulin around to transport the sugar out of the blood stream. If type II diabetics become insulin-deficient, doctors often prescribe insulin in addition to blood sugar medication, while letting them continue eating protein foods. Thus, a previously non-insulin-dependent diabetic now needs insulin shots, which greatly increases his health risks. This is completely unnecessary. I have had such insulin-dependent patients turn vegan, and within just six weeks become free of the main signs and symptoms of Diabetes, for the first time in 20-30 years.

Chronic disease is only chronic for as long as its causes are still intact. Insulin injection is the very thing that keeps the patient from recovering. It continues to increase the cells' resistance to insulin, and forces the pancreas to destroy an ever-increasing number of insulin-producing cells. There are plenty of natural things that can replace injection with insulin. Just one teaspoon of ground cinnamon per day can balance blood sugar. Tumeric is an amazing herb/spice with a similar effect. Broccoli and other vegetables, as well as regular full body exposure to sunlight (vitamin D-generating),²¹ have superior blood sugar-regulating effects than potentially dangerous insulin injections.

Abstaining from proteins foods, cleansing the liver of stones (gallstones are a leading cause of Diabetes, see details in *The Amazing Liver Cleanse*), eating a balanced diet and living a balanced lifestyle as advocated in this book are much more effective means of restoring normal body functions than just trying to fix one symptom of disease. By taking responsibility for their own health, and therefore their life, the diabetic has the opportunity to put the sweetness back into his cells and, thus, into their life.

The Risk of Being Overweight

Approximately 16 million people in the United States are diagnosed with Diabetes based on national statistics. In reality, through, this figure is much higher. It is estimated that another 5.4 million people have the disease and are not aware of it. Type II Diabetes, also called Adult Onset Diabetes, now appears routinely in six year old children. Minorities are at particular risk, as their diet consists mainly of cheap fast foods, such as hamburgers, fried chicken, pasta, potatoes, refined sweets and other highly processed foods and beverages.²² These foods typically cause a rapid increase in blood sugar, which stimulates the production of large quantities of insulin. When there's too much insulin in the blood, the body reacts by producing the chemical *somatostatin*, which suppresses insulin release. In due time this natural response translates into Diabetes. Compared with Caucasians, African Americans have a 60% higher risk of developing Diabetes and Hispanics have a 90% increased risk. Considering the large number of undiagnosed diabetics, physicians are now losing more patients to Diabetes than they are diagnosing.

²¹ Researchers at the University of California-Los Angeles School of Medicine (UCLA) found that compared to subjects with the highest vitamin D levels, those with the lowest levels had symptoms of type II Diabetes, including weaker pancreatic function and greater insulin resistance. When the skin is exposed to ultraviolet light, the body responds by manufacturing vitamin D.

²² Researchers at the Harvard School of Public Health examined nine years of dietary and medical data on more than 51,000 women who participated in the Nurses' Health Study II. From this group, well over 700 cases of type II Diabetes were diagnosed during the study period. The Harvard team concluded that the excess calories and high levels of rapidly absorbable sugars found in non-diet soft drinks promote weight gain and a greater risk of developing type II Diabetes. In fact, women who drink one or more soft drinks per day may have an 80 percent increased risk of type II Diabetes compared to women who avoid this type of beverage.

An increasing number of American adults diagnosed with Diabetes are obese, U.S. officials said in November 2004. A study by the Centers for Disease Control (CDC) and Prevention found that between 1999 and 2002, 54.8 percent of diabetics over the age of 19 were obese. That compared with 45.7 percent in the same age group between 1988 and 1994. When the category was expanded to include diabetics who were obese or overweight, the percentage surged to 85.2 percent in 1999-2002 compared with 78.5 percent in the earlier period. About 69 million people are obese or severely obese, according to the American Obesity Association.

In the CDC study, a person was considered overweight if their *body mass index* – the most commonly used method for calculating if a person weighs too much – was 25 to 29. Anyone with a body mass index of 30 or greater was categorized as obese. Using the body mass index to determine risk for Diabetes is not completely reliable and can keep these numbers lower than they actually are. Taking averages in human statistic analysis always ends up disporting the true figures. A balanced Vata type, for example has a naturally lower weight than average. According to the body mass index Vatas are underweight. Their bones are much lighter and they have very little body fat on them. If a Vata type adds 25 pounds of body weight, it can cause him serious health problems, but according to the body mass index this extra weight would bring him up to the normal range. Kapha types, on the other hand, have a very heavy body structure already. They cannot afford to add even 25 pounds without causing them to develop a typical Kapha disorder, such as Diabetes, heart disease, or cancer.

By removing the discrepancies that exist with currently used body mass calculations, it is likely that almost every diabetic is overweight or obese. Likewise, a person who is overweight or obese can actually be considered diabetic, or at least insulin resistant. Due to the accumulation of abnormal amounts of new cells in the overweight person, there is simply not enough insulin available to meet all the nutrient demands of these extra cells. And although the pancreas may still make a normal or a little extra amount of insulin, the added weight leads to a relative insulin shortage. Eventually, the pancreas suffers from being continuously over-extended. The side-effects of a relative insulin-deficiency can be just the same as an absolute insulin-deficiency where pancreatic cells stop producing insulin altogether.

According to the American Diabetes Association, Diabetes accounts for 178,000 deaths (which may not be accurate²³), 54,000 amputees, and 12,000-24,000 cases of blindness annually. Blindness is 25 times more common among diabetic patients compared to non-diabetics. It is estimated that by the year 2010 Diabetes will actually exceed both heart disease and cancer as the leading cause of death through its many complications. It is my hope that more and more scientists and doctors begin to see the strong link that exists between all these “diseases.” They are metabolic disorders that share a common cause, but show up as different symptoms.

Autoimmune (Type I) Diabetes

Type I Diabetes affects nearly 700,000 people in the United States. It is the most common chronic metabolic disorder to affect children. Caucasian populations, especially Scandinavians, have the greatest risk, and people of Asian or African descent have the lowest risk of developing this form of Diabetes. Type I Diabetes is usually diagnosed in children or adults under 30. The difference of risk is less due to genetic factors than to dietary ones, as we shall see shortly. Type I Diabetes can develop unnoticed for

²³ 1 "Fast Stats" National Center for Health Statistics", Deaths/Mortality Preliminary 2001 data shows that in 2001, the most recent year for which figures US figures are posted, 934,550 Americans died from out of control symptoms of this disease.

years. But then symptoms usually develop quickly, over a few days to weeks, and are caused by blood sugar levels rising above the normal range (hyperglycemia). Early symptoms include frequent urination, especially noticeable at night; possible bed wetting among young children; extreme thirst and a dry mouth, weight loss and sometimes, excessive hunger.

Type I Diabetes is defined by the absence of insulin due to the destruction of insulin-producing cells in the pancreas – called beta cells. Type I diabetics are dependent on insulin injections to control their blood sugar levels. The most common time for developing Diabetes is during puberty, although it can occur at any age.

In type 2 Diabetes, due to insulin resistance, the cells in the body are unable to obtain glucose that they need for energy. In type I Diabetes, the cells are also deprived of glucose, but in this case it is because insulin is not available. When cells are glucose deprived, the body breaks down fat for energy. This results in *ketones* or fatty acids entering the blood stream, causing the chemical imbalance (metabolic acidosis) called *diabetic ketoacidosis*. If left untreated, very high blood sugar would lead to flushed, hot, dry skin; labored breathing, restlessness, confusion, difficulty waking up, coma, and even death.

There is an increasing body of scientific evidence to suggest that cow's milk during childhood increases the risk of developing type I Diabetes. In a recent study published in *Diabetes* (2000), researchers found that children who had a sibling with Diabetes were more than five times as likely to develop the disorder if they drank more than half a liter (about two 8-ounce glasses) of cow's milk a day, compared with children who drank less milk.

While it is not clear which component of cow's milk may increase the risk of Diabetes, researchers suspect that one of several proteins may be to blame by causing the immune system to attack insulin-producing cells in the pancreas. Dairy products so closely mimic human hormones that many times an autoimmune response is mounted. This may result in arthritis, irritable bowel, Crohn's disease, lymph edema and lymphatic congestion, phlegm in the throat, fatigue, cancer, and many other disorders.

Although many type I diabetics are known to be genetically susceptible to the disease (genetic variation), others with the same genetic variation will never develop Diabetes. This suggests that dietary factors play a decisive role in who will actually become afflicted with the disorder. In fact, research showed that babies who breastfeed at least three months have a lower incidence of type I Diabetes, and may be less likely to become obese as adults. This further supports and validates other research that has linked early exposure to cow's milk and cow's milk-based formula to the development of type I Diabetes. Clinical studies have also shown that women who breastfeed reduce the risk of their children developing the type II Diabetes.

Risky Orthodox Medical Treatments

After the diagnosis of Diabetes, doctors routinely prescribe either oral hypoglycemic agents or insulin. The causes of diabetes are rarely addressed, if known at all. Currently available oral hypoglycemic agents include *Biguanides*, *Glucosidase inhibitors*, *Meglitinides*, *Sulfonylureas*, and *Thiazolidinediones*.

The biguanides lower blood sugar by inhibiting the normal release, by the liver, of its glucose stores, interfering with intestinal absorption of glucose from ingested carbohydrates, and increasing peripheral uptake of glucose. All this can completely disrupt the functions of all the organs and systems in the body.

The glucosidase inhibitors are designed to prevent the amylase enzymes produced by the pancreas to digest carbohydrates. The theory behind this is that if there is no digestion of carbohydrates the blood sugar wouldn't rise.

The meglitinides and sulfonylureas are engineered to stimulate the pancreas to produce extra insulin in a patient whose blood insulin is already elevated. Since most doctors don't measure insulin levels, this frequently prescribed drug is causing a lot of harmful side-effects, including hypoglycemia. An insulin surplus in the blood can damage blood vessels and lead to similar defects as high blood sugar.

The thiazolidinediones are known for causing liver cancer. One of them, Rezulin, was designed to stimulate the uptake of glucose from the bloodstream by the peripheral cells and to inhibit the normal secretion of glucose by the liver. After the drug killed well over 100 diabetic patients and crippled many more, it was pulled off the market.

Neither the oral hypoglycemic agents nor insulin injections have any effects on increasing the uptake of glucose by the cells of the body. This essentially means that the diabetic patient cannot expect to improve or become cured by any of these treatments. On the contrary, the prognosis with this orthodox treatment is increasing disability and early death from heart or kidney failure, or failure of some other vital organ. Research has in fact shown that diabetes drugs increase your risk of heart attack by a whopping 250%! Is it any wonder that 80% of diabetics die of heart disease?

Medical doctors don't treat you to cure your diseases. Cure is not even word they are permitted to use. Most practicing physicians and their patients want a quick fix, and in the case of Type II Diabetes, it consists of glucose-lowering drugs. And although these drugs can control your symptoms and lower your blood sugar, they do nothing to address the *cause* of the disorder. One of the problems with glucose-lowering drugs is that they can lose their effectiveness over time. This can dramatically increase your chances of dying from a heart attack. If that is not bad enough, these drugs can also make your life more miserable. Common side effects are weight gain, elevated cholesterol and triglyceride levels, nausea, diarrhea, constipation, stomach pain, drowsiness, and headache.

Healing the Cause

To help your body heal itself and remove the causes leading to the symptoms of diabetes (especially Type II and possibly even Type I), avoid eating animal proteins, such as meat, fish, poultry, eggs, cheese and cow's milk. During the recovery phase, strictly refuse consuming cheap, refined oils or fats as found in many restaurant foods and processed foods. You may use healthful fats and oils such as expeller pressed (cold pressed) coconut oil, olive oil, sesame oil and ghee butter (see your body type food list). Don't eat food that has been cooked in the microwave oven. Avoid frozen foods, canned products, and leftover foods.

Read labels. If a food contains more than 2-3 separate items on it, it is likely to be of no use for your body. Ideally, eat only foods produced by nature, such as fruits, fresh salads, cooked vegetables, grains, pulses, nuts, seeds, etc. With the exception of stevia, xylitol and D-mannose, etc., strictly avoid sugar and starchy foods such as pasta and potatoes. Much worse than sugar are artificial sweeteners and products that contain them; they should be avoided at any cost. Artificial sweeteners will reverse the recovery even if everything else is followed (see *Aspartame and Other Sweet Killer Drugs* in Chapter 14). Most vitamin supplements don't work for diabetics and may end up in the toilet (see chapter 14). Also avoid all manufactured beverages and fruit juices. Eat fruits whole, and separate from meals.

While recovering, try to monitor blood sugar manually. For some time, you may want to use glycemic tables to help you in this regard. Make sure to work with a doctor who is aware of and supportive of the healing measures you are taking for yourself. Also avoid alcohol until blood sugar stabilizes in the normal

range. The same applies to caffeine as well as other stimulants. Stimulants such as caffeine and nicotine trigger sugar release by the liver.

Those who are on the verge of developing insulin resistance or are considered pre-diabetic should follow the same guidelines. If you don't ever want to risk developing diabetes, the same guidelines apply for you also. For example, soft drinks are known to cause diabetes. Researchers at the Harvard School of Public Health examined nine years of dietary and medical data on more than 51,000 women who participated in the Nurses' Health Study II. From this group, well over 700 cases of type II Diabetes were diagnosed during the study period. The study found that women who drink one or more soft drinks per day may have an 80 percent increased risk of type II Diabetes compared to women who pass on this type of beverage. Changing key lifestyle factors such as diet and physical activity may not be easy for everyone. But in the case of controlling blood sugar, you usually have a choice. In the above study, making the choice of drinking fresh water instead of soft drinks can make the difference between life and death. If you feel you cannot make that choice, please consider that becoming diabetic can make your lifestyle much more limited and complicated than following the simple suggestions made in this chapter.

Diabetes is not a disease; it is a complex mechanism of protection or survival that the body has no choice but to implement in order to avoid the consequences of an unhealthful diet and lifestyle. Millions of people suffer or die unnecessarily from this non-disease. The diabetes epidemic is man-made, or shall I say, factory-made. It could be brought to a halt by more and more people refusing to eat foods that are not safe for human consumption.

CHAPTER 12



Rethinking AIDS

The AIDS Theory under Scrutiny

It was in 1980 when the first AIDS cases were diagnosed, but despite the most colossal efforts by scientists and policy makers, AIDS has remained a mystery disease. Commonly believed to be caused by HIV – *Human Immune Deficiency Virus* – scientists still haven’t found an antidote for the disease. There is no convincing medical knowledge as to *how* the pathogen HIV is supposed to cause AIDS. The current AIDS theory also falls short in predicting the kind of AIDS disease an infected person may be manifesting, and there is no accurate system to determine how long it will take for the disease to develop. The HIV/AIDS theory contains no information that can truly help identify those who are at risk of developing AIDS.

With regard to “treating” AIDS, until recently, patients were able to choose between a small number of drugs that were originally developed as cancer chemotherapies, but had to bear with extreme side effects, such as loss of hair, anemia, muscle deterioration, nausea, and other immune suppressing effects. A newly introduced cocktail of three drugs (protease inhibitors), which are less toxic than the originally used drugs, seemed promising at first in being able to suppress HIV. Yet the cumulative failure rate of the new drugs has now reached 50 percent and continues to increase as strains of HIV develop resistance to them. Already between 20 and 30 percent of patients are now infected with viruses resistant to protease inhibitors, and the situation is worsening day by day. Although the drugs have given many AIDS patients a “new lease of life” (not necessarily because the drugs suppress HIV, but because they also subdue most other disease-causing agents, at least for a while), the initial euphoria about the new AIDS treatment has died down and so has the hope of finding a cure, at least within the medical field.

The fact that there is no reliable latency period – the length of time from being infected with HIV and developing AIDS symptoms – makes it virtually impossible to predict the beginning of the disease. The first AIDS victims were told that they could expect to die within one year after infection, but today the grace period ranges from 12 to 15 years, which makes immediate treatment after HIV infection dubious.

This is certainly not the last revision. The majority of HIV infected people continue to be AIDS-free and only a fraction of them develop AIDS symptoms such as pneumonia, cancer of the blood, or dementia.

To add more confusion to the situation, health officials are unable to predict how many people will be afflicted with AIDS in the future, as only a small percentage of the one million HIV-infected Americans will get the disease. In the first 20 years or so of the epidemic, 95% of the AIDS cases were among the major health risk groups – highly active homosexuals, heroin addicts, or, in a few cases, hemophiliacs, and since then more and more heterosexual men and women are found to test HIV positive.

According to official estimates, two thirds of infected persons supposedly are in Africa, where the epidemic exploded during the 1990s, and one fifth are in Asia, where the epidemic has been growing rapidly in recent years. As of the end of 2003, an estimated 34.6 million to 42.3 million people throughout the world were living with HIV infection, and more than 20 million had died of AIDS. In that year alone, about 4.8 million people became infected with HIV, and about 2.9 million died of AIDS. However, as we shall see, these estimates are significantly flawed and manipulated.

Just four years earlier in 1999, the statistics showed figures that in no way support today's figures. With the officially proclaimed mortality rate of 50-100 percent among HIV infected people, we should have had many more deaths in Africa where the number of infected at that time was estimated to be as large as six to eight million, and also in Haiti, where over six percent of the population tested HIV-positive. Yet during the nineties, the African continent had only 250,000 AIDS cases, and Haiti had almost none. This leads to the simple, but most important and almost forsaken question regarding AIDS, which is "what causes it?"

So far, there is no scientific evidence that AIDS is a contagious disease, although it seems to be that way to most people. What *is* known from recently published research is that HIV only extremely rarely spreads heterosexually and can, therefore, not be responsible for an epidemic that involves millions of AIDS victims around the world. There is also no proof to show that HIV causes AIDS. On the other hand, it is an established fact that the retrovirus HIV, which is composed of human gene fragments, is incapable of destroying human cells – yet cell destruction is the main characteristic of every AIDS disease. Even the principal discoverer of HIV, Luc Montagnier, no longer believes that HIV is solely responsible for causing AIDS. In fact, he showed that HIV alone cannot cause AIDS. There is also increasing evidence that AIDS may be a toxicity syndrome or metabolic disorder that is caused by immunity risk factors, including heroin, sex drugs, antibiotics, commonly prescribed AIDS drugs, rectal intercourse, starvation, malnutrition and dehydration. Dozens of prominent scientists working at the forefront of the AIDS research are now openly questioning the virus hypothesis of AIDS.

HIV – A Harmless Passenger Virus?

If a germ or virus has infected a person, the disease-causing microbe is present in high concentrations within the patient's body. In the case of AIDS, there should be very large amounts of virus material in the affected tissues. Small amounts would not be sufficient to cause such extensive destruction, as is found in the body of an AIDS victim. Therefore, active virus material should be profusely present in the white cells of the immune system, particularly in the T-helper cells, as well as in lesions of *Kaposi's sarcoma* and in the brain neurons of those afflicted with dementia. Yet this is not the case at all. The HIV retrovirus cannot be found in *any* of the diseased tissues of AIDS patients. This fact alone should make anyone suspicious about the claim that HIV leads to the destruction of organs and system.

If HIV were capable of infecting T-cells or other parts of the immune system, then, as is the case with every other type of viral infections, the cell-free virus particles or *virions* would easily be detected in the blood stream. However, in the majority of AIDS patients, there are no viruses found anywhere, and in the remaining few there are not even enough present in the blood to cause as much as a simple cold. This makes AIDS patients de facto HIV-negative. The 20 million deaths attributed to AIDS were in actual fact not caused by HIV, but other reasons.

Like other viruses, HIV becomes quickly inactivated by rapid antibody production of the host's immune system. When it first infects the body, HIV can achieve high levels of virus and for a brief period cause mild flu-like symptoms, if any at all. The immune system then quickly neutralizes the retrovirus and puts it into a dormant state. Since AIDS patients who test HIV positive have been infected many years before they die, their HIV retrovirus remains inactive.

An HIV test can *only* detect either the dormant, inactive virus or antibodies that the immune system produces to remain immune to the virus in the future. Therefore, the HIV-test itself proves the harmlessness of HIV. Although it is rarely mentioned in the medical literature, HIV has never been found in the lymph nodes, macrophage cells, dendritic cells, and elsewhere in the body of an AIDS victim; there has never been even a sign of a hidden virus infection. If the HIV were responsible for destroying the human immune system, it would have to be present where the destruction takes place. But this is not the case.

Flawed HIV Tests – The True Cause of the AIDS Epidemic

When Judith was diagnosed HIV positive she was told that there are a number of AIDS drugs that she could take to ward off the disease, at least for some time. But when she learned how sick these drugs could make her, she decided not to take them. About 18 months after the initial diagnosis, Judith showed no signs of being ill, and so her doctor recommended a retest. Since the new test came back negative, she did a second one, which turned out to be indeterminate. And to further confuse an already very confusing situation, the third test she took turned out to be positive for HIV. Unable to figure out from the tests what was really going on, Judith began to investigate the medical literature and learned that HIV tests are highly inaccurate and even the HIV hypothesis was anything but correct.

Since testing positive, Judith gave birth to two children (now ages two and six) who, like herself, are the picture of health with no indications of a serious illness. She never had them tested for HIV. The whole family eats natural, organic foods and enjoys a completely normal life. Judith and her kids are not alone. There are thousands of healthy HIV-positive people who don't take AIDS drugs, and who show no sign of sickness. But only a few people escape the wrath of an unreliable testing procedure.

HIV can only be detected in the human body after the immune system has already killed the virus through its arsenal of antibodies. The presence of HIV antibodies proves that the virus has been rendered harmless, with no further role to play. This should make the HIV-testing procedure a method for informing infected people that **the virus has been successfully destroyed, rather** than delivering them a death sentence.

The most frequently used HIV test used today is ELISA and, in theory, it seems to be accurate. A sample of the patient's blood is added to a mixture of HIV proteins. If the blood contains HIV antibodies, they react to the proteins. This is supposed to be proof that the patient has been infected with HIV. Another test called WESTERN BLOT is often used as a confirmation. Besides being unable to detect actual virus in the blood of a patient, these tests are so unreliable that they are not only useless, but also the

cause of unprecedented trauma and suffering in the world. In Russia, in 1990, after 20,000 “patients” had tested positive with the ELISA test, only 112 were confirmed using the Western Blot. The French government has recently withdrawn nine HIV tests because they were far too unreliable. If the true positive rates of these HIV tests, instead of their extreme failure rates, were applied to the alleged 40 million HIV infected population in the world, we would have a mere **total of 224,719 people infected with HIV**. Nobody could possibly call this a mass epidemic, especially since most HIV-infected people not undergoing drug treatments live normal, healthy lives like Judith and her children.

The above figure may, in fact, even be much lower. The only reason people are added to the ever-increasing list of HIV victims is because more and more people are tested for HIV. The most commonly used HIV tests are antibody tests, which means that they can cross-react with normal proteins in human blood. Both the ELISA and WESTERN BLOT tests react to proteins that are shared by all other retroviruses found to live in the human body. P24 is one of them. Considering the large number of retroviruses existing in the body, if a patient has produced antibodies to p24, which is generally accepted as proof for the presence of HIV, the chances that he is actually infected with HIV are very slim. In actual fact, **there are nearly 70 commonly occurring conditions** – all listed in the medical literature – **that are known to make the tests come up positive**. These include yeast infections, simple head or chest colds, influenza, rheumatoid arthritis, hepatitis, herpes, recent inoculations, drug use and pregnancy. There are literally hundreds of millions of people in the world who have either gone through such conditions or are currently experiencing them. Giving them an AIDS test would automatically sentence them to a disease they may not have. And that is exactly what we are doing during the humanitarian AIDS campaigns promoted by the WHO and numerous charitable AIDS organizations.

Another class of HIV tests, called viral load tests, can produce dozens of conflicting results – even from the same blood sample. The general population is made to believe that an HIV test is a reliable method to determine whether they are infected with HIV or not. If they were to read the disclaimers on the HIV test kits they would perhaps become a little suspicious, at least enough to insist on further evidence, if such can ever be provided. This is what the disclaimers say: **“At present there is no recognized standard for establishing the presence or absence of HIV-1 antibody in human blood,”** or **“The AMPLICOR HIV-1 MONITOR [Viral Load] test is not intended to be used as a screening test for HIV or as a diagnostic test to confirm the presence of HIV infection,”** or **“Do not use this kit as the sole basis of diagnosis of HIV-1 infection”** (Abbott Laboratories HIV Test, Roche Viral Load Test and Epitope, Inc. Western Blot Test, respectively). And to top this fiasco, positive test results can occur due to **“prior pregnancy, blood transfusions...and other potential nonspecific reactions”** (Vironostika HIV Test, 2003).

If the screening tests for HIV are in fact not to be used for diagnostic purposes, what are they then used for, you may ask? Why are hundreds of millions of people in Africa and Asia subjected to AIDS tests if they shouldn't be used to confirm the presence of HIV infection? How many “potential nonspecific reactions” could there be to influence the outcome of an HIV test? And why is the WHO proclaiming that there are nearly 40 million people infected with HIV when this worldwide organization knows so well that the tests used cannot be used to make such claims?

The AIDS tests are used to create statistics of an epidemic that has no scientific backing, but is blindly accepted as true by innocent people who have no reason to believe they are being deceived over something like a deadly disease. This information needs to be shared with every person who tests positive for HIV, yet it is being concealed from these “patients.” Unless they do their own research, which cannot be expected by the vast majority of Africans, Asians and South Americans, these frightened, confused and

unsuspecting people are misled to believe they are infected with a deadly virus. Most AIDS workers do not even know the scientific facts, or lack thereof, behind the HIV theory and these testing procedures.

In one study, 41 percent of patients with multiple sclerosis (MS) showed presence of antibodies to p24 in their blood. This didn't mean, however, that they were infected with HIV, although the ELISA test would have implied exactly that. As the co-discoverer of HIV and leading virologist Dr Robert Gallo has repeatedly pointed out, P24 is not unique to HIV. If the ELISA test is applied to people who have been or are infected with the viruses that cause malaria, hepatitis B and C, tuberculosis, glandular fever, papilloma virus warts, syphilis, leprosy, and many other conditions, the chances they are declared AIDS victims are extremely high. In Africa and other developing countries, the HIV test is usually given to people who feel unwell or are already diagnosed with one of these diseases. Given the large number of people affected by them, meaning, hundreds of millions, the number of possible false-positive results could well exceed 100 million, given the ever-expanding testing campaigns.

Take the striking example of worldwide malaria. In 1999, the World Health Organization (WHO) estimated that over 300 million clinical cases of malaria occur annually from among the 2.3 billion people (almost one-third of the world's population) who are at risk of infection with the malaria parasite. Accordingly, by 2004 over one billion people would have contracted malaria, all of whom will have developed antibodies for the harmless retrovirus p24 in their blood. Out of the 300 million annual malaria victims, an estimated 1.1 million people die from the disease. If you tested all the 300 million annually occurring malaria victims, you would automatically have about 299 million new cases of HIV. And most of the million who died from malaria would automatically be categorized as being AIDS victims because the ELISA test shows positive for p24.

While these numbers are shocking, they are probably underestimates of the world's malaria burden, given that only a fraction of malaria cases are reported each year and that deaths among children with chronic malaria are often attributed to other illnesses. These statistics may vary by a factor of three, depending on the method of estimation. In Africa alone, the 28 million reported cases of malaria are believed to represent only 5-10% of the total malaria incidence on the continent (Hamoudi & Sachs, 1999).

Dr. Max Essex, a highly respected and leading AIDS expert from the Harvard University School of Public Health, found that some 85 percent of Africans who tested HIV positive with the Western Blot test later tested negative.

Another source of false-positive results from HIV tests is the large variety of antibodies which people produce after undergoing blood transfusions, or when exposed to foreign semen and virus material during homosexual activity, and after taking drugs. Drug users and homosexuals are known to make many more antibodies than the average person does. The chances that they become victims of a false positive AIDS test are, therefore, more likely than not.

What all this basically means is that there is no reliable way of telling how many people are infected with the HIV virus. Nor can anything be said about how many of the so-called AIDS diseases, if any at all, are in fact HIV-related.

Nobel laureate Kary Mullis, who invented the first HIV test, has openly questioned the validity of the "AIDS virus." According to Mullis, his highly sensitive detection technique known as PCR can only be used to find **dormant, inactive HIV**, incapable of harming anyone. Mullis says: "I can't find a single virologist who will give me references which show that HIV is the probable cause of AIDS..." **PCR proves that AIDS cannot be caused by a virus!** This also means that the autoimmune deficiency syndrome (AIDS) can very well occur without the presence of virus.

HIV Cannot Cause as Much as the Flu

Contrary to the original HIV-AIDS hypothesis, which says there is a 50-100 percent probability of death from infection, there are only a few HIV infected people who actually die, at least not more than in any other category of disease. When blood from AIDS patients was injected into chimpanzees in 1983, all of them tested HIV positive but when tested 10 years later, none of them had developed any signs of sickness. In another experiment, over 150 chimpanzees received injections of purified (highly concentrated) HIV in 1984, but developed no symptoms of disease to this very day. However, what the experiments did show was that their immune systems had produced antibodies against the virus within a month, just as it happens in humans. The presence of antibodies ensures that immunity against the microbes has been secured on a permanent basis. Just as animals cannot get AIDS from HIV, so can human beings not get AIDS from HIV either.

Among other human viruses, such as those causing polio, flu, hepatitis, etc., HIV may be one of the most harmless ones; it is quickly and easily neutralized by our immune system. The incubation period for every known virus does not exceed more than a maximum of 6 weeks, as is the case with the human hepatitis virus. It is a well-established biological law that any germ that does not cause symptoms before it is cleared by the immune system cannot be considered to be a cause of disease. No virus is capable of surviving 10-15 years in a normal healthy body with an active immune system. And even if it were possible in theory that a few virus particles would survive a decade or longer, they still would have to overcome the immune system, and they would certainly not be enough in number to impair the person's immunity (unless of course the immune system is destroyed by other causes).

The AIDS theory suggests that HIV destroys the immune system's T4 cells, thereby leaving the body susceptible to all kinds of infections and diseases. It had already been discovered in the mid-eighties that the number of HIV infected T4 cells is far too small to cause widespread destruction and that the human body is perfectly capable of replacing T4 cells faster than HIV could destroy them.

Since the beginning of AIDS as we know it, many thousands of people, including medical workers and hemophiliacs, were accidentally infected with HIV, but only a few of them developed AIDS - in fact, not more than any other group in society. Among the health workers who developed AIDS, 90 percent belonged to the major risk group of AIDS cases – highly active homosexuals and intravenous drug users. Among hemophiliacs, who are “naturally” immune-deficient, there are just as many HIV-negatives dying as there are HIV-positives dying. In other words, whether a hemophiliac is infected or not, his chances of developing an AIDS-type disease are exactly the same. Until now there has not been even one human or animal that has developed AIDS after being infected only with HIV. This fact may be reason enough to reconsider the role of HIV as being the sole agent responsible for causing dozens of different kinds of (AIDS) diseases. Luc Montagnier, co-discoverer of the HIV virus, has already pointed out that, without another co-factor, HIV cannot cause AIDS.

HIV Behaves like Every Other Virus

Man lived with the HIV virus long before it was discovered and before large numbers of people underwent AIDS tests. The same applies to other types of viruses. For example, the *herpes* virus is present in 2 out of 3 Americans; another two thirds carry the herpes class *cytomegalovirus*. Four out of five Americans walk around with the *Eppstein-Barr virus*, which in few of them causes mononucleosis or “kissing disease.” Even more people are host to the *papilloma virus*, which is known to cause warts. There

is hardly anyone living on this planet who does not carry at least a dozen or so viruses in his body, each one related to a specific infectious disease. Yet no scientist in the world would use these facts to announce a mass outbreak of viral epidemics. Every experienced virologist knows that all these viruses are dormant, i.e., have been neutralized by the immune system. He also knows that this makes the infected people immune against re-infection, *unless* of course the immune system is damaged or suppressed through other factors.

If HIV, herpes, and all the other types of viruses that are latent in humans and animals living on the planet were capable of killing people, there would hardly be anyone left to treat the billions of sufferers. HIV, being a human retrovirus (produced by the body itself), is totally benign to its host cells and is, therefore, incapable of destroying any cell it has infected. This applies especially to the cells of the immune system, which are equipped with highly sophisticated defense mechanisms. For HIV to have any destructive value, it would literally have to flood the body with active viral particles. Yet HIV can barely be detected even in late stage AIDS patients, despite using the most sensitive of tests. The traces of HIV virus found in some AIDS patients is inactive, which means, it is harmless, and therefore not responsible for the destruction of the body. If HIV *were* the cause of AIDS, it would have to do this during the two phases of HIV infection where blood levels of HIV are significant:

1. Soon after infection when the immune system produces antibodies.
2. At the very end stage of AIDS when the levels of *all* viral activity increase *because* the immune system has collapsed (due other reasons than HIV infection).

There is enough scientific data to show that HIV, being and remaining inactive even in AIDS patients, **does not kill T-cells** and, therefore, **cannot cause AIDS!**

Research under Scrutiny

There are numerous research studies which all seem to show that only HIV-infected persons can develop AIDS (in comparison with those who are not infected with the virus). This is but a correlation, not a cause and effect relation. Although there is no proof of it, this idea has become the most powerful and persuasive argument to convince both scientists and the general population to believe that HIV causes AIDS. And yet by analyzing any of these studies you will find that the HIV-infected groups consisted *only* of members who were in the AIDS risk category, e.g., very active homosexuals, heroin addicts and patients with a history of major diseases. By contrast, the non-infected control groups consisted of healthy heterosexuals. In other words, AIDS seems to develop only in people whose immune system is already impaired due to other causes than HIV.

Official statistics from the 1990s revealed that 90 percent of all AIDS victims were men and 95 percent of all AIDS victims living in wealthy nations belonged to one or more of the above risk categories. But there exists no such distinction in the above studies. The only common factor between the two groups is age. Yet it is very obvious that a 25-year old immune deficient heroin addict is more likely to suffer an immune disease than a 25-year old healthy medical student, regardless of whether he has one or several inactive viruses in his body or not. That an increasing number of heterosexuals are now testing positive for HIV has less to do with a new trend, but with the expansion of the tests to that group. How many heterosexual Americans have virus-induced warts you may ask? Millions of them! And how many have had undergone blood transfusions or contracted once in their life a virus that causes malaria, hepatitis B and C, tuberculosis, glandular fever, syphilis, and many other conditions? Again, millions of them! All of these millions of people, if tested for HIV, are likely to test positive because they will have developed

antibodies for the harmless retrovirus p24 in their blood. As we shall see, sexual intercourse between heterosexuals is not the reason for spreading HIV.

In the last 15 years, several scientists have proposed conducting a case-controlled study that would compare a large number of HIV-infected people with a similar number of uninfected people, all of whom would share the same health risks or medical history. Yet there hasn't been much interest in conducting such a study as the main focus is still on destroying a virus rather than on eliminating immune suppressive influences.

HIV + Pneumonia = AIDS?

In the meantime, more and more studies are being published to show that AIDS, which cannot be classified as a disease because every case displays a different combination of symptoms, occurs only in people who test HIV-positive. Before HIV was discovered, pneumonia, dementia, herpes-infections, weight loss, tuberculosis, *Kaposi's sarcoma*, chronic diarrhea, several lymphomas, yeast infection, and other opportunistic infections were considered separate diseases. Depending on whether a patient had already a deficient immune system or belonged to a certain health risk group, the symptoms of these diseases exactly matched those which are now considered AIDS diseases.

Before the HIV-AIDS hypothesis, a patient who died from pneumonia, tuberculosis, or a lymphoma died from the respective causes of these diseases. By contrast, a patient who dies from pneumonia today *and* happens to have antibodies to HIV or P24 in his blood, is automatically labeled and listed as an AIDS victim. People with a low T-cell count in their blood are considered immune deficient, but if they continue having the same condition after testing positive for HIV, they are routinely "sentenced" to AIDS, with or without clinical symptoms.

There are already over 35 such diseases now that have been renamed "AIDS" in this way. One of the latest ones is cervical cancer, which has become the first AIDS disease that can only affect the female gender. This may give the false impression that AIDS is now penetrating the heterosexual community as well. The inclusion of cervical cancer as an AIDS disease has "increased" the number of AIDS victims among women quite dramatically, yet at the same time it has "decreased" the number of ordinary cervical cancers among women. Overall, the mortality rate of these diseases has not changed at all. The claim that more and more heterosexuals are now afflicted with AIDS is not based on real science, but ignorance or denial of the true facts.

The renaming of old diseases as AIDS further supports the hypothesis that the AIDS syndrome is never found in anyone without presence of HIV. By definition, there is no AIDS without HIV, regardless how many non-HIV people may die from the very same symptoms. Accordingly, anything that even remotely resembles immune deficiency plus HIV now counts as an AIDS disease, despite the fact that AIDS patients with *Kaposi's sarcoma* have been reported to have normal immune systems. It has been argued that wherever there is HIV, AIDS will be the consequence. However, this argument is heavily flawed. AIDS-like indigenous diseases existed long before the testing of antibodies for HIV was introduced. What is different today is that the old diseases are renamed and "become" AIDS diseases whenever HIV is found to be present as well. In real terms, though, there are not any more AIDS cases with HIV in the world than there are without HIV.

Grave Statistical Errors

In the United States alone, the estimated number of one million HIV-infected people has remained constant since the HIV test was made available in 1985. Given the fact that HIV tests produce far more false positives than correct positives, there may actually be very few HIV infected Americans. Of these, regardless of whether they are true positives or not, less than 1/3 had been diagnosed with AIDS by the year 1993 and 121,000 of them were still alive. Over two thirds of the HIV infected Americans have not developed any AIDS symptoms since 1985, and the already huge gap is widening each year. The number of new AIDS cases has actually been leveling off for several years and has dropped dramatically in 1996 despite the fact that the new yearly AIDS cases are always added to the totals of all AIDS victims so far. During the same period, although the new AIDS treatments were only made available in 1996, the number of AIDS deaths across the United States has dropped considerably, with a decrease of 44 percent during the first half of 1997. A similar trend occurred in Western Europe, also before new treatments were introduced. The new treatments had absolutely nothing to do with the reduction, although the extensive advertising campaigns by the drug companies may want to make the masses believe they did.

A contrived AIDS explosion took place at midnight, January 1, 1993. On New Year's Eve 1992, the Los Angeles Times reported: "As many as 40,000 Americans who are HIV-positive will wake up on New Year's Day with a diagnosis of AIDS." As forecast, the number of new AIDS cases climbed by 204 percent within the first three months of 1993 compared to the same period of the previous year. This intended statistical error and similar ones occurred because much milder forms of diseases had been included in the official list of AIDS diseases.

The same manipulation of data has also influenced world AIDS figures. More and more indigenous types of disease occurring in developing countries are being added to the AIDS defined disease groups, thus giving the false impression that there is an AIDS explosion in the Third World. Statistics released by the WHO show that in 1995 AIDS soared by 25 percent, reaching a total of 1.3 million. This figure, of course tripled ten years later, again due to intentional statistical error, false HIV tests, and the renaming of existing diseases as AIDS diseases.

In those areas of the world where there are more HIV infected people than in America, the actual number of AIDS cases is significantly less. For example, only 250,000 of the six to eight million Africans who were reportedly infected with HIV between 1985-1995 had contracted AIDS or whatever one may want to call the diseases formerly known as tuberculosis, glandular fever, diarrhea and slim disease (unlike our wasting syndrome). All of these old diseases have since been renamed AIDS diseases, and of course this catapulted AIDS into a mass epidemic in the developing world. Given the large number of people dying from tuberculosis alone (millions each year), and the high failure rate of AIDS tests in Africa (85 percent or more), it may well be that the number of real AIDS victims, if any, does not exceed 50,000.

Zaire alone, with its three million supposed HIV-infected people, has only a few hundred AIDS cases, or less than 0.02%. No scientific study would remotely consider AIDS to be caused by HIV when the number is this minute. Her neighboring country Uganda, with its one million HIV-infected people, had only generated 8,000 AIDS cases. Out of the 360,000 HIV-infected Haitians, only a few hundred have AIDS. The Haitian AIDS patients, most of them undernourished, suffer from *toxoplasmosis*, which has *always* been a common cause of death. These figures may still be very conservative, as the old HIV tests, which were far less accurate and produced even more false positives than the extremely unreliable ELISA and WESTERN BLOT tests, were applied to millions of people worldwide.

Developing countries may have such low AIDS rates because they do not have such extraordinary health risks as the ones found among very active homosexuals, intravenous drug addicts, and hemophiliacs.

Those who have long histories of various opportunistic infections or used “poppers” regularly in the past, or had anal sex, received blood transfusions and took poisonous addictive drugs, belong to the risk group for AIDS, with or without HIV. Because all these factors severely damage the immune system, the individuals being in this risk group are the most likely candidates to “acquire” the Human Immune Deficiency Syndrome.

The health risks specific for each group are responsible for the particular types of diseases. Heroin addicts are the most likely to develop tuberculosis, herpes infection and weight loss, and hemophiliacs produce pneumonia, regardless whether they have HIV or not. This fact makes HIV a harmless passenger virus. There are as many cases of pneumonia and tuberculosis today *without* HIV as there are *with* HIV. *Kaposi's sarcoma* also is no longer an exclusive “AIDS disease.” Slim disease is as common among Africans who test positive for HIV as it is for their HIV-negative counterparts. The lack of HIV test equipment in most parts of Africa compels doctors to diagnose prospective AIDS patients merely by symptoms, a very unreliable and unscientific practice. Yet the numbers of these cases are added to the overall “statistical evidence” that AIDS is still continuing to spread.

The soaring AIDS epidemic is a product of mass deception based on faulty science, unreliable AIDS tests, and a greedy pharmaceutical industry that does everything in its power to have unrestricted access to the mostly untapped profit potential of Third World populations. Developing countries thus far have largely refused to rely on modern medicine to keep their people healthy. AIDS has profoundly scared them, and so they have given into the tremendous pressure exerted onto them by international organizations, such as the WHO and their generous sponsors – the drug giants. In the historic past, the developing world has been exploited by the wealthy nations. Today, this exploitation is concealed in the generous offer to help the AIDS-afflicted countries control the escalating crisis, a crisis that existed long before HIV was named a deadly virus.

HIV is not a New Virus

Most of the manipulated statistical evidence of an escalating AIDS epidemic occurred because of faulty testing procedures and the wrong assumption that HIV is a new virus. Everyone who tests HIV positive is believed to have acquired the virus from someone else. The HIV testing procedure reveals nothing about how long the virus has been in a person's body. So, in the assumption that HIV must be a new virus (because nobody has discovered it or tested for it before 1983), we have never even considered the possibility that HIV, like so many other human retroviruses, could have been around for decades or even centuries. If HIV is indeed an old virus – and there is ample evidence now to support this claim – we should be able to find its traces (antibodies for HIV) in large numbers of people, especially in developing countries.

HIV turns out to be a virus that has existed long before 1980. In 1998, research conducted at the Aaron Diamond AIDS Research Center at Rockefeller University, USA proved through blood tests gathered in Africa between 1959 and 1982 that the HIV virus already existed in 1959. Based on this and other related research it is now estimated that the virus first got into people some time in the 1940s or early 1950s.

Since the HIV test was introduced to the Western Hemisphere in 1985, the number of HIV-infections has remained constant world-wide until the mid 1990s. But once the screening campaigns of HIV were extended to new countries in Africa, and in more recent years also in Asia, the number of infected people “rose dramatically.” There is no information available on how long these people carried the HIV virus or even whether they had received it from their parents.

According to a previous version (1990) of the HIV/AIDS theory, HIV infected people would automatically contract AIDS within several years and subsequently die. This, however, is not and has never been correct, although it may apply to a small number of HIV infected persons whose immune system has been destroyed through major health risks that are listed below. Since major health risks exist almost everywhere in the world, a “rise” in the number of HIV infected people in areas where no one had been tested before is more than likely, especially since HIV has been around since the 1940s. In its “New World Health Report 1996”, the World Health Organization (WHO) states that “there are now more than 21 million people infected with HIV.” Eight years and 100 million ELISA tests later, the number has nearly doubled. The WHO reports omit the fact that this “rise” in numbers stems mostly from the extension of this extremely inaccurate HIV-test to previously uncovered populations in the world. In actuality, HIV stopped spreading long ago. Besides, as the scientist who discovered HIV admitted, HIV cannot cause AIDS.

New Evidence: HIV Rarely Spreads Heterosexually

In the developing world, the virus has existed for at least 65 years **because** HIV is rarely spread heterosexually. Research that studied the wives of infected hemophiliacs showed that an HIV-positive person requires over 1,000 unprotected sexual contacts with an HIV-negative person from the opposite sex to pass along the virus just once. In another surprise study, published in the *Lancet*, 1997, 349:851-2, French doctors at the Cochin-Port Royal hospital in Paris looked at the risk of married couples wanting to conceive a baby where the man was HIV-positive. Their findings are in line with infection rates of 1 per 1000 acts of unprotected sex among stable heterosexual couples. According to this published research, it would take an HIV-infected heterosexual who has sexual intercourse 2-3 times a week about **seven years** to infect another person with HIV! This practically means that it would take the HIV-infected males of 1 million couples 2,739 years of daily unprotected sex to infect all female partners. In the developing world, unprotected sex among heterosexuals can, therefore, not be held responsible for the high number of people who test HIV positive (even if HIV tests were 100% reliable, which they are not).

However, the situation is different with regard to infected pregnant women. A baby is directly and constantly exposed to the mother’s blood for a period of 9 months. During this period the virus has a 50% chance of being passed on to the baby. Retroviruses survive when they reach a new host prenatally (passed from mother to child). This way of passing on a virus is at least 500 times more efficient than through sexual transmission. (Blood transfusion is another obvious way of contracting the virus.)

In contrast to the situation in wealthy nations, HIV in Third World countries is equally distributed among both sexes, which means it must have been passed on from mother to child for many centuries. Had HIV been a deadly killer virus, the babies of infected mothers would have obviously been born deformed, miscarried, or dead because newly born babies have not yet developed adequate immunity to defend themselves against a killer virus. Even if they somehow managed to survive, they could only last for a maximum of two years – the latency period given to infected babies before developing AIDS. The spreading of the virus would have stopped automatically through the destruction of all new babies that were infected by their mothers.

Due to the low rates of homosexuality in developing countries, the prenatal route of transmission has been their only efficient way (50 percent chance) to pass on HIV to the new generations. Grown female children who become mothers would again have a 50 percent chance of passing the virus to their children. Therefore, in Africa alone, HIV must have been around for many generations before it was able to infect

as many as 6-8 million people. The latest argument that the increased condom use in some African nations helped to slow the rate of infection is hardly convincing since the main route of HIV infection in Africa is from mother to child.

Who Gets AIDS?

The situation is much different in the industrialized world where HIV is mostly transmitted through different routes. The most susceptible groups are very active homosexuals, needle sharing heroin addicts, and hemophiliacs who receive transfusions. They represent the main and easiest routes through which disease-causing microbes can be passed on to others who share one common risk factor: immune deficiency. In other words, the groups in society where HIV is commonly present amongst their members are also the groups with the biggest health risks and, therefore, more likely to produce AIDS symptoms. Still, HIV's most concentrated occurrence among health risk groups cannot be blamed for causing AIDS diseases, just as elevated *cholesterol* levels cannot be held responsible for causing heart disease. These are mere correlations. Another problem is that gay men, drug users, and hemophiliacs who are exposed to semen, drugs, blood transfusions, hepatitis, the Epstein Barr virus, and many other diseases or factors known to cause biological false positives in HIV tests, represent the most unreliable groups in society to demonstrate real presence of HIV.

As prophesied 13 years ago, AIDS has invaded the heterosexual community, or so it appears. Since cervical cancer and other female diseases have more recently been renamed AIDS diseases, AIDS seems to have affected the female population. However, most AIDS patients are still male. Anything and everything that strongly abuses the body and depletes the immune system must be held responsible for causing illness, regardless of whether it is a stroke, cancer, or an AIDS disease. Emotional stress, insufficient nutrition, dehydration, sleep deprivation, alcohol, cigarettes, antibiotics, hard drugs, excessive sexual activity, etc., can all damage the immune system. A dormant piece of viral material such as HIV, on the other hand, can do no harm in a healthy body.

Whoever continuously exposes himself to immune risk factors is also more susceptible to developing the *Acquired Human Immune Deficiency Syndrome*. Someone may argue: "What about an innocent baby who becomes infected with HIV by its parents and dies from pneumonia? Is that not AIDS?" The fact is that at least as many children die from pneumonia with or without HIV, and it doesn't significantly influence the outcome of the disease whether they had a previous encounter with HIV or not. What *can* make a big difference, however, is *how* the pneumonia is treated.

What Really Causes AIDS

Over 35 diseases have now been renamed AIDS diseases, all supposedly caused by one single (inactive) virus. What has been considered normal pneumonia until 10-15 years ago, if linked with HIV, it is now an AIDS disease. The same applies to Candida infection, tuberculosis, Kaposi's sarcoma, and cervical cancer. If an African suffers from "slim disease" and has HIV antibodies in his blood, he is being told that he has AIDS. If he dies from the disease, he obviously must have died from AIDS. This simple logic may sound persuasive to a lay person.

On the other hand, if an African is diagnosed with having "slim disease" without previous HIV infection and subsequently dies, AIDS is not considered the cause of death. It is worthy to note that there

are at least as many cases of slim disease without HIV as there are with HIV, and that the retrovirus HIV has proven to be incapable of causing cell destruction, which is the main characteristic accompanying “slim disease”.

If the HIV virus cannot be held responsible for causing AIDS diseases, then what *is* the cause of AIDS?

1. Narcotic Drugs

Roughly ten years before the discovery of AIDS, the industrial world experienced a dramatic increase in the use of non-prescribed drugs ranging from hashish, marijuana and psychedelics to LSD, MDA, PCP, heroin, cocaine, amyl and butyl nitrites, amphetamines, barbiturates, ethyl chloride, opium, mushrooms and other “tailor-made” drugs. By 1974, five million Americans had used the drug cocaine, and only eleven years later, the figure had jumped to over 22 million. In 1990, the American Drug Enforcement Administration had confiscated 100,000 kilograms of cocaine, compared to a mere 500 kilograms in 1980. Within a decade, the number of cocaine overdose victims had increased from 3,000 in 1981 to 80,000 in 1990, an increase of 2,400 percent. Amphetamine use also jumped dramatically. In 1989, the Drug Enforcement Administration seized 97 million doses, up from 2 million doses in 1981. Also, aphrodisiacs became extremely popular during the 1970s. By 1980, five million Americans had become regular users of amyl nitrites, or “poppers.”

The AIDS epidemic followed a huge jump in drug abuse. Every practicing physician who has seen the severe destruction of body and mind in drug-using patients understand that drugs are capable of doing even more harm to a person than just killing them. Drugs are known for their powerful effect of systematically destroying a person’s vital functions, including the immune system. The figures given above can in no way represent the total use of drugs within the population, but they certainly indicate that drug abuse could be playing a major role, if not the biggest role in causing AIDS diseases. Most narcotic drug users have p24 in their blood. An HIV test is likely going to turn them into HIV positive patients that “need” treatment with expensive and potentially devastating AIDS drugs.

Until recently, drug use was most concentrated among young men aged 25-44, and so, AIDS also was most common among this age group. Nine out of every ten AIDS cases were male and 90 percent of all people arrested for possession of hard drugs were male, too. Seventy five percent of these were aged 25-44 and 72 percent of all AIDS cases among men occurred within exactly the same age group. Could this have been pure coincidence?

Between 1983 and 1987, the death rate among young men of this age group increased by an average of 10,000 per year and so did the number of AIDS deaths within the same period. During the 1980s, deaths from drug overdoses doubled in men of this age group, while deaths from blood poisoning – an indirect result of the injection of drugs into the blood – quadrupled. The same happened to the AIDS sufferers of the same age group during the same period of time.

Now, more females are involved in heavy drug use. Three quarters of all heterosexual AIDS cases and two thirds of all female AIDS cases are injection drug users. Two thirds of all babies born with AIDS have mothers who inject drugs. These figures do *not* include the use of drugs taken orally or in an inhaled form.

The major percentage of AIDS cases, however, is still found among the highly active homosexual men aged 25-44. This group not only abuses large quantities of narcotic drugs, but also antibiotics, antifungals, and antivirals, such as AZT, ddI, ddC, d4T, acyclovir, and gancyclovir, to name a few. A large number of American studies confirmed that over 95 percent of male homosexual AIDS patients typically admitted to popper inhalation and regular use of hard drugs.

AIDS patients suffer from pre-existing immune damage, which in many cases is caused by years of drug abuse. Without an already damaged immune system, AIDS diseases are extremely unlikely to develop. If any of the above risk groups take an AIDS test they are highly likely to test positive, due to the large number of antibodies their bodies have produced to counteract diseases caused by drugs, semen, blood, and viruses, etc.

Why Babies Have AIDS

Babies are strongly affected by the drug abuse of their mothers. Two thirds of all babies with AIDS symptoms, regardless whether they test HIV-positive or not, have mothers who inject drugs; some large percentage of the rest have mothers who use non-injected drugs. Heroin is one of the most commonly injected drugs. Persistent drug users show symptoms of loss of white blood cells, the main upholder of immunity, as well as lymph node swelling, fever, rapid weight loss, brain dysfunction and dementia, and a marked susceptibility to infections. Heroin addicts often die from pneumonia, tuberculosis, and other opportunistic infections, as well as from wasting syndromes. In all these diseases, the protein p24, generally accepted to be proof of the existence of HIV, is amply present. Although p24 is not unique to HIV but shared with most infectious diseases, they have nevertheless been classified as AIDS diseases.

What is very sad is that babies are defenseless against drug poisoning. Recent research has shown that pregnant women who smoke cigarettes pass cancer-forming chemicals to their babies. It is difficult to imagine what must be taking place in the developing brain of an embryo when it is exposed to heroin injected directly into his mother's blood, which is also his blood.

Many babies born to cocaine-using mothers are born with severe mental retardation and are vulnerable to tuberculosis and lung diseases. The major experimental drugs are so poisonous that regular use can result in dementia, serious bacterial infections, and total destruction of the immune system. The drugs certainly possess a much higher probability of impairing immune functions so typical to AIDS than a simple, inactive virus.

2. Antibiotics

Most of the patients suffering from AIDS also have a long history of taking antibiotics. Antibiotics may be a major co-factor in developing AIDS among the very active homosexual men who depend on them in order to ward off the many venereal diseases and parasites arising from non-hygienic sexual practices. Many gays have received open prescriptions for antibiotics from their doctors who advised them to swallow the drugs before their sexual encounters. Some of them had been on such toxic drugs as *Tetracycline* for as many as 18 years before their immune system succumbed to the devastating side effects they produce. This particular drug causes extreme sensitivity against sunlight. If exposed to sunlight, it can burn one's skin beyond repair. Those affected often suffer from Seasonal Affective Disorder (SAD), a form of depression that arises from lack of exposure to sunlight. The drug is also known to disrupt the body's basic metabolic functions, which may result in virtually any type of disease. It also works as a strong immune suppressant; and, perhaps, one of its worst side effects is the destruction of beneficial bacteria in the gut. Eradication of these bacteria makes room for yeast and other infection-causing bacteria, spreading throughout the body and causing continuous flare-ups of disease symptoms.

Other commonly used drugs include *flagyl* and *diiodohydroquin*. Both are used to combat amoeba-caused diarrhea. The drugs can produce severe forms of hallucination and depression.

Corticosteroids, sulfa drugs, and septria are prescribed for various other conditions, all with serious side effects. They cause severe digestive disturbances, and if worsened by a nutrient-deficient diet so common among active homosexuals, they systematically destroy their bodies' defenses against disease-causing bacteria, viruses and parasites. And so the formerly strong and healthy young men increasingly suffer from opportunistic infections which speed up aging indicators similar to those found only in old and fragile people.

3. Blood Transfusion

All the above mentioned risk factors cause 94 percent of all AIDS cases in the United States, a typical representative for other industrialized nations. But the remaining 6 percent do not seem to fall into any of the risk categories. Over half of this small percentage "contracted" AIDS through blood transfusions, which to the general population would appear to be a definite indication for HIV to be the cause of AIDS.

However, a closer analysis of the AIDS survival statistics reveals that over half of all blood transfusion recipients die within the first year after transfusion. Exactly the same applies to patients who are not HIV-infected. The risk groups for failing blood transfusions are found among the very young and the very old, and those who are severely injured.

Under normal circumstances, healthy people never get a blood transfusion. They are given only to people who have already suffered from long-standing illnesses or after traumatic medical intervention, such as surgery. Anesthesia alone acts as an immune-suppressant, and the same applies to antibiotics administered after surgery to ward off infectious microbes. If a patient undergoes an organ transplant, he will receive steroids and other drugs that prevent his immune system from rejecting the new organ. Many organ recipients have to take these drugs for the rest of their lives, but since these drugs suppress overall immunity, they often die from "unrelated" problems within a very short time. The treating doctors rarely attribute these deaths, though, to the side effects of the drugs, and tell the deceased's relatives that they tried everything they could to save their loved ones. If these same problems, however, occur in HIV-positive patients, the cause of death is considered to be AIDS. And accordingly, the victims become part of the "statistical evidence" that AIDS can be transmitted through blood transfusion.

In the United States, out of the 20,000 hemophiliacs, who rely on regular blood transfusions, few are diagnosed with AIDS despite the fact that over three-quarters were infected with HIV through blood supply. Mortality rates for hemophiliacs, in fact, have never been as low as they are today.

It has been proven that blood transfusions can bring up false-positive HIV test results. In a study published in the *Lancet*, patients showed the presence of large quantities of HIV antibodies in their blood immediately after blood transfusion, decreasing thereafter. One healthy volunteer who received six consecutive blood injections at four-day intervals tested HIV-negative after the first injection, but with each subsequent transfusion the HIV-positive antibody response increased. The argument that HIV can be transmitted through blood transfusions may, therefore, only be partially true, if it is true at all. As the above experiment shows, blood transfusions can actually produce human retrovirus material that may be identical or similar to HIV. This certainly doesn't mean that an AIDS disease will automatically develop as a result of blood transfusion (most hemophiliacs don't develop AIDS). But if the immune system is already severely damaged or low due to other factors, such as drug abuse or surgery, blood transfusions can greatly increase the risk of developing a life-threatening immune deficiency disease or AIDS (see also "Business with Our Blood" in the following chapter). If blood transfusions can lead to the body producing

antibodies against the HIV human retrovirus, as research has shown to be possible, it is misleading to claim HIV-contaminated blood is solely responsible for HIV infection in blood recipients.

4. AIDS – A Metabolic Disorder, not an Infectious Disease

For several years it has been known that AIDS sufferers develop a drastic imbalance of very important amino acids *before* they actually deteriorate. A balanced protein metabolism is the main prerequisite for a healthy immune system. If the concentration of some of the amino acids in the body is too high or too low the immune system can no longer fight acute infections. This is particularly true for AIDS diseases.

The physiological imbalances related to basic protein metabolism in AIDS patients can be caused by any of the above factors, which all have highly stressful effects on the body. To combat such severe stress, the body triggers stress hormones, such as *cortisone*, designed to break down muscle proteins into basic amino acids needed for emergency reuse. This effectively means that the body is feeding off itself. If the stress persists, the amino acid balance can no longer be maintained, which eventually causes the collapse of the immune system so typically found in the AIDS disease.

During the process of destroying its own cells to obtain essential amino acids, the body has to deal with a large amount of cell debris, including the fragments from destroyed cell nucleus. It seems that some of these DNA or RNA fragments are labeled as the retrovirus HIV. Since there are various types of such fragments, there are also several types of HIV, i.e., HIV1, HIV2, etc. as well. This may explain why there are so many people now who are HIV-positive, but never were infected by HIV-contaminated blood or were in contact with HIV-infected people. Research by Dr. Hulda Clark, Canada, showed that babies can test HIV-positive, despite the fact that their parents are HIV-negative.

HIV is much more common than most people think. Many people who go through periods of extreme stress may have a strong presence of HIV in their blood for which their immune systems produce antibodies. Since they are unlikely to test for AIDS, they may never find out that they have encountered this virus. Even if they underwent a reliable AIDS test, they may not test positive for HIV1. However, if the test also searched for presence of antibodies for HIV3 or another of its variations, these individuals may now turn out to be HIV positive. For many years, the testing facilities in most countries could detect only one of the many HIV types. Today, a person's blood may be screened for two types of HIV, which is still not enough to determine whether he is HIV positive or not (considering the high false-positive rates of HIV tests).

Unless the individual's stress reaction continues, he may lead a perfectly healthy life. But if stress-caused cellular destruction becomes a long-term issue, the amino acid balance becomes increasingly disturbed. This in turn may drain the immune system to such an extent that it can no longer defend the body against even the low level infection-causing agents that permanently linger in everyone's body. When the host's immune system fails to neutralize the germs, a simple bacterium can cause a life-threatening infection, as seen among many AIDS patients.

Drug addicts, very active homosexuals, babies born to mothers with an unbalanced amino acid pool, people who are in need of a blood transfusion or had one, and those who are undernourished, starving, or are otherwise traumatized, all are suffering from an unbalanced amino acid pool and are, therefore, possible candidates for HIV particle generation. Intense stress responses cause the breakdown of cell nucleus, which results in an increased presence of DNA or RNA fragments. The first and natural response by the body is to produce antibodies to these fragments. As mentioned before, Multiple Sclerosis, malaria, hepatitis B and C, tuberculosis, glandular fever, papilloma virus warts, and many other ailments can cause

the body to make antibodies for the retrovirus p24. If immunity becomes subdued through any major illness or constant stress, a flood of disease-causing agents begin to invade the body. Wherever the body is most vulnerable and exposed is where the AIDS disease is likely to strike first.

Narcotic Drugs and Rectal Intercourse Can Cause AIDS

Use of intravenous morphine and heroin alters the basic metabolism of the body. The body's own natural morphine compounds, called *endorphins*, are not only capable of reducing pain and producing euphoria, but they also suppress hunger sensation. People who use heroin or morphine tend to lose their appetite and subsequently stop eating and taking enough fluids. The body, while detecting a famine and dehydration, begins the cortisone release mechanisms to try to survive the food and water shortage. When this mechanism reaches a certain level, it will cause an imbalance of the amino acid pool in the blood and lead to an increased breakdown of cell nucleus. The DNA assembly line (double-stranded helix) collapses into its segments of proteins which the body, in turn, uses to restore the amino acid balance to whatever extent possible. These fragments are what tests reveal to be HIV particles. HIV results from a strong imbalance of essential amino acids in the body, which in this case is caused by drug abuse.

This understanding of HIV matches the basic characteristic of HIV being a human retrovirus, and due to its natural design, is not able to kill or harm cells. HIV by itself has no capability of entering a living cell and breaking up the DNA or RNA assembly line, but the body's own *cortisone* can if stress is severe and prolonged enough.

Intravenous drug users who share HIV contaminated needles may test HIV-positive as a result of exposure to the foreign DNA fragments (HIV), but if they die from an AIDS disease it is because of an imbalance in their own amino acid pool. The continued depletion of certain amino acids such as *cystine*, *cysteine*, or *tryptophan* leads to a suspension of antibody production and, eventually, to a total collapse of the immune system. This is AIDS. All intravenous drug users are at risk of eventually producing HIV particles and developing AIDS diseases.

The same applies to people who have regular rectal intercourse, not because they can infect each other with HIV, but because this unnatural form of sexual practice causes constantly occurring intestinal injury, thus depleting the body's amino acid reserves. As a result of the constant internal injuries, a massive number of cells have to be dismembered, cleared, and replaced continually, which produces a long-term depletion of the body's protein reserves. When one or more amino acids become depleted, DNA or RNA molecules break apart, leaving behind their protein fragments labeled HIV. Therefore HIV is the *effect* of immune deficiency and *not* its cause.

The cells of AIDS patients are consistently short of the amino acid *cysteine* and its precursor *cystine*, which may result from one or several of the causes mentioned before. Laboratory research has demonstrated that when amino acid depleted cells are given back the missing amino acids, these cells stop producing HIV particles because their DNA and RNA molecules are able to sustain their assembly line.

In addition, regular discharge of human semen into the rectum, which has no natural defense lines against the immune-repressive properties of the semen that bathes the sperm, eventually leads to a shutdown of normal repair work and cell replacement. This causes chronic toxicity, which also acts as a constant blow to an already weakened immune system.

Malnutrition, Dehydration, and Starvation Can Also Cause AIDS

As in drug-caused malnutrition, lack of proper nourishment activates the body's stress responses to the point that it starts feeding on itself. This is necessary to keep the amino acid pool balanced. But when too many muscle cells are broken down to release the missing amino acids, large amounts of DNA or RNA fragments are generated which the body tries to neutralize by producing antibodies. The same stress response occurs in cellular dehydration. A severely dehydrated person would, therefore, test HIV-positive.

In the developing world, particularly in Africa, malnutrition, dehydration and starvation have existed for centuries. During a famine, people naturally start feeding on their own bodies. The byproduct of this survival attempt of the body is HIV material, consisting of DNA or RNA fragments. Consequently, the immune system produces antibodies to render these viral particles harmless. Although many of the people in Africa have received inactive HIV from their parents, who at some stage in their lives have gone through a famine, others have produced it themselves from their bodies' natural response to malnutrition.

Wherever the AIDS test is introduced in developing countries, large numbers of the population test HIV positive either because of false-positive HIV tests or because they or their parents once had to endure a famine. The HIV of the latter group is mainly the result of malnutrition or related illnesses, which is clearly demonstrated in the case of the 360,000 HIV-infected and undernourished Haitians. By contrast, the HIV of developed countries results mostly from the above mentioned causes. Although HIV and AIDS are two completely separate issues, they can occur in combination with one another:

1. In developed countries where homosexual intercourse, intravenous drug abuse, and blood transfusions are very common.
2. In Third World countries where wasting disorders such as "slims disease," tuberculosis, and malaria exist in epidemic proportions.

5. AIDS Drugs Cause AIDS

Christie's story is a sad one. Her two foster-care children, Daniel and Martha, have tested HIV positive. Their birth mother, Christie's niece who is a long-term drug user, was unable to raise the children, so Christie offered to take care of them. Daniel had twice been sent to a Children's Center for HIV-positive children, once soon after he was born, and when he was four years old, and again recently. Her other child had also been taken to the center several months ago and has been kept there since. Christie was accused of being a negligent parent because she refused to give her children the prescribed AIDS drugs.

These children have had a clean bill of health and never showed any sign of illness. But when city health agencies found out the kids weren't on the drugs, they removed them from their guardian and sent them to an AIDS clinic for mandatory treatment, and after that, to the Children's Center. Each day they are forced to take a cocktail of powerful, debilitating and potentially fatal AIDS drugs, such as AZT, Nevirapine, Epivir, Zeret, and others. Many of the children there are unable to tolerate so many medications, and so they are drugged through a tube in their stomachs. If a child refuses drugs too many times, they take them away for an operation to feed the drugs directly into the stomach.

And what is the purpose of drugging those healthy HIV positive kids? AIDS research is going to generate the biggest profits from drug sales in the world. There is a whole list of drug studies on children either still running or recently concluded. The research is sponsored by government agencies such as National Institute of Allergy and Infectious Diseases and National Institute of Child Health and Human Development, and huge pharmaceutical companies such as Glaxo, Pfizer, Squibb and Genentech. One of the studies, "The Effect of Anti-HIV Treatment on Body Characteristics of HIV-Infected

Children” seeks to identify the causes of “Wasting and Lipodystrophy [fat redistribution]” by using drugs known to cause wasting and lipodystrophy. Another study looks at “The Safety and Effectiveness of Treating Advanced AIDS Patients between the Ages of 4 and 22 with Seven Drugs, Some at Higher than Usual Doses.” Although the seven drugs in the study are all known to cause some of the most severe side effects seen by any drug on the market, they are administered at “higher than usual doses” in four-year-olds. A third study using the drug *Stavudine* by itself, or in combination with *Didanosine*.” The combined drug cocktail has killed pregnant women.

Then there is the vaccine study involving children of ages 2 months to 8 years. The children are being administered “live chicken pox virus,” despite the fact that live virus vaccine can actually cause chicken pox.

Another study measures “HIV Levels in Cerebrospinal Fluid.” To obtain cerebrospinal fluid, it has to be gathered from a spinal tap, a dangerous and invasive procedure. And although this may be hard to believe, there is a study on HIV-negative children who were born to HIV-infected mothers that uses an experimental HIV vaccine. The parents or guardians of these legally kidnapped children are rarely ever informed that their kids are subjects or rather, guinea pigs, in these clinical trials. The law prevents them from trying to save their children from the holocaust of human experimentation. The National Institute of Health (NIH) is legally permitted to use HIV-positive children of impoverished, drug-addicted mothers unable to care for them as test subjects. So far, dozens of trials with AZT and Nevirapine were conducted through the late 90s. And there are 227 studies ongoing or currently completed. The studies are sponsored by NIH subdivisions; many are cosponsored by the pharmaceutical companies that manufacture the drugs being tested. The studies use the standard AIDS drugs: nucleoside analogues, protease inhibitors and Nevirapine. Side effects described on the warning labels of these drugs include:

- Interfering with normal cell division
- Cancer
- Heart Disease
- Preventing formation of new blood
- Bone marrow destruction
- Anemia
- Death in pregnant mothers
- Spontaneous abortion
- Birth defects
- Severe liver damage and liver failure
- Pancreatic failure
- Muscle wasting
- Developmental damage
- Death in children and adults
- Cancer
- Interference with the body's ability to build new proteins
- Bizarre, grotesque and often fatal physical appearance
- Wasting in the face, arms and legs
- Fatty humps on the back and shoulders
- Distended belly
- Organ failure due to drug toxicity

- Steven-Johnsons Syndrome – a grotesque, violent skin disorder

Despite the fact that these poisonous drugs destroy the human immune system (=AIDS) and have not shown to have any curative effect, they are nevertheless prescribed routinely now. The producers of AIDS drugs protect themselves against liability suits by placing the following notice on the drug labels:

“This drug will not cure your HIV infection. Patients receiving antiretroviral therapy may continue to experience opportunistic infections and other complications of HIV disease. Patients should be advised that the long-term effects are unknown at this time.”

The only reason people take these drugs is because they test positive for HIV. Their only (often fatal) mistake is that they don't read or understand the HIV test kit labels and the drug labels. This is especially sad when children are involved.

The Administration for Children's Services (ACS) came down hard on Christie for not drugging her son Daniel. They forced Daniel to go on the “miracle drug” Nevirapine and within six months, he was on life support due to organ failure. When they put her healthy daughter Martha on a cocktail of AIDS drugs, it completely destroyed her immune system, making her susceptible to constant disease flare-ups she otherwise would never have experienced. The main question is why are doctors permitted and even encouraged to treat AIDS patients with drugs that kill their immune systems? Wouldn't it make more sense to help them build their immunity? These questions will need to be raised again and again if we want to tackle disease in general and AIDS-type illnesses specifically.

Summary: HIV, which consists of human DNA or RNA fragments, cannot be considered to be the cause of AIDS. AIDS, which is an umbrella name for a number of different illnesses that all share a disrupted metabolism and immune system, is caused by one or several major risk factors. If a healthy person *acquires* HIV through an external source, i.e., through contact with HIV-infected blood or through the mother, it is rendered harmless and inactive by the host's immune system. Such a person would have produced antibodies for HIV in his blood just as he would for any other previously encountered viral particles. He is in no greater danger of developing an AIDS disease than any other person without HIV does, as can be seen, for example, in the vast majority of HIV-infected Africans or Asians.

The occurrence of DNA or RNA fragments (HIV) in the blood of a person who actually *produces* abnormal cell destruction, on the other hand, indicates the presence of a serious immune deficiency. Malnutrition, starvation, dehydration, recurring injuries, or cell suffocation from internal congestion results in an imbalance of the body's amino acid pool. To correct such an imbalance the body begins to break down its own cell nuclei in order to obtain the missing amino acids. If there is a shortage of even one amino acid in the body, the percentage composition of all the other amino acids also becomes unbalanced. This can have a simultaneous catastrophic effect on the cells and their nucleus throughout the body. The destruction of cell nucleus results in DNA or RNA fragments; the fragments consist of human proteins called retrovirus. HIV is one the many retroviruses that can be generated in this way. Thus, HIV, which is generated within the body through destruction of cell nucleus, cannot be considered to be the cause of AIDS; it is an unavoidable byproduct of the body's fight for survival. This fight may eventually lead to the destruction of the immune system which is called AIDS.

AIDS – A Process of Awakening

Mankind is rapidly awakening to a new level of understanding that will discriminate between false and correct information. We are living in a time where scandals can no longer be concealed from the public eye. Whatever may be the truth about any subject, it will eventually dominate in collective consciousness. People will simply know from within themselves what is right and what is wrong. The AIDS phenomenon is one of today's great challenges that can urge someone to search for the solutions to his problems within. Andrew, who was my first AIDS patient, made this realization almost instantly.

When I met Andrew 5 years ago, he was a young homosexual with fully developed AIDS symptoms. He was emotionally unbalanced, depressed and extremely sensitive. He lived in Athens, where, in his opinion, nightlife was the only thing "worth living for." First, I motivated him to become a "day person" again. The Ayurvedic routine, cleansing procedures, improved nutrition, daily meditation, etc., soon improved the multiple lesions on his skin, steadily increased his T-cell counts, and what he felt was most remarkable, improved his appetite and digestion. With all that, his joy of living returned, but the new kind of joy was quite different to what he had ever before experienced. It was the joy of waking up, of appreciating the sun, nature, and day life, rather than clubs, drugs, and nightlife.

When I met Andrew a few years later, he was completely free of all signs of AIDS. He was used to the idea that he was still HIV positive, and with the understanding I was able to provide him with about this virus, it wasn't even important anymore whether he had antibodies against it or not. What he knew was that he had overcome AIDS, which was most essential for his self-esteem and happiness. The stigma of HIV was no longer a matter of disgrace to him. Andrew had changed from being a victim of a disease (that didn't exist) to a person worthy of love, appreciation and recognition. This is what AIDS can do. It can awaken a person to living his life with greater love, dignity, and purpose.

CHAPTER 13



Global Misinformation

1. Antibiotics, Bugs and Why We Attract Them

Are Antibiotics Really Necessary?

Antibiotics have dominated the field of health for nearly fifty years. Known as a “magic bullet” treatment or “miracle drugs,” antibiotics, meaning “against life”, can speedily destroy hordes of disease-causing bacteria. They are the most popular choice of the medical profession with regard to stopping infections, relieving pain, or curing numerous types of diseases. For every illness there is a man-made drug which promises quick relief. At least one of every six prescriptions written each year is for an antibiotic drug.

Having grown up in a generation where antibiotics are readily prescribed for a stubborn case of cystitis, a sore throat, or the common cold, we may accept without hesitation that the “magic bullet” we are given is the best option to deal with an infection that has been caused by bacteria. Although every medical student knows that viral infections, (including those that cause cold and flu), do not respond to antibiotics, millions of people who are afflicted with these ills still receive antibiotic prescriptions from their doctors. In 1983, more than 32 million Americans visited a doctor for treatment of the common cold and 95 percent of them went home with a prescription drug. More than half of them were unnecessarily given a prescription for an antibiotic.

Patients are rarely informed that even one dose of broad spectrum antibiotics can severely damage the natural flora of the intestinal tract and the blood-forming red bone marrow for as many as four to five

years. What is most disturbing about all this is that many doctors themselves don't know that penicillin, for example, won't cure a cold or flu. In the majority of cases, patients do not even read the list of side effects written on the drug labels or direction sheets. Because of their very design, antibiotics impair the immune system and hence may sow the seeds for more serious problems in the future than a simple cold. Besides, a cold is not an illness, but the body's first best emergency response to rid itself of toxins; the virus only serves as a trigger for this response to occur. If a cold does occur, it should be considered a blessing rather than a curse.

Since most people prefer a quick-fix "cure" to a time-consuming one, antibiotics have become one of the most preferable forms of treatment today. However, it may take at least 24 hours before infection-causing bacteria can be identified. So the doctor, being pressed for time, tends to use a broad-spectrum drug that can wipe out every microorganism it meets, including those that help us to *fight* disease. This may be justified in the rare event of a life-threatening infection, but certainly not for the vast majority of relatively mild infections. In a large number of cases, specific antibiotics are administered to patients with symptoms of infection even before the lab sample has been analyzed. The chances that they have received the wrong drug, or have taken it for no reason, are at least fifty percent.

If a patient leaves the doctor's office empty-handed and only receives advice on how to deal with his illness in a more natural way, he may think that his doctor hasn't done his job or is irresponsible. The physician too, facing a viral infection, often prefers the comparatively "safe" option of an antibiotic to being blamed for not doing enough for the patient, particularly when the patient is a child. Otherwise, he might even risk a lawsuit against him. Even though the probability that a child really requires antibiotics is as low as 1 in 100,000, nearly 95 percent of all children taken to the doctor are given such drugs. In most of these cases, antibiotics are being abused to act as placebos "to please" overly worried mothers.

Antibiotics Damage the Immune System

"Antibiotics can hijack the immune system, leaving the body unable to defend itself," says New York-based family physician and natural medicine advocate Fred Pescatore, MD, author of *Feed Your Kids Well* (Wiley). These anti-life drugs are routinely prescribed for infections, including benign ones. An infection, however, is not a disease; it rather is the body's natural response of neutralizing and removing toxic substances that have been caused by such simple events as overeating, dehydration, consumption of junk foods, and previous exposure to antibiotics. The body has to pay a high price for being forced to deal with antibiotics. The poison of the drug destroys not only infection-causing microbes, but also friendly bacteria that help us digest our food, remove toxins, and produce important micro-nutrients such as B-vitamins. As these essential bacteria become increasingly depleted the population of harmful bacteria begin to increase in number and finally dominate in the intestinal tract (see section on *Candida*), turning even nutritious foods into pure poison.

The immune system, of which 80 percent is located in the intestines, tries to neutralize the hostile bacteria and the poison by mobilizing its defense forces. The result is inflammation, which may occur anywhere in the body. Swellings of the lymph nodes, fever, skin eruptions, etc., are indications that the immune system is responding and still active and intact. This fight can take from 2-6 days or longer, depending on the extent to which a previous course of antibiotics has suppressed the immune system, and damaged the natural intestinal flora. Antibiotic treatment only succeeds in masking the symptom while giving the impression that we have conquered the illness, whereas in truth, we have made it worse. We will actually have prepared the ground for chronic disease. The toxins are still in the body; this time,

however, they are no longer circulating, but are deposited in the more hidden structures of the body, i.e., the tissues and organs. Much of the antibiotics remain in the liver, which changes bile flora and causes gallstones to be formed both in the bile ducts of the liver and in the gallbladder.

Each further course of antibiotics continues to impair the immune system and intestinal flora, as well as the bile flora, making room for disease-causing microbes to spread throughout the body. With regular intake of antibiotics, the immune system becomes so weak and passive that it is no longer able to defend the body against real life-threatening diseases like cancer, MS, and AIDS. This applies to people everywhere, both in the developed and the underdeveloped world.

For decades, large groups of the East African population have been exposed to antibiotics for “experimental purposes.” Many drugs that have been banned in industrialized nations because of life endangering side effects can now be found in the drug stores of developing countries. Their powerful immune-suppressive effects may explain the appearance of many new types of diseases that have never occurred in such countries before. Consequently, they may have triggered the recurrence of old infectious diseases.

Biological Warfare

The antibiotic approach of treatment is costing human society more than anyone could have anticipated. The bugs that were “successfully” subdued for decades with antibiotics are now taking revenge, producing what is known as “antibiotic resistant organisms,” i.e., germs that defy antibiotic treatment.

Antibiotics stop the symptoms of disease by destroying harmful bacteria. Since the drugs cannot discriminate between good and bad bacteria, they also damage the intestinal flora as well as the bile flora. Because antibiotics are products of microbes that have been derived, for example, from carcasses, they are deadly for living bacteria.

It is a law of nature that every living organism wants to live and survive for as long as it possibly can. Bacteria that are exposed to regular supplies of the toxic anti-biotic substances will, therefore, try to become immune to the poisons. To survive such assaults they have their own sophisticated defense strategies, which are in a way similar to ours when we need to defend ourselves against invasive bacteria or viruses. One possible way for bacteria to evade an antibiotic attack is to mutate their genes. As a result, the bacteria become resistant to the active ingredients of a drug, which renders the drug ineffective. You may have wondered why so many brands of antibiotics stay on the market for relatively short periods of time. One reason for this is that the bacteria have outsmarted the antibiotics, and more powerful drugs need to be employed to kill the newly mutated strains of bacteria. Another reason for being withdrawn from the market is the more frequent occurrence of serious side effects that arise from giving the drugs to large numbers of people.

What is most disturbing is that the more we use these drugs, the more resistant the bacteria will become. Top researchers in this field already admit that they are fighting a losing battle. We have overused antibiotics to such a degree that every disease-causing bacterium has now mutated versions that resist at least one antibiotic.

When an antibiotic attacks a colony of bacteria, *most* of them die. Yet some of the microbes know how to survive because they harbor mutant genes that resist their destruction. These mutant bacteria then pass on their resistant genes to other bacteria and within 24 hours each of them may have left an estimated 16,777,220 offspring, equally resistant to the antibiotic drug.

The nightmare doesn't stop there. The mutant bacteria begin to share their resistant genes with other unrelated microbes they come into contact with, making all sorts of micro-organisms resistant to treatment as well. The well-known microbiologist Stanley Falkow once said that bacteria are "clever little devils" that can become resistant to drugs they've never met and anticipate confrontations with other ones. In this way, bacteria become super-germs or super-bugs, capable of evading any attack through drugs. They lurk particularly in places where antibiotics are used more often than elsewhere, i.e. hospitals and nursing homes. According to recent research findings, five to ten percent of all people checking into hospitals today are going to get infected as a result of antibiotic resistant bacteria lodging within these buildings.

Except for the sterile environment of surgery theatres, the super-bugs can be found riding on dust particles of the heating and air-conditioning systems, in bathrooms and toilets, and even in the food. They account for most of the deaths in hospitals today. The super-bugs "choose" those patients whose immune systems have already been impaired through sickness, surgery, and/or previous encounters with antibiotics. Under normal circumstances we can live with the bugs without ever getting infected and if we do get infected, our body can deal with them effectively and become immune to them at the same time. This natural resistance to the bugs decreases drastically with the first course of antibiotics taken for a simple infection.

Because of the excessive use of antibiotics in and out of hospitals, antibiotic resistant organisms have now become the commonest cause of infection. To make matters worse, in many countries people can now acquire antibiotics over the counter. Since precise dosage depends on the individual and the potency of the infection, and since there is no set time limit to the number of courses a person may require, antibiotics can never be considered "safe." Interrupted intake or too low a drug dose can encourage the growth of resistant bacteria, which then can be passed on to other people as well. This may increase the risk of infection for those who are near a person who takes antibiotics and may explain why infection is higher in families where they have been used before.

Indiscriminate use of antibiotics seems to be doing more damage than we can even begin to understand. Antibiotics are among the most powerful immune suppressants that exist. Most people who are ill and die don't actually die from their diseases. They die from opportunistic bacterial infections while their immune systems are low. This applies to cancer, AIDS, and most other killer diseases. Autopsies revealed that many of the patients who died from an "AIDS" disease had never actually been infected with HIV but were killed by *antibiotic resistant super-bugs*. The bugs caused similar symptoms to the ones considered being AIDS-diseases.

Losing the Battle with Disease?

The world is not only experiencing a vast number of new man-made epidemics, but old ones, too, seem to be making a comeback. In 1978, the United Nations adopted a "Health for All, 2000" resolution, setting the goals for eradicating infectious disease by the century's end. But the germs didn't co-operate. Apart from at least 29 previously unknown diseases, 20 well known ones have re-emerged, including malaria, tuberculosis, pneumonia, cholera, yellow fever and dysentery. The germs causing the diseases are rapidly mutating to forms beyond the reach of today's antibiotics.

Drugs that once cured malaria are being foiled by the mosquito-borne-parasite. Its "changing coat" of mutations baffles scientists. The "super drugs" of yesterday have become today's weapons of self-destruction. A century of using quinine-based drugs as a prophylactic in people who did not even have

malaria has fostered the evolution of new strains of quinine-resistant malaria that defy conventional treatment.

Hemorrhagic dengue, another mosquito fever, has struck in India, Africa, and parts of Latin America for the first time in at least a half-century. An Asian strain of cholera reached Latin America in 1991 and at least 1.3 million people have been stricken. But not only is the developing world afflicted. The U.S. death rate from infectious diseases rose 58 percent between 1980 and 1992. In 1995 hemorrhagic dengue reached Texas. We seem to be in a battle we cannot win. What is most disconcerting is that those who have used the “magic bullet” approach to disease in the past have contributed greatly to the new wave of infectious diseases that are sweeping the globe. In a sense, man is now forced to become aware of his mistakes and to employ natural methods of healing instead of drugs that are designed to kill biological organisms. Tuberculosis (TB) is a typical example of this learning process.

Tuberculosis – Nature Fighting Back

Once killer disease number one, TB has now developed multiple drug resistance and claims millions of lives each year. The World Health Organization has declared TB a global emergency. In 1990 the disease earned itself the title of being the world’s number one killer pathogen, responsible for the deaths of nearly three million people worldwide. Fifty years of using antibiotics in the treatment of diseases have made the TB bug so resistant to treatment that wherever it finds a fertile ground it causes death, especially in developing countries where hygiene is often very poor.

The Western Hemisphere, however, is no longer safe from TB either. The first modern epidemic broke out in New York in 1990 followed by others in several parts of America and Britain. The super-bugs can travel around the world in almost no time. AIDS patients and those regularly treated with antibiotics or living in poor and unhygienic environments are particularly endangered. Out of the 40 variations of antibiotics available for the treatment of TB, only one or two still seem to have an effect. What is going to happen when the TB pathogens become resistant to them as well, or when they are given to persons whose immune systems are already greatly impaired, is difficult to imagine. Nobody can foresee the consequences of our collective action that has made antibiotics to be the treatment of preference for infectious diseases. But you and I can make a difference when it comes to creating a healthy world by choosing not to use antibiotics unless it is in an emergency.

Several years ago a major report on drug prescription revealed that 80 percent of all prescribed drugs are of only “marginal” use which means that it would not make a difference whether we took them or not, except for the side effects they produce. We are now reaping the consequences of this massive abuse of “medical” drugs. We have created an entire armory consisting of highly sophisticated antibiotic resistant weapons – super-germs that defy even the smartest of treatments.

TB took 1,000 million lives within the previous two centuries, but then the deadly disease was nearly eradicated from the surface of the earth through a combination of public hygiene measures and antibiotics. One may argue that without the use of antibiotics the disease could never have been brought under control. However, the latest statistical reviews show that TB had decreased *dramatically* through the introduction of new hygiene measures *before* TB-antibiotics were introduced. This clearly demonstrates that antibiotics did not eradicate TB, but improved hygiene measures did.

Today, the situation is not much different. TB strikes where hygiene is poor. Good hygiene, however, does not only include having clean fresh, water, nutritious food, and proper sanitary conditions, it is a measure of how clean we are inside our body. Dirt is a major source of spreading infectious diseases.

Modern lifestyle and eating habits have turned our intestines into pools of filth – ideal breeding places for microbes.

TB and other infectious diseases that defy modern treatment compel man to make major changes for himself and his world. In fact, to live comfortably and without mass epidemics we will have to change nearly everything, from improving our diet, balancing our lifestyle, drastically reducing environmental pollution, to increasing psychological health. These are the factors that make all the difference when it comes to building natural resistance to disease-causing germs of any kind, including TB.

Antibiotic resistant organisms cannot be eradicated from the surface of the earth, and this may not even be necessary. Although genetically mutated, they are still microbes that require an unclean environment to live and to survive; their population is naturally reduced in size when their food supply becomes limited. Our body's "ecosystem" is not exempted from this law of nature. The belief that man is powerful enough to bypass the laws of nature and use antibiotic drugs for minor infectious diseases is crushed by a few evasive microbes which we cannot even see with our bare eyes. The more people stop "feeding and fighting" them, the less dangerous they will become for us humans. This is a major lesson for survival on the planet.

Candida – Microbes versus Microbes

An increasing number of Natural Health Care Providers acknowledge that having a clean intestinal tract that has the proper balance of "beneficial" and "destructive" bacteria is one of the most important foundations necessary for optimal health. A healthy intestinal tract is inhabited by over 400 different species of bacteria, of which there are thousands of strains. The delicate balance between the two basic types of bacteria constituting the intestinal flora easily becomes easily disturbed through use of antibiotics.

One of the most common side effects of using antibiotics against infection is the overgrowth of *Candida albicans* – a natural and even necessary yeast inhabitant of our gut. A popular misconception is that *Candida albicans* is a prime enemy of the body and, therefore, should be eradicated by all means. But nothing could be further from the truth. *Candida albicans* is one of the essential microorganisms in the body that are termed "saprophytic," meaning, they decompose dead, potentially toxic tissue. *Candida* only proliferates when there is a need to help the body prevent a major toxicity crisis. *Candida albicans* is not out to harm the body. *Candida* overgrowth problems tend to gradually lessen as the body detoxifies.

Candida albicans also helps to break down sugar. When carbohydrate digestion is incomplete or impaired, you can expect a drastic increase in of these microbes. Under normal circumstances, *Candida*, which lives in most mucus membranes, is kept in check by what is generally considered beneficial bacteria, such as *lactobacillus acidophilus* and the *bifido* bacteria. We have more friendly bacteria in our body than we have cells and one third of our eliminated fecal matter consists of these tiny helpers; without them we could not live.

Antibiotics, which target the specific microbes linked to infection, also kill off the friendly bacteria and subsequently *Candida* production goes into overdrive and spreads like mold throughout the intestinal tract. This interferes with the activity of enzymes that break down food, resulting in poor digestion and bloating. If the *Candida* continues to grow, it develops tentacles that penetrate the bowel walls allowing toxins to enter other parts of the body, including the brain. This can cause an entire range of physical and emotional symptoms. They include sinusitis, ear infections, gastro-intestinal dysfunction, weight gain, water retention, hormonal imbalance, mental confusion, depression, insomnia, anxiety, chronic fatigue, vaginitis, increased pre-menstrual tension, urinary tract infection (cystitis), oral thrush, skin and nail infection,

conjunctivitis, constipation, kidney problems, gallstones, and food cravings, particularly for sugar and sweets.

Besides antibiotics, other drugs, including the contraceptive pill and Hormone Replacement Therapy (HRT), have been shown to cause *Candida*. The latter two increase vaginal glucose by up to 80 percent, which means more food for the *Candida* bacteria. The typical junk food diet of modern life high in fat and sugar contributes to a further spread of *Candida*. Like most other diseases, *Candida*, too, is but a toxicity crisis, and merely one of the body's natural responses of the body to rid itself of accumulated toxins. *Candida* spreads wherever there are toxins that need to be "digested." Any weakening influence that robs the body of its energy reserves leads to a build-up of toxins and helps to spread *Candida* further.

Dealing with Candida Infection

A survey of 3,000 patients who had been treated for *Candida*-related problems revealed that 90 percent of them had reported excessive and prolonged use of broad-spectrum antibiotics before being infected. Antibiotics cannot eradicate *Candida* bacteria. The more you try to get rid of them with drugs the more resistant they become and the faster they repopulate.

If you are infected with *Candida* you can starve them by depriving them of the toxins and foods that cause them to multiply. As long as there are gallstones in the liver, re-infection is almost guaranteed. A series of liver cleanses until all stones have been released and three days of fasting with only taking water is one of the fastest ways to deal with them, although the latter may be difficult for many people, especially if they are Vata types. Once their food source (toxic waste) is reduced, the yeast bacteria will soon begin to withdraw to their original sites and diminish. Consequently, a diet consisting of foods that cause the least amount of digestive trouble and toxicity is able to restore the intestinal flora. Eating freshly cooked fresh vegetables, Basmati rice, millet, beans, lentils, poultry (only if unavoidable), freshly prepared vegetable soups, rice crackers, oatmeal porridge, and bananas are suitable for *Candida* sufferers. Avoid meat, fish, and other dead food or their products. Remember, destructive bacteria target dead cells. Drink plenty of fresh water and herbal teas that have a bitter taste, *chaparral* being one of the most effective ones. Also 2-4 cups of *Lapacho* tea a day can help quickly clear *Candida*. The same applies to green tea and cranberry juice concentrate. The product *Primal Defense* has also shown to be beneficial for some *Candida* sufferers.

Apply the muscle test to all the foods and beverages you normally consume. It is most likely that the following food items will make your arm muscle weak and further the growth of *Candida*: Sugar, yeast or yeast-containing foods such as bread; cakes, biscuits, chocolate, other sweets; tomato ketchup, fruit (except banana), alcohol, marmite, mushrooms, hard and blue cheeses, fermented products such as vinegar; coffee, tea, soft drinks, cigarettes or any other stimulants. It will also be necessary that you go off the Pill and HRT, if applicable. After a month you may be able to reintroduce some of these foods to your diet, but if you find you get bloated again they are most likely not part of your natural body-type diet. *Candida* can be a way to lead you towards a healthier and more fulfilling lifestyle (refer to chapters 6 and 7 for details).

Are Antibiotics Responsible for the Narcotic Drugs Epidemic?

The overuse of antibiotics may have ruined not only individual lives but also entire families. American research showed that the use of narcotic drugs rose by 400 percent within a period of twenty

years (1968-1988); the research linked 95 percent of the total increase to the frequent intake of prescribed medical drugs by the subjects prior to drug involvement. Only five percent of the total increase during this period was presumably caused by factors such as curiosity, pressure by social groups, drug cartels, etc.

Recent findings in the field of neurophysiology offer some explanations as to how antibiotics may cause substance addiction. Once ingested, antibiotics, as well as painkillers, tranquilizers, and mind-altering drugs, occupy receptor sites on the surface of our cells which trigger the corresponding expected responses such as relief of pain, calmness, or lessening of depression. Occupied by these external chemical agents, the cells' receptor sites can no longer receive and respond to the body's own drugs. Naturally, the body begins to reduce production of its own drugs like *endorphins*, *interleukins*, *serotonin*, *dopamine*, etc. These drugs are related to the experience of satisfaction, happiness, and creativity, something a person naturally wishes to have.

Endorphins, for example, consist of very strong *morphine* compounds that are needed for a "happy" and harmonious functioning of the entire mind/body system. We are naturally addicted to them. When they are no longer secreted in sufficient quantities, we begin to look for alternatives. Constant strong cravings for chocolate, alcohol, sugar, tobacco, etc., may already indicate a reduced secretion of these brain drugs. When someone begins to have the feeling that he desperately "needs" a coke, a coffee, or a drink, he is already addicted and has interfered with the production of the body's own pleasure drugs. Further interference may even urge him to look for much stronger *morphine*-type or *morphine*-producing substances which promise to give him the relief or pleasure that his body is no longer able to supply.

The regular use of antibiotics and other medical drugs by young people is certainly not the only cause of interfering with the production of the body's own pleasure drugs. Addiction to narcotic drugs is a complex problem that involves unresolved personal conflicts, family issues, social discrimination, and certain amount of karmic discrepancies which all interfere with happiness in life. Narcotic drugs are certainly not the main culprits that make the young people addicted. Their inner lack of happiness and pleasure hormone production makes them already "addicted" long before they get tempted to go on a "trip." Only dissatisfied and unhappy people, regardless of age, background, or social status feel the urge for external substitutes of happiness. They all belong to the risk group of substance addicts.

Regular courses of antibiotics given to babies and children may not only impair many of the vital functions in their body, including digestion and immunity, but also deprive them of the sense of internal happiness and satisfaction in life, and what's even worse, rob them of the basic right of development. A nine-month survey by the Development Delay Registry of 800 families in the US found that children who had taken more than 20 courses of antibiotics between the ages of one and 12 years were 50 percent more likely to suffer from developmental problems, from autism to speech difficulties. Most of the affected children had been developing normally before they were put on antibiotics.

During a medical conference, doctors reported observing children between the ages one and two regressing, losing their speech and developing signs of withdrawal and behavioral problems after being administered antibiotics. Children who have taken antibiotics often show signs of restlessness, anxiety, boredom, irritability, and outbursts of anger. Antibiotics may therefore indirectly contribute to substance abuse, whether it is tobacco, coffee, alcohol, or non-prescribed drugs.

Nature Knows Best -- Clearing Infection Naturally

Nature has a cure for every ill. This feature is a built-in necessity to sustain life on the planet. If nature were not able to cure itself from disease, life on Earth would have vanished millions of years ago. All the

forms of vegetation, including the trees, flowers, fruits and vegetables, as well as all the animals and insects down to the smallest amoeba and bacteria, are equipped with highly sophisticated defense mechanisms to maintain their own and the planet's existence.

Man's immune system is the most sophisticated among all species and can develop immunity to any invading organism. The power of our healing system, however, depends on our thoughts, feelings, emotions, the foods we eat, the quality of the air we inhale, the water we drink, the environment we are in, and the things we choose to do, see, and hear. If all or most of these various influences make us feel good, our immune system remains efficient. Even one lingering depressing thought or fearful emotion is sufficient to suppress the immune system, which may make our body susceptible to invading microorganisms. Recent research found that *toxic* personalities have a much higher risk of becoming ill than *positive* personalities do.

To understand how such simple things as negative thoughts, emotions, or physical experiences can quickly disrupt the energy distribution to the body's muscles, organs, and immune system, apply the muscle test described in chapter 1. It will help you become more selective in what you think, do, see, hear, and eat. To support your immune system in its fight against disease or infections you can use natural remedies known in the traditional forms of medicine.

Ayurvedic Medicine, Chinese Medicine, and Homeopathy, for example, offer excellent remedies for almost every ill. They do not interfere with the mechanism of healing in the body, as is the case with drugs. Instead, their cleansing procedures and immune-stimulating medicines make it easier for the body to rid itself of toxins or fight microbial infection. A major *side benefit* of these natural methods and substances is that they are much more likely to trigger a good placebo response in the body than drugs do.

If you suffer from an infection or any other illness, there is no reason to panic! Your attitude to the disease is the most powerful tool you have to overcome the problem. Fear interferes with your body's healing response. If you ask a friend to test your arm muscle while experiencing this fear you will find that your energy flow to your muscles is extremely low. Instead of succumbing to this weakening influence decide to take positive steps to support the body in its healing efforts. Trust that there cannot be a better doctor in the world than your own body because it is equipped with the best pharmacy that could ever exist. It is best to use natural cleansing remedies (that pass the Kinesiology muscle test) before considering taking antibiotics or other drugs. The latter are useful and necessary *only* in life threatening situations. And if they are taken, it is good to counterbalance the harmful side effects through a program of cleansing.

For example, coffee enemas, and preferably the liver cleanse can help the liver to rid itself from accumulated antibiotic residues and a lot of other toxins as well. Both *chaparral tea* and *lapacho tea* can cleanse the liver and the blood from such remnants, too. A kidney cleanse ensures that the toxins which your body releases are actually removed and don't get stuck in the organs of elimination, such as the kidneys, the bladder, or the skin. The Ayurvedic hot water treatment (drinking ionized water) cleanses the tissues. Early bedtimes improve digestion and immune functions. In addition, a nourishing diet according to your body-type makes assimilation of food easier and more effective. Exercise serves as a means to bring more oxygen into your cells and helps with the removal of toxic waste from the body. Also don't underestimate the healing powers of sunlight. If properly used, sunlight alone can eliminate many of our ills. And drinking large amounts of fresh water ensures that the body remains hydrated and detoxification can take place smoothly and efficiently.

Lastly, as shocking as this may sound in today's drugs-for-everything medical world, a new study suggests that doctors of 2,500 years knew the secret to stopping a lot of serious infections: Bloodletting! Bloodletting is effective against the staphylococcus bacteria, a leading cause of pneumonia and other life-threatening ailments, according to some recent University of Chicago research. The reason for this is quite

simple: staph and other germs thrive on iron in the blood. Reducing the amount of blood in the body greatly reduces their food supply (iron) and thereby makes the blood less attractive to them. For the same reason, menstruating women are protected against infection by naturally lowering blood iron before the beginning of their natural bleeding cycle.

2. Business with Your Blood

Are Blood Transfusions Truly Necessary?

Most of us grew up with the distinct impression that donating blood is a highly humanitarian act and helps to save many people's lives. Blood transfusions, however, which are part of the medical emergency procedure to rescue a patient who has suffered a life-threatening trauma with loss of blood or awaits major surgery, may not be as safe or necessary as commonly believed. An increasing number of medical experts regard blood transfusion to be an outmoded, unproved, and even dangerous procedure. Yet it is still routinely used as the main method of medical intervention in emergencies – in many cases without any medical justification for its use and no guidelines as to when it should be applied.

There are different parts of the blood that are used for the medical procedures, including blood albumin, plasma, and whole blood or red blood cells. In its 1989 publication entitled "Blood Technologies, Services and Issues," the Office of Technology Assessment Task Force in the U.S. examined the overuse of the various blood products and came to the conclusion that as much as 20-25 percent of the red blood cells, 90 percent of the albumin and 95 percent of the fresh-frozen plasma transfused into patients are unnecessary.

A major Canadian study, which was published in 1998 in the Journal of the American Medical Association, revealed that fewer patients died when they were given a restricted amount of transfused blood. During the trial, 52 percent fewer transfusions were given to the restrictive group, and transfusion was avoided altogether in one-third of those patients. The death rate in the control group, which received normal, liberal amounts of blood transfusions, was 24 percent, compared with 18 percent in the restrictive transfusion group. "The bottom line is less transfusion is better than more transfusion" said Paul Herbert, the trial's principle investigator. Such a policy could effectively save one life for every 17 patients transfused with the restrictive strategy.

The most common trigger for authorizing a blood transfusion for hospital patients awaiting surgery is a low *hemoglobin* level (*hemoglobin* in red blood cells is used to transport oxygen to all the other cells in the body). Women naturally have a lower red blood cell count than men but medics use the same trigger levels for both men and women. "Iron deficiency anemia continues to be among the leading reasons for transfusions, even though it rarely warrants [them]," said the USA Office of Technology report in its concluding statement.

The standard hemoglobin trigger level for justifying a transfusion lies at below ten gram (g) per 100 milliliters (ml) of blood. This figure emerged from a misreading by a hematologist during a study of hemoglobin levels in *dogs*! The results of the study, which showed no established links with human physiology, became the main referential guideline for all anesthesiology students thereafter.

Dangers Lurking in the Blood

It is commonly known that diseases can be transmitted by way of blood transfusions. But apart from receiving viruses through foreign blood, patients may develop even more serious complications as a result of a transfusion. Numerous studies show that blood transfusions given to cancer patients can cause depression of their immune system leading to a high rate of recurrence and secondary cancers.

In a controlled study of patients with larynx cancer, the recurrence rate was 14 percent among those who did not receive blood transfusions compared to 65 percent among those who did. More specific research showed that half of a number of patients who suffered from colonic, rectal, cervical and prostate cancers and received whole blood, were reported to have a recurrence compared to a quarter among those who received only red blood cells.

Blood components are routinely irradiated, supposedly to avert rejection of the foreign blood by the recipient's immune system. There are no studies to show that this practice is harmless for the blood cells, it is simply *assumed* that it has no negative consequences. But knowing what we know today about the dangers of radiation, it can equally be assumed that irradiating blood cells could be hazardous to health, especially if it is given to babies and pregnant mothers.

What makes blood transfusion so risky is that there has never been a randomized, double-blind control study to demonstrate its effectiveness and safety. There is no scientific proof at all that could justify its use. Like an antibiotic drug, blood transfusion may have its place as a last resort measure to save a person's life, but as a standard practice it does not only fail to achieve the desired results, but it may be doing more harm than it does good.

A number of studies confirmed that receiving a transfusion during an operation increases the risk of infection fourfold. Considering the high sterility of objects and environment in operation rooms, having a blood transfusion takes a patient practically back to surgical conditions that existed over two hundred years ago, when precautions against infection didn't exist.

Genetic blood research has proven that blood, like our fingerprints, is uniquely individual, implying that it cannot be transferred to another person without risking complications. Each person's blood contains a multiplicity of antibodies, antigens, and infectious agents. Science has yet to identify most of them. This makes transfusions even more risky because the majority of infectious agents contained in blood have not even been identified and can therefore not be targeted with drugs. But even if a blood-borne infection *is* diagnosed, it is a little too late. In the United States there are 230,000 new cases of hepatitis a year that are purely the result of blood transfusions. Just as is the case with the AIDS test, the screening of blood for the hepatitis C virus, for example, has turned out to be an equally futile undertaking. Most of the newly developed tests, including Riba-2 and Murex ELISA, proved wrong three-quarters of the time.

Furthermore, a blood transfusion increases a patient's risk of acquiring human T-cell leukemia tenfold when compared with contracting HIV through blood. It may also trigger unforeseeable, life-threatening allergic reactions. In patients undergoing major abdominal surgery, blood transfusion is the most dominating contributing factor to organ system failure. It is more and more obvious that there is neither a safe blood transfusion nor "pure" or "safe" foreign blood.

The Alternatives

There is clear evidence that a person's red blood cell count is not as important as his total circulating volume of fluid. With a high volume your body can speed up the flow of even a low red blood cell count. It is much more problematic if a patient loses a large amount of fluid from the circulatory system, which would coerce the heart to make an enormous effort to send those red blood cells around all the vital organs. All alternative techniques to blood transfusion are based on first stopping the bleeding and second replacing the lost amount of circulating fluids. This can be achieved in a number of ways.

Auto transfusion is a very safe method to supply patients who have undergone major surgery, including coronary bypasses, congenital heart surgery, or surgical removal of cancer with their own blood donated ahead of time.

Hemodilution is a technique that maintains the amount of fluid circulating around the body through artificial volume expanders that could be either *colloids* (starches or gelatin) or *crystalloids* (sugar or saline solutions). A major study of over 10,000 surgery patients showed that adults can undergo rapid loss of 1,000 - 2,000 ml blood (about a third of their total volume) and will not go into irreversible shock if adequate hemodilution is maintained. Many other studies also demonstrate that adult patients can tolerate seven to ten times lower levels of *hemoglobin* during surgery than is normal and still survive. A very large study of 6,000 open heart surgery patients confirmed that by disregarding blood transfusions altogether and using only volume expanders, patients had improved outcomes, and had to pay less. In addition they had eliminated the risk contracting diseases from other people's blood.

There are also other methods in use to help lowering a patient's temperature and blood pressure to conserve blood loss and excessive bleeding, as well as drugs that can increase red blood cell production. All of them have very little or no side effects. Whenever doctors have to conduct surgery on members of the Jehovah's Witnesses, they have no other choice but to use the blood-free procedures (with higher success rates than those obtained by ordinary transfusion). The success has motivated the doctors and some of their colleagues to adopt the procedures for all their patients.

Your Blood is Your Life

Blood carries much more importance than just being a vehicle for the distribution of nutrients and oxygen. Our blood is the most precious thing we have in the body. It carries all our thoughts, emotions, and memories and makes them available to every part of the body. Blood is the creator of life in our body and is different in every person. Each of us has a unique design of blood type, which is co-responsible for the uniqueness of our physical structure and personality. The categorization of blood into a few groups ignores this fundamental uniqueness of every human being.

There is only one type of blood for one person in the world. Blood carries decoded DNA, which knows what nutrients need to be sent where. It knows of and responds to all our needs, discrepancies, strengths, and weaknesses. The blood is filled with patterns and geometric designs that reorganize themselves according to our state of consciousness. Every new desire, feeling, or intention reprograms the blood instantly and all the parts of the body it is in contact with. When you take on another person's blood you also take on his genetic information and part of his personality. The immune system can easily get

depressed when foreign DNA (or several kinds of DNA if the blood comes from various donors) suddenly and unexpectedly enters a person's blood through a transfusion. In many cases, the immune system is not able to fight off the many viral particles and toxins that are present in the donor's blood.

The quality of our blood changes according to our thoughts, feelings, and emotions. Negative thoughts create toxic blood whereas happy thoughts make healthy blood. Fearful thoughts, for example fill your blood with *adrenaline*, loving thoughts flood it with *interleukins*. Both literally move your heart but with contrary effects. The *adrenaline*-shot causes panic to the heart; the *interleukin*-shot creates emotions of happiness in the heart and protects you against cancer.

Having a blood transfusion may create confusion and chaos within the body and mind. On the other hand, refusing a blood transfusion and not resorting to alternatives may put your life in danger. If you need a blood transfusion but prefer an alternative method contact the Blood Transfusion Society in your country. They may be able to put you in touch with a practitioner who is experienced in any of the above transfusion procedures. If you pretend to be a Jehovah's Witness the hospital will arrange for an alternative approach.

3. Risks of Ultrasound Scans

By the mid-eighties more than 100 million people throughout the world had ultrasound scans before they were born. Today, practically every pregnant woman in Europe and in North America will have at least one ultrasound scan during her pregnancy. Most expecting women receive their first prescription for a scan during their first ante-natal appointment; only few of them question whether it is necessary and even less know of its potential harm. Most women's magazines, newspapers, and pregnancy books tend to recommend ultrasound scans to ensure safety and healthy development of the fetus despite the fact that there is no study that proves that ultrasound scans have any more benefits than not having them. In an official statement the American College of Obstetrics and Gynecology (ACOG) admitted that *no well controlled study has yet proved that routine scanning of prenatal patients will improve the outcome of pregnancy*.

On the other hand, researchers in New York studied 15,000 pregnant women and concluded that scanning provided no benefits whatsoever in any of the categories such as premature babies, fetal death, multiple births, late-term-pregnancies, etc. In fact, up to this date, ultrasound scans have not revealed any information that is of any clinical value. On the contrary, there is more evidence today than ever before that scans can be harmful for both the mother and the unborn child. There are cases of women recorded by the Association for Improvements in the Maternity Services (AIMS), England, who aborted their perfectly fit and healthy babies as a result of misinterpreted scans. It is almost impossible to estimate how many women went through similar ordeals since most of them are not reported.

In 1990 researchers conducted a large trial study with ultrasound in Finland; 250 women were diagnosed with *placenta previa* in early pregnancy, a condition where the placenta lies low which could prevent the baby being born vaginally. The mothers were informed that they should expect a *Caesarean* section. But when it came to giving birth, only four women had *placenta previa*. In almost all cases the placenta moved out of the way when the womb began to grow. Ironically, the control group, which received no ultrasound scanning, also had four women with *placenta previa*; all of them delivered their babies safely.

Human Guinea-pigs

Despite the fact that respected medical journals like the Lancet, The Canadian Medical Association Journal, and the New England Journal of Medicine have all written about the hazardous effects of ultrasound use, mainstream medicine has all but ignored the negative evidence. Even the FDA has commented on the dangers of ultrasound. According to a story by the Associated Press, their position on the technique is this: "Ultrasound is a form of energy, and even at low levels, laboratory studies have shown that it can produce physical effects in tissue, such as jarring vibrations and a rise in temperature... prenatal ultrasounds can't be considered innocuous."

Millions of women around the world, without being aware of the potential health hazards of ultrasounds, are participating in the largest medical experiment of all times. Their babies are the guinea pigs in this experiment. They become vulnerable to external and internal harmful influences when their delicate electromagnetic fields are distorted, misaligned or damaged by highly concentrated doses of ultrasound; exposure to that is neither natural nor suitable for any human being. We cannot solely rely on machines for diagnostic purposes just because machines are considered less likely to make mistakes than a doctor is. All findings have to be interpreted properly before they can serve as a guide for treatment. As demonstrated in the above study, 98.4% of the initial complications during the women's pregnancy cleared on their own simply because the body knows how to handle such problems perfectly well without intervention. Machines don't know that the readings they produce may actually turn out to be a wrong diagnosis.

A false diagnosis is not the only disadvantage that may arise from using ultrasound indiscriminately. In 1993 Australian researchers studied 3,000 women and found that frequent ultrasound scanning between 18 and 38 weeks of pregnancy could produce babies up to a third smaller than normal. Similar studies revealed that babies who had received *Doppler* ultrasound (to scan the baby's blood supply) had a lower birth weight than babies that didn't receive a scan.

If the birth weight of a baby is reduced through ultrasound what about other functions which are even more important for a baby's growth? One professor in Calgary, Canada, discovered that children developed speech problems twice as often when exposed to ultrasound in the womb. Surgeon James Campbell from Canada found that even one prenatal scan may be sufficient to cause delayed speech. Norwegian studies suggested ultrasound scanning might even lead to mild brain damage in the developing fetus.

One large-scale Swedish study showed a link between ultrasound scanning and left-handedness, which is often the result of slight prenatal brain damage. The study revealed a 32% greater chance of left-handedness among the ultrasound group when compared to an un-scanned control group. Needless to say, since 1975, when doctors started aggressive ultrasound scanning late in pregnancy (usually to determine the baby's sex), rates of left-handedness have increased dramatically - especially among male babies.

Ultrasound was approved as a medical tool of diagnosis that falls under a different category than the ones used to approve drugs. Science has not yet studied the effects of using these different powers of energy. As long as this is the case ultrasound examinations are under the umbrella of "legal protection." The complete lack of scientific research backing up the safety of ultrasound scans should caution both doctors and pregnant women.

Yet the scanning of pregnant woman has become so much of a routine practice and practicality today that not many women want to go without it. Scans give parents the opportunity to get to know their baby long before it is born, although women were able to be in touch with their babies before the invention of ultrasound. Today you can find out whether your baby is male or female, which leaves no room for

surprises. You can also get the exact date of delivery. But provided there are no complications you can calculate the birth date of your child yourself. An ultrasound scan may reveal if a baby suffers from Down's syndrome but it doesn't tell you how serious the condition is. The added information that ultrasound can give you makes little or no difference because babies in general cannot be treated before or shortly after birth. After examining all the results from published trials using ultrasound scans, a team of doctors from Switzerland failed to come up with evidence suggesting that the use of ultrasound could improve the condition of the babies.

Furthermore, a large trial study in the United States concluded that there was no difference in prenatal mortality rates or in sick babies among groups with or without ultrasound. What is most disconcerting, however, is the latest ultrasound technology to be introduced into use, without trials. It consists of a vaginal probe that is covered by a condom and inserted directly into the woman's vagina. With the new technology, doctors will get an even better picture of the fetus but the baby will also get a much higher dose of ultrasound.

Even though there is an increasing number of health professionals who are very concerned about the wholesale use of scans, pregnant women are not informed about the possible harmful consequences that accompany their use. Scans are prescribed routinely but you have the right to refuse one. An Ultrasound scan should only be considered if a woman suffers localized pain or complications for which a doctor or midwife cannot find a plausible reason. Such cases though are rare. As for now, Ultrasound has been repeatedly shown to make no difference whatsoever to the outcome of a normal pregnancy.

4. Immunization Programs under Scrutiny

Poisonous Vaccines against Harmless Infections

For many decades, leading scientists and doctors have vehemently promoted the idea that immunization of children is necessary to protect them from contracting such diseases as diphtheria, polio, cholera, typhoid, or malaria. Yet there is mounting evidence that immunization may not only be unnecessary but even harmful. Can we expect our rivers and oceans to remain healthy by dumping toxic waste into them? Pouring deadly chemicals into a lake doesn't make it immune to pollutants. Likewise, by injecting live poisons contained in vaccines into the bloodstream of children the future generations hardly stand a chance to lead truly healthy lives. American children can receive some 30 vaccinations within the first 6 years of their life and children in the UK can expect to be vaccinated about 25 times. Most of the vaccinations, which include a total of up to nine or more different antigens, are pumped into the immature immune systems of babies within the first 15 months of life.

Despite the colossal efforts and large sums of money spent on vaccine research, medicine has never been able to devise a cholera vaccine that works and the drugs for malaria aren't as effective as a single herb. Diphtheria is still combated with toxic immunization programs even though it has almost completely disappeared from the surface of the earth. When diphtheria broke out in Chicago in 1969, 11 of the 16 victims were either already immune or had been *immunized* against diphtheria. In another report, 14 out of 23 victims were completely immune. This shows that vaccination makes no difference when it comes to protection against diphtheria, on the contrary, it can even *increase* the chance of being infected.

Immunization against mumps is also highly dubious. Even though it initially reduces the likelihood of becoming infected, the risk for mumps infection increases after immunity subsides. In 1995 a study conducted by UK's Public Health Laboratory Service and published in the *Lancet* showed that children given the measles/mumps/rubella jab were *three times* more likely to suffer from convulsions than those children who didn't receive it. The study also found that the MMR vaccine increased the number of children suffering a rare blood disorder by five times.

It is interesting to note that the mortality rate from measles declined by 95 percent before the measles vaccine was introduced. In the United Kingdom, despite widespread vaccination among toddlers, cases of measles recently increased by nearly 25 percent. The United States has been suffering from a steadily increasing epidemic of measles, although (or because) the measles vaccine has been in effect since 1957. After a few sudden drops and rises, the cases of measles are now suddenly dropping again. The Center of Disease Control (CDC) acknowledged that this could be related to an overall decrease in the occurrence of measles in the Western Hemisphere.

Besides all that, there are many studies that show the measles vaccine isn't effective. For example, as reported by the *New England Journal of Medicine* in 1987, in a 1986 outbreak of measles in Corpus Christi, Texas, 99 percent of the victims had been vaccinated. In 1987, 60 percent of the cases of measles occurred in children who had been properly vaccinated at the appropriate age. One year later, this figure rose to 80 percent.

Apart from not protecting against measles and possibly even increasing the risk of contracting the disease, the MMR vaccine has been proved to produce numerous adverse effects. Among them are encephalitis, brain complications, convulsions, retardation of mental and physical growth, high fever, pneumonia, meningitis, aseptic meningitis, mumps, atypical measles, blood disorders such as thrombocytopenia, fatal shock, arthritis, SSPE, one-sided paralysis, and death. According to a study published in the *Lancet* in 1985, if children develop "mild measles" as a result of receiving the vaccine the accompanying *underdeveloped* rash may be responsible for causing degenerative diseases such as cancer later in life.

In reality, measles is not a dangerous childhood illness at all. The belief that measles can lead to blindness is a myth that finds its roots in an increased sensitivity to light during illness. The problem subsides when the room is dimmed and vanishes completely with recovery. Measles was for a long time believed to increase the risk of a brain infection (encephalitis) which is known to occur only among children who live in poverty and suffer from malnutrition. Among upper class children there is only 1 out of 100,000 who can become infected. Besides, less than half of children given a measles booster are protected against the disease.

In a report issued by German health authorities and published in 1989 in the *Lancet*, the mumps vaccine was revealed to have caused 27 neurological reactions, including meningitis, febrile convulsions, encephalitis, and epilepsy. A Yugoslavian study linked 1 per 1,000 cases of mumps encephalitis directly to the vaccine. The *Pediatric Infectious Disease Journal* in the US reported in 1989 that the rate varies from 1 in 405 to 1 in 7,000 shots.

Although mumps is mostly a mild illness and the vaccine's side effects are so severe, it is still included in the MMR vaccine. And so is the vaccine for rubella, although it is known to cause arthritis in up to 3 percent of children and in up to 20 percent of adult women who take it. In 1994 the Department of Health admitted to doctors that 11 percent of first-time recipients of the rubella vaccine will get arthritis. Symptoms range from mild aches to severe crippling. Other studies show a 30 percent chance of developing arthritis in direct response to the rubella vaccine.

Research confirms that the whooping cough vaccine is only effective in 36 percent of children. A report by Professor Gordon Stewart, which was published in 1994 in *World Medicine*, demonstrated that the risks of the whooping cough vaccine outweighed the benefits. The whooping cough or pertussis vaccine is by far the most dangerous of all the vaccines. DTP, the whooping cough vaccine that was used in the US until 1992, contained the carcinogen formaldehyde, and the highly toxic metals aluminum and mercury. Both this vaccine and its “improved” version DTaP have never been tested for safety, only for efficacy.

The new vaccine has proved to be no better than the old one. Both versions cause death, near-death, seizures, development delay, and hospitalization. DTP is given to babies as young as six weeks old, although the vaccine has never been tested on this age group. Among 17 different health problems, the whooping cough vaccine is known to cause sudden infant death syndrome (SIDS). According to an estimate from the University of California at Los Angeles, there are 1,000 infants a year in the US who die as a direct result of receiving the vaccine.

Immunization programs against polio have no other benefits than economic ones for vaccine producers. The scientist who eliminated polio now suspects that the handful of polio cases which have occurred in the USA since the seventies are caused by the live viruses that were used as vaccines. In Finland and Sweden, where the use of live vaccines for polio is prohibited, there has not been a single case of polio in ten years. If live viruses used as a vaccine for polio can cause polio today when hygiene is generally high, it may well be that the polio epidemics 40 to 50 years ago were also caused by immunization against polio while hygiene, sanitation, housing, and nutritional standards were still very low. In the United States, cases of polio increased by 50 percent between 1957 and 1958, and by 80 percent from 1958 to 1959 *after* the introduction of mass immunization. In five states, cases of polio doubled after the polio vaccine was given to large numbers of the population. As soon as hygiene and sanitation improved, *despite* the immunization programs, the viral disease quickly disappeared. Whatever may have been the reason for polio outbreaks in the past (see section on natural immunization), it is highly questionable today to immunize an entire population against a disease that does not even exist anymore. It raises major questions about the motives behind polio vaccination.

According the American Journal of Medicine, many studies have reported the presence of simian virus 40 (SV40) found in polio vaccine in human brain tumors and bone cancers, malignant mesothelioma, and non-Hodgkin's lymphoma. Further, the history of some SV40 infections in humans is linked to the use of polio vaccines. The polio vaccine seems ever more linked to cancers, especially in children. The cancers caused by the use of the polio vaccine in the past still kills 20,000 people a year in the United States. This is quite outrageous given the fact that polio itself hasn't killed anyone for a long time.

Involuntary Vaccinations

The vast majority of vaccinations - for children or adults - are needless. And they cause hundreds of deaths per year from adverse reactions – reactions that wouldn't otherwise occur if mass vaccinations didn't exist. Another group of society that are equally as helpless against the vaccination assault as children are soldiers. Military troops have to submit to all manner of vaccinations in the name of readiness for warfare. The servicemen and women endure endless injections designed to “protect” them against bio-toxins like smallpox, anthrax, ricin and others.

Several soldiers have died from the often untested chemicals in the vaccines, and others have been severely sickened by the practice. Not unlike those women involved in involuntary ultrasound studies,

soldiers have become guinea pigs in massive drug studies. How else could the pharmaceutical industry legally test poisons on human subjects?

Vaccination of soldiers is mandatory. Those who refuse the shots face court martial and prison time, or at the very least, a dishonorable discharge from the armed forces. Common side effects of the over one million vaccinations so far injected in our soldiers have included joint pain, extreme fatigue, and memory loss. There is current effort, though, to help soldiers secure their human right to refuse vaccination. Let's hope it will be successful.

Prevention of disease through vaccines is rapidly turning into a big business, and the best customer is the US Defense Department. Were it not for the soldiers, drug companies would rather shy away from producing vaccines. They have to be offered at reasonably cheap prices, and also need to be constantly reformulated (which is very costly) to keep up with the constantly mutating killer bugs. During wartime the vaccine industry comes alive and flourishes. Millions of doses of various kinds of vaccines are finding the perfect market. No liability suits, no major objections from anyone. And no real control for safety. To secure billions of dollars in profits for the drug business, the FDA is declaring even virtually untested vaccines as "safe." And so the economy is growing, but it is also becoming sicker. But then we need sickness to keep the economy growing.

Vaccination No longer Makes Any Sense

The much-acclaimed benefits of the latest vaccine against Hib meningitis also seem to be unfounded. In a pro-vaccine study published in 1993 in the Journal of the American Medical Association, the children in the control group who didn't receive the vaccine also experienced a drastic reduction in the cases of Hib infection – from 99.3 to 68.5 per 100,000.

The latest problem arising from the use of vaccines is that they can cause the body to develop viral 'mutants' and even spread the newly created disease in the population at large. Since viral mutants are rarely detected in blood donor screening they can easily be transmitted through donated blood. This way, the original vaccines may be able to wipe out the strains of virus that are known to cause these various diseases but in the same stroke they cause other mutant strains of virus to thrive.

Research also showed that a single injection of any kind could increase the risk of paralysis fivefold. Polio, for example, is more common in developing countries where children receive more injections than in developed countries. A study published in 1995 by the New England Journal of Medicine showed that injection of the polio vaccine actually caused outbreaks of the disease.

A 1993 report released by the American National Academy of Science Institute of Medicine concluded that virtually all nine vaccines given to children have at some time been proved to cause damage, including such complications as shock, convulsions, or paralysis. The problem is that a child's body doesn't have to cope with just one type of poison contained in one vaccine, but with several different ones contained in as many as 9 vaccines. Many children have died or become permanently and severely brain damaged within days after immunization. In many cases, however, the adverse effects from vaccination are less devastating but still serious enough to take a good look at the reasons why parents have been told, or in many countries, are forced by law, to immunize their children.

Unfounded Vaccination Hysteria

It has long been known that in some illnesses such as measles, chicken pox and scarlet fever, one's experience of the illness usually confers lifelong immunity. A second experience with measles or scarlet fever is extremely rare.

The concepts of medicine formulated in the 19th century were partially based on the understanding by the ancient Greek physician Hippocrates, who observed that an illness manifests signs and symptoms that travel from the inner vital organs and blood circulation to the outer surface of the body. These symptoms would often be visible as a rash or as a discharge of blood, mucus or pus. This "throwing off" of an illness was considered a natural healing response to return to the state of balance or equilibrium. Hippocrates perceived this labor as a cooking and digesting (pepsis) of our inner poisons during an inflammatory illness. It was also observed that immunity to or protection from an illness arose when person had that illness before. Today we consider a disease as being an enemy that we need to battle against.

Contrary to common understanding, an inflammatory-infectious illness does not begin when we become exposed to and are infected with a virus or bacterium, but when our body starts its response. The magnitude of our body's response (severity of illness) is not only influenced by the magnitude of the infection, but also by the stamina and inherent strength in us. The healing force employed by the body depends on multiple factors, such as emotions, spiritual foundation, diet, lifestyle, environment, etc. Our immunity certainly does not depend on whether we have been vaccinated against infectious agents. The crucial factor of strong immunity is due to our immune system's ability to keep the germs at bay or fight them. If the vigor of our immune response is weak, germs are likely to infect us. But normally, the majority of germ "invasions" occur silently, without ever disturbing us. Symptoms of disease occur only at the time the immune system decides it is necessary to defend itself against any harmful influences more aggressively.

Luis Pasteur (1822-1895) was the first researcher to postulate that diseases are caused by germs. Pasteur's germ theory assumes that disease germs are after us because they need to prey on us for their own survival, while contributing nothing to us in return. He initially believed that infectious/inflammatory diseases are a direct result of germs feasting on us. In microscopic studies of host tissues in such diseases, Pasteur, Koch and their colleagues repeatedly observed that germs were proliferating while many host cells were dying. These researchers concluded that germs attack and destroy healthy cells, and thereby start a disease process in the body. Although this assumption turned out to be wrong, it had already made its debut in the world of science and the erroneous idea that germs cause infections became an undisputed reality. Today, this idea continues to prevail as a fundamental truth in the modern medical system.

Pasteur could just as well have concluded that bacteria are naturally attracted to the sites of increased cell death, just like they are attracted to decaying organic matter elsewhere in nature. Flies, ants, crows, vultures and, of course, bacteria are drawn towards death. Why would this be different in the body? Weak, damaged or dead cells in the body are just as prone to germ infection as an overripe piece of fruit. Pasteur and all the researchers that followed in his footsteps made the choice of thinking of germs either as predators or scavengers. Had they assumed that cells die for non-apparent biochemical reasons (such as toxicity buildup) our current thinking about illness and health would have been completely different than it is today. We would all have grown up with the knowledge that the occurrence of inflammatory/infectious illnesses can ultimately not be contributed to germs, but must be located in the various human frailties that necessitate the forces of death and decay to afflict us. Germs only become poisonous to us when confronted with the poisons we create. Our body battles germs not because they are the enemy. The immune action is meant for cleansing the body of harmful substances that otherwise could

lead to the eventual demise of the entire body altogether. The normal inflammatory response would include high fever and symptoms of depletion of energy.

In situations of extreme toxicity, the immune system may be so overwhelmed with the poisons it tries to eliminate that it may or may not be able to save the person. In the third scenario, the immune system doesn't respond to the poisons and germs at all, and no acute disease symptoms appear (no fever, inflammations, pain). The result is, chronic, debilitating illness known as allergic or autoimmune disorders.

In the case scenario where the immune system has successfully restored the body's functions, it has acquired immunity to the germs that were involved in the rescue mission. Vaccine science has pursued the question of how we can bring about lifelong immunity to an infectious-inflammatory illness without having to experience the illness first. It has assumed that by having antibodies in the blood for certain illness-causing germs you are automatically protected against them. However, there is no proof whatsoever to show that protection of the germs comes from the presence of antibodies or a normal healthy immune response. In fact, it is much more likely that the latter is true, unless vaccine poisons have damaged or even paralyzed the immune system.

Only when the number or rate of growth of germs exceeds a certain threshold are they then recognized by the immune system, resulting in the formation of antibodies specific to the particular provocative bug. The large presence of germs indicates that the body cell tissue has become damaged or weak due to accumulation of acid waste. At that level of infection things get seriously out of control and a tribe of germs proliferates wildly and provokes the full defensive reaction of our immune system. This is what doctors call an "acute inflammatory response." Symptoms usually include fever, release of stress hormones by the adrenal glands, increased flow of blood, lymph, mucus, and a streaming of white blood cells to the inflamed area. The afflicted person feels sick and may experience pain, nausea, vomiting, diarrhea, weakness and chills. The sweating out and the throwing off of the illness is a response by the body that still reflects a quite healthy immune system. A really sick person would no longer be able to come up with such healing responses.

Once we have successfully passed the challenge of a particular illness, it is less likely that we will experience it again. Somehow the illness and our response to it have made us immune to its recurrence. It is more than doubtful, though, that vaccination can do the same for us by forcing the body to make antibodies for some germs that appear to be causing an infection. It has been shown over and over again that despite the vaccination of a person against a particular illness that person may just develop that very illness he is supposed to be protected against. The mere presence of specific antibodies cannot protect anyone against any illness, only the cellular immune system can. Although it is true that science knows how to bestow antibodies through vaccination, it mistakenly assumes that it is bestowing the immune strength that can only be developed through the experience of a particular illness. Antibodies alone are not sufficient to produce immunity. It is well known that there are several diseases which may recur repeatedly, such as herpes outbreaks, despite high antibody levels. Whether or not antibodies are present, immunity to these infectious diseases can only be conferred by our cellular immune system. The theory that by exposing the body to disease germs would trigger an immune response similar to the one generated during an actual disease experience is seriously flawed.

Is the Need for Immunization Based on Statistical Errors?

As previously mentioned, the idea to vaccinate our bodies in order to protect them against possible infectious diseases came from the famous Louis Pasteur, who was considered to be the pioneer of immunization. In 1993 historian Gerald L. Geison handed over to the public the 100 private diaries of Pasteur. His *diary entries* contained especially negative results of experiments with vaccines whereas the *publicized data* had been made to look revolutionary. The published results of his most spectacular immunization experiments turned out to be a complete fraud. The authenticity of his research was never questioned until official statistical research revealed that immunization programs directly led to dramatic increases of those diseases they were supposed to eradicate.

Analysis of the official statistics from several countries and their historical development of smallpox, diphtheria, cholera, typhoid, poliomyelitis, tuberculosis, bronchitis, tetanus, etc. revealed astounding findings. For example, diphtheria in France increased to an all-time high with the onset of compulsory immunization and immediately dropped again after the vaccine was withdrawn. The situation was not much different in Germany when compulsory immunization for diphtheria was introduced on a mass scale from 1925 to 1944. During this period the number of diphtheria victims increased from 40,000 to 240,000, with the incidence of infection being higher in immunized patients. In 1945, at the end of World War II, vaccines were no longer available in Germany and within a few years the number of diseased dropped to below 50,000.

Statistical data shows that most of these diseases were in rapid and continuous decline well before the introduction of immunization programs. The big epidemics began occurring when people from the rural areas moved into the big cities. The streets were used as garbage dumps, contaminating air and water and becoming the source of infectious diseases. Only major cleanup of the congested cities and improved sanitation, hygiene, and housing were able to halt the epidemics and lead to drastic improvements in individual and collective health. Vaccination programs had nothing to do with it.

How to Acquire Immunity Naturally

It seems that we humans tend to go from one extreme to the other. Now, the natural balance between immunity and presence of germs is becoming disrupted once again, but this time the cause may be the excessive emphasis on hygiene. Being over-hygienic can inhibit the natural development of immunity to disease-causing agents. The causative agent of poliomyelitis, for instance, is very common among the natural populations in the world; yet to them the virus is completely harmless. They immunize themselves by staying in close contact with the soil, nature, and also dirt. They rarely wash their hands before taking a meal and whatever else gets into their mouth with the food helps to build their natural resistance to harmful microorganisms.

In the Western Hemisphere, poliomyelitis became a frightening disease only at the beginning of this century, with the onset of the high standard of hygienic living conditions. On the other hand, these measures were necessary in the densely populated areas of big cities where there was little ventilation of air and inadequate sanitation.

Indigenous populations didn't have such needs. If need be, they boosted their immune systems by injuring each other during rituals or by scarring their skin. They allowed their wounds to suppurate, which from what we know today is a very efficient way to strengthen one's immunity. For them, blood letting was a necessary act of survival during times of continuous meat consumption when other types of food

were not available; this helped them to keep their blood thin and reduce their body's protein stores, which otherwise could have led to life-endangering diseases (see also chapter 8 on heart disease).

Very often children "accidentally" injure themselves or even eat dirt because their immune systems are run down and need a major boost to cope with more serious issues of defense. So when you intentionally cut yourself, try to see it from a holistic perspective. You may have excessive protein in your blood or blood vessels and the bleeding may just be the thing to cause thinning of the blood and to prevent heart problems. This self-regulating mechanism is very powerful and keeps you healthier than any immunization program or mega doses of vitamin and mineral supplements. This unspecified form of immunization may be necessary from time to time in order to maintain a strong and healthy intestinal flora (two thirds of our immune system are located in the intestinal tract). To remain healthy and immune we *need* the daily fight with the bacteria and viruses.

A recent study conducted at the Institute of Child Health at Bristol University, UK, observed every aspect of 14,000 children's lives over a period of 7 years and found that too much hygiene could be damaging children's health, weakening their immune systems and making them prone to illnesses such as asthma. A few decades ago such diseases as asthma, eczema, and hay fever were almost unheard of. Today, as many as one third of the population suffer from allergies. Scientists now say that our obsession with the latest anti-germ potions and over-reliance on soap and water may explain why the Western world has been hit by a spate of viruses, immune-related diseases, and allergies.

The principle "what we don't use becomes useless" also applies to our immune system; it needs the regular exposure and adaptation to everyday bugs and germs in order to exercise its ability to recognize what's truly harmful. Rigorous hygiene drastically reduces the number of bacteria and other infectious agents that a developing immune system needs to meet to become stronger and more efficient. Allergies occur when the immune system mistakes for harmful invaders those harmless particles (house dust, pollen, etc.) it has rarely been exposed to before. To fight them off, the body covers them with poison, which in turn results in inflammation, itching, swelling, and such symptoms as a runny nose. The Bristol study found, for example, that those children who washed their face and hands three or four times a day and bathed once a day suffered a significantly higher incidence of asthma than did the children who used soap and water much less frequently.

Children from larger families are also less likely to suffer from asthma or hay fever. With many children living under one roof, minor infections are constantly brought into the household, which means that the immune system is kept busy and alert almost all the time. If an infection occurs as a result of the body's natural reaction to invading bacteria, the immune system produces 'fighter cells' called antibodies. But if this normal response, that is, an infection, is undermined or prevented by artificial disinfectants or antibiotics, antibodies are no longer made and the immune system is weakened and begins to malfunction. By contrast, letting the infection take its full course strengthens the immune system, making it much more resilient to disease-causing germs afterwards.

Exaggerated cleanliness and fear of infection usually go hand in hand. Many people who fail to employ the natural ways of strengthening the immune system are paranoid about becoming infected; for them, antibiotics and vaccines also remain ineffective.

Vaccination – Attack on Your Body, Brain and Spirit

Vaccines are composed of protein, bacterial and viral material, as well as preservatives, neutralizers, and carrying agents. The vaccine against bacterial meningitis is made from the brains and heart of cows among other highly toxic components. Alarmed by the outbreak of *mad cow's disease*, the Italian authorities ordered the seizure of the vaccine in January 1997 for fear it could cause the human version of the disease. By injecting such cocktails of foreign and destructive substances directly into the blood stream, the human body stands little or no chance of neutralizing the poisons.

Under normal circumstances, all ingested foods, beverages, etc. have to pass through the mucus membranes, the intestinal walls, or the liver before they are permitted into such important areas as the blood, the heart, or the brain. The sudden appearance of the poison in the blood stream is often (depending on whether a young person's immune system has matured enough) met by a counterattack of the immune system which uses an entire arsenal of antibodies to prevent death from poisoning (allergic reaction). This allergic response can lead to a sudden, sometimes fatal, collapse known as anaphylactic shock response. Among the causes of anaphylactic shock are immunizations for diphtheria, tetanus, hepatitis B, and whooping cough.

Not less dangerous is the Guillain-Barré syndrome which leads to paralysis and is caused by immunizations for measles, diphtheria, influenza, tetanus, and the oral polio vaccine. This is hardly surprising when one considers the high toxicity of the vaccines. It is well known that children, whose immune systems are already weak, experience more serious complications than those do whose constitution and immune system are much stronger. Still, inoculations are being given indiscriminately regardless of the children's health status. Many children at infancy are never even given a chance to become healthy later in life because they are regularly pumped full with these poisons. At this stage of development a child has not yet acquired full natural immunity and has little chance to defend itself against the assault.

There is also increasing evidence that chronic diseases, such as rheumatoid arthritis, encephalitis, multiple sclerosis, leukemia, other forms of cancer and even AIDS diseases are linked to vaccinations administered in the early stages of life. Rheumatoid arthritis is an inflammatory disease of the joints, which has been thought to afflict only the elderly. More recently though, the crippling disease has spread among the young generation and measles and rubella inoculations have been identified as the cause.

Researchers from the American Food and Drug Administration discovered that vaccinations, particularly the hepatitis B shot, could cause hair loss. They estimate that 50,000 Americans suffer hair loss (alopecia) after immunization every year. The report was published by the Journal of the American Medical Association in 1997.

It is nearly impossible to estimate the damage and suffering that has been created and is going to occur in the future as a result of inadequate information about the dangers of modern immunization programs. Parents want to do what is best for their children and they carry a heavy burden of responsibility to keep them healthy and safe. Misinformation can create a strong conflict in parents because they don't want to neglect their children's health or cause them any harm.

Health authorities are normally not exactly helpful when it comes to making it easier for parents to choose what is best for their children. The use of the mercury-based thimerosal as a preservative in vaccines has been associated with autism. In the late 1990s, the U.S. Public Health Service and the American Academy of Pediatrics petitioned drug companies to remove thimerosal from vaccines intended for children. In one study that examined CDC statistics, researchers found evidence that children who

receive just three vaccines containing thimerosal are 27 times more likely to develop autism, compared to children who get vaccinations containing no thimerosal.

According to ex-vaccine researcher Dr. Davis, who worked for many years in the laboratories of major pharmaceutical houses and the US government's National Institutes of Health (his true name cannot be mentioned here for obvious reasons), all vaccines are dangerous to health. In an interview he stated that vaccines involve the human immune system in a process that tends to compromise immunity. "They can actually cause the disease they are supposed to prevent. They can cause other diseases than the ones they are supposed to prevent," says this scientist.

While working with different vaccines, Dr. Davis found plenty of contaminants in them. In the Rimavex measles vaccine, he found various chicken viruses. In the polio vaccine, he found *acanthamoeba*, a so-called brain-eating amoeba, and simian cytomegalovirus was found in polio vaccine. Also discovered was simian foamy virus in the rotavirus vaccine and bird-cancer viruses in the MMR vaccine. Various microorganisms were present in the anthrax vaccine and potentially dangerous enzyme inhibitors in several vaccines. Duck, dog, and rabbit viruses were present in the rubella vaccine, avian leucosis virus in the flu vaccine, and pestivirus in the MMR vaccine.

Another what most people don't know is that some polio vaccines, adenovirus vaccines, rubella and hepatitis A and measles vaccines have been made with aborted human fetal tissue. Dr. Davis found what he believed were bacterial fragments and poliovirus in these vaccines from time to time which may have come from that fetal tissue. In addition, he also found "fragments" of human hair and human mucus. Apart from such contamination, it is worth mentioning that standard chemicals like formaldehyde, mercury, and aluminum are purposely put into vaccines. It is left up to your imagination as to what must happen to the health prospects of our future generations when such cocktails of ghastly poisons are directly injected into the blood stream of a child.

Dr. Davis conceded that no long-term studies are done on any vaccines, and that long-term follow-up is not done in any careful way. The assumption is made that vaccines do not cause problems. So why should anyone check? Besides, a vaccine reaction is defined so that all negative reactions are said to occur very soon after the shot is given. But a vaccine obviously acts in the body for a long period of time after it is given. A reaction can be very gradual, just as chemical poisoning can occur very gradually. Neurological problems can develop over time. In actual fact, a vaccine that contains mercury may not show any damage for several months. And who is testing or investigating when a child "becomes" autistic, for no apparent reason? Those administering the vaccines claim "This vaccine is safe." How can they be so sure of this when there is no scientific research to back up that claim, and when no testing procedures are in place to ensure their safety? Quite the opposite is true. There is plenty of evidence that vaccines are not safe.

The Vaccine-Autism Link

A recent study published in the Journal of the American Association of Physicians and Surgeons examined extensive data on vaccines in children. The researches came to this astonishing conclusion: "Children who receive just three vaccines containing the mercury-based preservative thimerosal are 27-times more likely to develop autism, compared to children who get vaccinations containing no thimerosal."

Still, many doctors make it seem to be a crime if parents refuse to give vaccines to their children. They equate it with irresponsible parenting. These doctors blindly rely on recommendations made by the Centers of Disease Control (CDC). Just in October 2004, CDC representatives announced their

recommendation that children aged 6 months to 23 months should receive flu shots (which contain thimerosal) as part of the standard schedule of immunizations. Steve Cochi, the acting director of the National Immunization Program, underlined the CDC's official view of the vaccine-autism connection, citing a "lack of scientific evidence." This comes at a time when CDC officials were more than once made aware of the large body of scientific evidence that supports the vaccine-autism link. In actual fact, the evidence of the research used in the study mentioned above was collected from data obtained under the Freedom of Information Act. And, as you may have guessed it, the data came from the CDC's own archives. It is still perplexing to me that an institution that was meant to protect the people against illnesses gives its blessing and active support to a procedure involving injection of mercury into an eight, 12 or 16 pound infant.

Statistical research on medical history in the United States covering the years between 1940 and 1970 showed that autistic children were most common among wealthy families. After 1970, autism was equally distributed amongst all income groups. At the end of the sixties, certain immunization programs that until then were affordable only by the well-off parts of society, were extended to the poor as well. The same trends were observed in other industrialized nations. Mercury-exposure to children through vaccines dramatically increased over the past 15 years, while the rate of autism jumped from 1 in 10,000 to 1 in 150 over the same period. If you are a parent, you need to draw your own conclusions. But you certainly cannot trust the government's agencies to protect you and your family.

Clearly caused by vaccinations, however, are small-scale brain damage, growth inhibition, hyperactivity, learning difficulties, etc. Previously belittled as simple problems of growing up, medical researchers now recognize them as forms of encephalitis (inflammatory disease of the brain). More than 20% of the American children – one out of five – suffer from these or related problems.

The documented evidence against the value of immunization is so comprehensive that in 1986 the American Congress passed federal legislation to compensate children for damages arising from vaccination. According to the law, the government is no longer liable for damages, but instead doctors and vaccine producers have to pay millions of dollars for compensation. In the interest of everyone involved it would be useful to re-examine and re-evaluate the basic theory of Louis Pasteur that immunization is useful or necessary. Could nature have made such a crucial mistake to make us dependant on injecting foreign, toxic material into our blood when we have an immune system so complex and highly developed that millions of sophisticated computers could not imitate its performance? This is rather unlikely.

How to Stay Immune

The damage that has been caused so far is considerable and surpasses many times the problems that could possibly arise from having no immunization program whatsoever. There are many natural ways to acquire immunity. All the procedures and natural remedies described in this book can assist you and your family to maintain natural immunity against disease throughout life. "The best vaccine against common infectious diseases," according to the World Health Organization, is "an adequate diet." Unprocessed, unrefined foods, including plenty of fresh fruits and vegetables, help a child to build up natural immunity and the adult to maintain it.

The most powerful and all-protective immunization program a newborn baby can receive is breastfeeding. This way, the infant gets all the necessary antibodies to build up a sound system of immunity to effectively deal with any type of infectious agent in the future. Should an illness arise

nevertheless, the body will deal with it rapidly and without suffering harm, and in fact can greatly benefit from it.

The normal inflammatory response to an infectious disorder such as a rash, a fever, or a cough demonstrates that the body's defensive abilities to remove the accumulated toxins and infectious agent from the system are active and intact. The encounter will naturally and profoundly stimulate the immune system, so that when the child or adult recovers from the illness he is equipped with enough immunity to respond to other forms of infection without delay or falling ill again.

For a healthy immune system to mature fully and properly in our less than perfect environment, it is necessary for a child once in a while to contract an infectious disease such as the measles, chickenpox, and mumps. We all have to learn to trust nature and our body more than man-made theories and practices. The human DNA managed to survive millions of years on the planet and it certainly knows how to deal with a few harmless infectious diseases, particularly when they help to make our immune system stronger than before.

Natural Methods of Nursing Children Back to Health

If your child is diagnosed as having chickenpox, mumps, or measles, it may indicate that it requires an immunity boost. Most children who have gone through these common childhood illnesses have greatly benefited from them; they are stronger afterwards and even have a growth spurt, either physically or emotionally, or both. Most natural health practitioners see the normal childhood illness as a good opportunity to develop immunity. By nursing a child with natural methods, you can help him to become healthier and more resistant to disease in the long run.

When children become ill with any of these illnesses, the main advice is to encourage their own healing powers. This is first accomplished by letting them get as much rest as possible. Take them out of school, the nursery, etc., and nurse them at home. Drugs such as liquid paracetamol only suppress the body's healing response and lead to many more "unrelated" physical and emotional problems in the future.

For a child, the period of illness is often a way to receive more caring attention from his parents than normal. He may get many extra cuddles, meals in bed, and stories at bedtime, etc. Of course, there may be parents who feel that their child's illness is very inconvenient and they let them feel their frustration by being harsh and abrupt with them. Sick children need and deserve special treatment and reassurance, especially when they are frightened or anxious.

A sick child should not be excited or stimulated by being exposed to too much radio, television, or even visitors. Quiet activities such as reading to them, drawing, and board games help them to avoid dwelling on their illness too much. Make sure that they get extra sleep with early night bedtimes and encourage daytime naps if they feel tired.

Sick children need to drink plenty of liquid to help remove toxins from the system. Warm water is the best drink for them and should be the first option; herb teas and freshly pressed, diluted fruit juices (except citrus fruit juices if your child has mumps) can be taken additionally. Avoid giving your child anything cold, such as cold beverages, ice creams, sugar, or sugar containing foods; milk, yoghurt or other dairy products; meat, chicken, fish or any other form of protein food. As the child's digestive power is impaired during the illness, such foods will only putrefy and acidify the digestive system and further irritate the mucus lining. Sick children, like sick animals, generally do not want or need food. Fasting, with taking only water, is the best way to encourage the body's healing response. When your child feels hungry, give

him freshly cooked vegetable purees, soups, hot cereals like porridge with a little maple syrup, or with good quality honey (which should only be added after the food has cooled down to less than 45 degrees).

Children need to know what is happening to them during an illness and that it is going to pass soon. They also want reassurance that you are going to be there for them all the way. If your child develops a fever, it is a sign of a healthy immune response. A raised temperature shows that the body has taken active charge of the situation and is fighting off an infection. A child that has a high temperature may look and feel ill, but the fever only shows that the immune system is dealing with the illness fast and effectively. Parents should remember that a high temperature does not necessarily mean that their child is very ill. As has been discovered recently, even a temperature of 41 degrees Celsius, or 106 degrees Fahrenheit and slightly above is still not considered life-endangering. In 1983, when I lay ill with malaria in India, I refused to take fever-reducing tablets for a temperature of 41.5 degrees Celsius (106.7 Fahrenheit) and after the fever broke at the end of the third attack, I recovered very quickly and had no relapse of Malaria or ever since. The only important thing to remember is that children and babies aged less than six months, who are afflicted with fever, need to drink plenty of water, as they tend to dehydrate quickly. Sponging them down with tepid water helps to keep the body more comfortable during this phase of healing. Expose and sponge one part of the body at a time until it feels cool, then turn to the next one. Sponging the child's face and forehead also brings relief.

Another basic rule is to keep a chilly, feverish child warm and covered. This will make him sweat, particularly at night, and help to break the fever, which indicates that the body's "fight" is nearly over. Hot, feverish children should be kept cool and occasionally be immersed in a bath of tepid water. If your child has accompanying symptoms such as itchy rashes, painful swollen glands, and a cough or sore, sticky eyes, he is most likely to recover without any complications. In case he has any unusual symptoms, you may consult a natural practitioner of Ayurveda, Homeopathy, Chinese Medicine, etc., for home treatment remedies. It is better not to give *aspirin* to children during or after an illness as this can interfere with the body's own healing response. If your doctor insists on giving antibiotics to your child when he has one of the above illnesses or symptoms, try to find another doctor to give you a second opinion. In most cases, there is no need for drugs. In one large study published in 1987 in the *British Medical Journal*, 18,000 children received a homeopathic remedy against meningitis. None of the children got infected and there was not a single adverse effect from the treatment.

Elderberry has been used as a folk remedy for flu, colds, and coughs since the time of Hippocrates. And recently, an Israeli scientist discovered exactly why it works so well. In a controlled study that had flu sufferers recovering in record time, she found that elderberry literally "disarms" viruses. The viruses simply were unable to penetrate the walls of the patients' cells.

As a general precaution, don't take your child to daycare centers or nurseries too early. This can protect him from many childhood diseases. Daycare facilities increase the risk of Hib meningitis, for example, by 24 times. Many of the commercially run centers are frequently "visited" by all sorts of bugs. The safest environment for a child in the first years of his life is his home.

5. Protection against the Flu

Protect Yourself Against the Flu Vaccine!

The vaccine industry insists that their vaccines against the flu serve as the key to a healthy winter. Although there has not been a serious flu epidemic for 38 years, their vaccines are prescribed to millions of people each year. You may wonder why perfectly healthy people are injected with a normally harmless bug whose strains mutate from year to year? Although flu vaccines can never be accurate, encouraged by their employers, millions of employees submit to a flu jab each year, trying to avoid the loss of working days.

Influenza always starts in the Far East, and then spreads to the West in early winter, reaching its peak during February and March. It may come in either of three types, A, B, or C. During the last several years, type A has been the dominant version. What makes vaccination against the flu so unsuccessful is that the strains of the flu virus are different every year and the so-called protection lasts for only six months. So each autumn you require a new vaccination for a different virus. The trouble is, drug companies have no way of knowing in summer which new strain of the flu virus is going to hit the Western Hemisphere during the winter months.

The vaccine producers grow the vaccines, consisting of live viruses, in hen's eggs, which when injected into the body can cause side effects such as redness and soreness at the injection site and a mild form of flu. Very serious complications arise in people who are taking immune-suppressing drugs or who have a heart condition. If you are allergic to eggs, having a flu-shot may also endanger your health.

For the average healthy person, coming down with the flu is not serious at all. On the contrary, it can build up natural immunity even against future encounters with new strains of the flu virus. The very reason why nature creates these new forms of virus every year and spreads them with accurate timing is to ensure continued ecological balance and strong immunity in plants, animals, and humans alike. Anyone prone to repeated infections is likely to have a toxic liver with many hundreds of stones accumulated in the liver and gallbladder. Gallstones, which harbor many types of infectious bacteria and viruses, are a constant source of immune suppression. Cleansing the liver of all gallstones is about the best prevention against any type of infection. People who have cleansed their liver in this way have reported that they never catch a cold or the flu anymore.

Flu virus vaccines used until 2002 contained "live" viruses and produced so many serious, adverse reactions that new vaccines had to be concocted. The new formula for flu vaccines is called the "subvirion," which basically is a mutilated virus "blended, spliced and macerated" until just bits and pieces of the original virus are left. This in no way makes the virus less dangerous. In fact, the antigens or foreign proteins in the vaccine, for which the body is forced to produce antibodies against, are still as poisonous and harmful as live virus.

Besides the subvirion, there are plenty of other substances added to the flu vaccine, most of which you would never want to consciously ingest. These include:

- *Hemagglutinin antigens* that cause clumping of the red blood cells, leading to cardiovascular disease.
- The enzyme *neuraminidase*, which cuts out neuraminic acid from the cell membrane, weakening all of the trillions of cell membranes in the body.

- White crystalline substance called *allantoin*, a toxic animal waste product. Due to its high nitrogen content, allantoin is used as fertilizer; leads to kidneys and bladder stones.
- *Gentamicin*, a broad spectrum antibiotic, is added to each embryonated chicken egg to inhibit the growth of bacteria (vaccine is grown in chicken eggs).
- Formaldehyde (carcinogenic), used as a preservative and to inactivate the virus.
- The toxic chemicals, *tri butylphosphate* and *Polysorbate 80, USP*.
- Resin, to eliminate “substantial portions” of tri butylphosphate and Polysorbate 80
- *Thimerosal*, a mercury derivative, to preserve the vaccine cocktail.
- *Polyethylene glycol*, a relative of *ethylene glycol* (antifreeze); often used to poison dogs and other predators of sheep.
- *Isocetylphenyl ether*, a compound of ether; has anesthetic properties; a *teratogen*, causing abnormal prenatal development. It also induces testicular atrophy in animals.

The vaccine producers are unable to guarantee that the vaccine will protect you against the flu. So they carefully tell you that the vaccine “reduces the likelihood of infection; or if you do develop the disease it will be a milder case.” Some express the same uncertainty about their product in this way: “It is known definitely that influenza virus vaccine, as now constituted, is not effective against all possible strains of influenza virus.”

Why would you want to entrust your health to a cocktail of poisonous chemicals when even a somewhat weakened immune system stands a far better chance to protect you against harm from a bout of influenza. Our body’s sophisticated immune system, which has evolved over millions of years, can certainly do a better job of protecting you against the flu than anything made-made. All it needs is some basic care taking on your part. With each new flu shot, on the other hand, your immune system becomes more depleted and side-effects become more pronounced and severe. And, you may still get the flu anyway. The following list includes the possible consequences you can expect if you go down the road of vaccination:

The most frequent side effects of vaccination:

- | | |
|--|--|
| ▪ Soreness at the site of the vaccination | ▪ Dizziness |
| ▪ Pain or tenderness | ▪ Headache |
| ▪ Erythema | ▪ Lymphadenopathy |
| ▪ Inflammation | ▪ Rash |
| ▪ Skin discoloration | ▪ Nausea |
| ▪ Induration | ▪ Vomiting |
| ▪ A mass or lump | ▪ Diarrhea |
| ▪ Hypersensitivity reactions including puritus and urticaria | ▪ Pharyngitis |
| ▪ Fever | ▪ Angiopathy |
| ▪ Malaise | ▪ Vasculitis |
| ▪ Myalgia | ▪ Anaphylaxis in asthmatics, with possible death |
| ▪ Arthralgia | ▪ Anaphylactic shock, with possible death |
| ▪ Asthenia | |
| ▪ Chills | |

Vaccination certainly does not create immunity. You cannot become immune by ingesting poisons that destroy the immune system. Studies by a group of Italian scientists showed that the flu vaccine reduced the occurrence of clinical episodes of influenza by only 6 percent in adults, and effectiveness tended to decrease with age. They concluded that universal immunization wasn't warranted. Stated simply, hand washing and other hygienic and nutritional measures are far superior to the flu vaccine in effectiveness. When cared for hygienically, and by eating nutritious foods and keeping one's intestines and liver clean, influenza never becomes a deadly disease. Getting vaccinated against the flu, on the other hand, is a sure way to sow the seeds for new illnesses in the body. All vaccines are poisonous, and as such act like time bombs that will explode in due time.

Why People Get the Flu

Flu jabs lower natural immunity by injecting alien and toxic substances directly into the blood stream. No other animal in the world takes recourse to such unnatural, superficial and crude means to defend itself against invading viruses. The normal route of contact with a viral particle is via the lungs. The vast majority of the population has a normal, healthy immune system and is perfectly capable of dealing with the invaders without getting sick. But if the body's infection fighters have temporarily gone "on strike" for reasons other than the lack of a vaccine, the flu virus can gain unrestricted access into the body and cause an infection.

Regular vaccination (of any kind) is one of the major causes of depleted immunity. The yearly-administered flu jabs burden the immune system and cells of the body with foreign toxic material without giving them a chance to remove them again. The toxic viral particles can remain latent in the cells and gallstones for as long as 20 years; when they emerge they can cause serious cell damage. With each new vaccination the immune system becomes more and more restricted in its effort to neutralize the live virus that suddenly appears in the blood. It may produce antibodies for the virus (although in many cases the immune system fails to do even that), which is finally subdued, but this encounter leaves the host's immune system unnecessarily tired and weak.

Besides immune damage, vaccines of all kinds produce alterations in genetic material and thereby cause a whole range of malfunctions in the body. Vaccines may even be the cause of the increasing incidence of malignant diseases in children. Mass immunization programs have created such weak immune systems that they are even susceptible to such harmless viruses as the one causing the flu. We may have gone as far as to replace mumps and measles with cancer, leukemia, and Chronic Fatigue Syndrome.

Flu vaccinations are mainly targeted at the older generation and young children. In the United Kingdom, about 10,000 people, most of them are of very advanced age, (supposedly) die from flu-related illnesses. It may, therefore, sound reasonable to vaccinate the older people to protect them against the flu virus. But there is no total protection even among those vaccinated. Around 20 percent or more of the elderly people who get the vaccine still get a more virulent strain of flu, and many others get a lighter form of the flu. The same is true for the people in the same age group who haven't been immunized. The weak and elderly people are more likely among those who die from the flu, *regardless* whether they have been immunized or not. The bottom line is that there is no real advantage in having a flu jab. And certainly, given the frailty

of so many of the oldest members of society, there is absolutely no reliable way of telling whether the flu or something else may have lead to their death. The death rate in and out of the flu season actually is about the same. But then, as we have seen with AIDS, statistics can be manipulated in ways that support theories which have only one objective, to keep the medical business going. When a person who is about to die anyway also catches the flu, he will be listed as a flu victim.

Instead of giving the elderly population vaccines, in the misguided belief that this would take care of them, we could help them much more by improving their general resistance to disease through good diet, social engagements and exercise programs. Many old people don't have adequate nutrition and suffer from depression; both these factors work as powerful immune suppressants. Others don't have a warm home or they live alone. Research has shown that these are the major risk factors for illness and death in the older generation. A series of liver cleanses alone can strengthen natural immunity, improve digestion, retard the aging process, restore health, and foremost of all, enhance mental functions.

In developing countries, where the elderly play an important role in society, general illness is low, provided there is enough food available. In these countries it is more likely that old people die from malnutrition than from a strain of virus.

There are an increasing number of reports that indicate a worsening of high blood pressure, diabetes, gout, and Parkinson's disease as well as an increase in all kinds of allergic complaints in adults who regularly receive flu jabs. In 1976 an extensive flu vaccination program in America led to a massive outbreak of Guillain-Barre syndrome, a disease affecting the nervous system. The outbreak, known as the "Great Swine Flue Fiasco," paralyzed 656 people and 30 elderly persons were found dead within hours after they were vaccinated. Compensation claims were enormous, which helped slowing down the program, but only for a while.

What about the other high-risk group, young children? Japanese researchers have shown that infants under one year of age fail to even generate a good antibody response following the vaccine. There is no point pumping children full with vaccine poisons, except enriching the pharmaceutical companies.

Seniors, of course, are one of the core target groups for the flu vaccine program. So every year we're told how older people are particularly vulnerable to the flu. We're also told that government officials are holding their breath over their fear of a devastating flu pandemic. We're even told that about 36,000 people die of flu related complications in the United States each year, and most of those deaths are elderly people. The reality of the matter is quite different, though. How many people do you think died of the flu last year? Less than 175, according to Sherri J. Tenpenny, D.O., an internationally known leader in vaccine research! And yet, the official line propagated by media campaigns is to be prepared for another wave of deadly flu epidemic, killing thousands of people each new season.

In the Name of Prevention

The pharmaceutical companies producing the vaccines seem to have a more powerful effect on the population than the scientists have who invented them. As early as 1980, Dr Albert Sabin, one of the world's leading virologists and pioneer of the polio vaccine, spoke vehemently against the use of the flu vaccine, claiming that it was unnecessary for over 90 percent of the population. This, however, has not discouraged the vaccination industry to endorse vaccination for *all* in the name of health and protection against disease.

What makes matters worse is that there has never been a properly controlled clinical trial with the flu vaccine. Because we don't know anything about its long-term effects, we may be unknowingly

producing generations of people with debilitated immune systems and chronic diseases. Flu vaccination is an unproved and unscientific practice and there is nothing in the scientific literature that can certify or guarantee its safety. The most effective way to fight infections, including the flu, is to prevent it. There is no substitute for a health-increasing regimen. Vaccination, on the other hand, offers no real protection. Injecting the body with foreign and poisonous viral material is counterproductive to improving our well being. Dr. John Seal from the American National Institute for Allergies and Infectious Diseases warned that we have to assume that every flu vaccination can cause the Guillain-Barre Syndrome. In this sense, prevention is *not* better than cure.

Help From Mother Nature

For those who are concerned about the flu and its possible effects, there is a remarkable herbal extract (andrographis paniculata) that has been used for centuries in Ayurvedic (traditional Indian) therapies and traditional Chinese Medicine. It is used to treat everything from isolated cases of the sniffles to full-blown outbreaks of influenza. Apparently, Andrographis is believed to have halted the spread of the 1919 Indian flu pandemic.

There is scientific evidence to support that theory. Researchers at the Universities of Exeter and Plymouth in the UK conducted a survey of medical databases, herbal manufacturer information and World Health Organization reports to select seven studies that met the criteria for double-blind, controlled trials. The combined studies tested the use of andrographis as a treatment for respiratory tract infection in nearly 900 subjects.

In all seven of these studies, subjects who took andrographis after the onset of cold symptoms reported faster recovery, compared to subjects who took placebos or medication.

Researchers concluded that andrographis may be effective in treating "uncomplicated" infection in the upper respiratory tract (throat, sinuses and ears). According to previous laboratory trials andrographis extract doesn't actually kill the organisms that make you sick – at least not directly. Instead, the herbal compound boosts your immune system and stimulates natural antibodies.

Animal research also showed that andrographis may help prevent myocardial ischemia (inadequate blood circulation in the heart caused by coronary artery disease), inhibit the formation of blood clots, lower blood sugar levels in diabetics, lowered systolic blood pressure, and protect the liver against damage.

Kan Jang is a brand of standardized extract of andrographis that has consistently outsold all other cold medications in Scandinavia for 13 years running. The Swedish Herbal Institute, the formulator of Kan Jang, recommends that you take one tablet four times daily to fight colds or the flu. Kan Jang can be purchased at dietary supplement stores and through Internet sites.

6. Alcohol - Man's Legal Drug

There is much controversy around alcohol. Some people say that alcohol can perk you up, reduce tension and inhibitions, and bring more fun into your life. Getting drunk is often seen as a means to "escape" the burden of personal and interpersonal problems, at least for a while. Alcohol may make you feel euphoric and relaxed but it also has unwanted side effects. You lose control over your mind, your

senses, and your body's co-ordination skills. A hangover demonstrates the powerful toxic effects that alcohol has on the normal functioning of the mind, body, and spirit.

But why do people drink alcoholic beverages? Getting drunk can hardly be considered fun because loss of self-control does not really make a person happy. However, despite the accompanying side effects, many people are drawn repeatedly to having "another drink." And why does alcohol make us get drunk in the first place?

The answer to both these questions may lie in the brain hormone *serotonin*, which is the main chemical equivalent to pleasure and happiness. With the increasing darkness of the night *serotonin* gets broken down into the hormone melatonin. Alcohol, however, slows down this process and thereby maintains a "good mood." However, if *serotonin* is not broken down on time, it reacts with the toxic substance *acetaldehyde*, which the body produces from the ingested alcohol.

The chemical reaction generates an entire group of chemicals that have hallucinating effects; they are known as *tetrahydro-ss-carboline*. *Salsolinol*, a substance synthesized in the presence of the brain chemical *dopamine*, blocks the breakdown of *serotonin*. *Dopamine* then begins to form a new chemical called *norlaudanolin*, a precursor of morphine and 2,000 other types of *alkaloids*. In other words, if you think you are addicted to alcohol you are wrong. In reality you are addicted to morphine.

However, alcohol consumption does not necessarily turn into an addiction. Genetic predisposition makes some people produce more morphine or opiate from *acetaldehyde* than others. Under normal conditions, the side effects that arise from drunkenness prevent most people from further drinking. So the body rarely gets the chance to make sufficient amounts of such hallucinogenic drugs to cause an addiction. Yet regular consumption of alcohol can eventually increase this chance.

There are people who cannot afford to drink alcohol at all. Asians in general and Chinese and Koreans in particular lack the enzyme that breaks down the toxic *acetaldehyde* and even small amounts of alcohol lead to a fast pulse, abdominal pain, and a red face. For this reason, alcoholism is rarely existent in Asia. Also, there are some who pass out after the first (and only drink) because they have no natural defenses against *acetaldehyde*.

Beer – Hypnotism and a Big Tummy

If you ever had the chance to smell a hop plant then you know it has hypnotic effects. Harvesting any of the plants of the hemp family can make you quite sleepy. Cannabis, which is used to produce Hashish and Marijuana, is a close relative of hops. The relaxing effect that beer has on the consumer comes, besides other substances, from the hops ingredient *hopein*. Hopein is a form of morphine.

Except in Muslim countries, beer consumption is legal, yet taking morphine, marijuana, or other hallucinogenic drugs is treated as a criminal act. If a person regularly gets drunk by drinking large quantities of beer, he is not less "out of himself" or physically and mentally incompetent than he would be under drug-induced hallucination. It would not make a difference whether a hallucinating drug user runs over an innocent pedestrian or a drunk who has had a few bottles of morphine-containing beer. If a person is caught driving while drunk he will receive punishment by law. If he gets drunk and is not driving, the law cannot touch him. If someone becomes violent under the influence of beer, it is due to similar reasons that a drug user becomes violent under the influence of hallucinogenic drugs.

Apart from their mind-altering effects, hops are known to work as an anti-aphrodisiac, suppressing sexual drive and performance in men. Hops contain the female sex hormones *daidzein* and *genistein*, which are generally used to fatten calf, sheep, and chickens. Contrary to general belief, the body cannot

utilize any of the many calories contained in whisky or other alcoholic beverages for producing energy or increasing fat reserves. Beer contains another female hormone, an estrogen, which is also formed in a woman's ovaries. The typical beer belly and breast growth of a beer drinker is caused by these female hormones and has nothing to do with beer calories.

Besides the above mind-altering chemicals of beer, the malt in beer also has a substance in it that influences the psyche; it is called *hordenin*. Hordenin results from the germination of barley and is related to the well-known stimulants *ephedrine* and *mescaline*. It also has a strong diuretic effect, which causes frequent urination, especially during the night. To process one glass of beer, the body's cells have to supply at least three glasses of water. Hence beer can cause severe dehydration so typically found among heavy beer drinkers. When the beer drinker's body signals dehydration he may be tempted to drink even more beer, which increases dehydration further.

All these factors may result in weight gain, tissue acidification, retention of toxins, and swelling of the body. The use of extremely "hard" water, rich in inorganic (metallic) calcium, in beer production may be responsible for the high incidence of kidney stones and kidney problems among beer drinkers. In addition, regular consumption of all alcoholic beverages causes gallstones in the liver and gallbladder. Alcohol is extremely acidic which alters the pH of the alkaline bile to the point of thickening, leading to blockage of bile ducts. In this respect, alcohol consumption can become a cause for any illness in the body.

Solving the Red Wine Mystery

Despite what we know today about the destructive effects that alcoholic beverages can have on liver and brain cells apart from dehydrating the body, you may have been advised to drink a glass of red wine or two on a daily basis because this could benefit your arteries. This advice, however, is misleading. It makes you believe that drinking alcohol is not so bad for you after all, whereas in truth it is not the alcohol in the wine that is beneficial for the heart. A study led by Dr. John Folts of the University of Wisconsin Medical School found that 8 or 10 ounces a day of the purple variety of grape juice has a potent effect on the blood cells called platelets, making them less likely to form clots that can lead to heart attacks.

A group of natural substances found in many kinds of foods, called *flavonoids*, seem to have powerful anti-clotting properties. They are amply present in purple grape juice and to a lesser extent also in red wine. Purple grape juice might even be more potent than aspirin, which is widely recommended as a way of warding off heart attacks. The study found that both aspirin and red wine slow the activity of blood platelets by about 45 percent, while purple grape juice dampens them by 75 percent. It is not clear, however, whether the thinning of blood after drinking red wine is caused by flavonoids or by the diuretic effects of the alcohol contained in the wine.

If you turn the purple grape juice into wine it loses some of its flavonoids. To have the benefits advocated for red wine and more, it is better to drink the fresh juice of purple grapes. Plant foods contain about 4,000 flavonoids. Eating a diet rich in fruits and vegetables is one of the best ways to maintain a healthy circulatory system, while alcohol is not. Although the flavonoids contained in red wine may have some beneficial effects on the blood, the alcohol that goes with it, after initially thinning the blood due the alcohol's diuretic effects, makes it thicker than it was before. If you need proof, ask a friend to apply the muscle test of chapter 1 on you, while you hold a bottle of red wine (or any other alcoholic beverage) in your hand. If your arm muscle tests weak it shows that any benefit that may be been left in the red wine from the grape juice has been voided. The alcohol in the wine causes the shut down of energy flow to the muscles.

7. Dirty Business with our Food – Genetically Modified

Genetic engineering of food is rapidly becoming an extremely lucrative business that is likely to place man's global food production in the hands of some very few powerful people or governments. Whoever controls global food production will also control the world. In the name of progress and improvement of food production, the plan is to make every nation dependent on using the genetically engineered seeds that the world's leading food industries have produced and for which they own the patent rights. The agricultural products manufacturer Monsanto is doing exactly that. In January 2005, Monsanto announced it will buy the commercial fruit and vegetable seed company Seminis. The deal is said to be worth \$1.4 billion. Once the majority of the world is using gene-manipulated seeds to grow their crops, the man-made Frankenstein foods will take their toll on human life. The aim of the wealthiest and most influential group of people in the world is to drastically reduce the size of the world's population. Genetically engineered foods play a decisive role in this plan, and unless the rest of humanity wakes up to its responsibility as caretakers of Mother Earth, it is most likely going to succeed.

Monsanto which also produced the poisonous sweetener aspartame is inserting genes from plants of unrelated species into the soybean plant to make it resistant to the potent herbicide *Roundup* (glyphosate). The unsuspecting farmers would only welcome such a miracle plant, unless of course, they see the risk involved. The Roundup resistant soybean seed can now be heavily sprayed with Roundup to kill weeds, but without causing damage to the soybean. No more problems with weeds suffocating the soybean plants, but bigger problems for the consumer! The new soy bean is heavily contaminated with the toxic herbicide, Roundup.

Today, these genetically modified soybean products, which comprise about 80% of the beans available, have been found in most baby formulas including Carnation, Similac, Enfamil, Isomil, and Neocare as well as Doritos, Fritos, vegetable oils, soybean oil, margarine, and much more. With soy now being an ingredient of thousands of common food products, the masses are systematically poisoned with harmful herbicides.

One of the genes used in the new soy bean is derived from the petunia plant which is a nightshade. This is bad news for people with nightshade-induced arthritis. Suddenly, by inadvertently eating something that contains a soy product, they may end up becoming crippled with arthritis. They may have no problem with soy as such, but soy isn't just soy anymore; it is now also a nightshade, at least on the genetic level.

The method of gene manipulation may even lead to more serious consequences than "just" a painful joint disorder. When Monsanto inserted the Brazil nut gene into soy, people allergic to Brazil nuts suffered *anaphylaxis* from ingesting a soy product. Anaphylaxis is a serious, life threatening reaction where one is not able to breathe. Monsanto was ordered to remove the gene to avoid further complications of that nature.

The process of genetic engineering of food oftentimes involves the use of live virus, small enough to enter cell nucleus and, thereby, infect other genetic material. Cancer in chickens often results from infection with the *Rous Sarcoma virus*. The chicken cancer virus is used as a carrier to implant the growth hormone gene into farmed fish so they will grow faster. Once the virus has infected the fish, if the virus persists before it ends up on your dinner plate, which is very likely, it will also infect you. With all the multitudes of genetically modified foods out there, our body will become a host for numerous viruses that normally would never be found in our body.

Likewise, Leukemia virus in chicken has been used as a vector to insert human genes into developing poultry. It gets better, or shall I say, worse. A retrovirus was used in pigs to insert human fetal cells to grow aortas for transplantation into humans. When the pig's aorta was transplanted into the human body, it led to infections in humans with the pig's retrovirus.

When these viruses are used as part of genetic engineering they combine with one another to create new plant and animal diseases. By eating these new foods, foreign genetic material from these viruses can be absorbed through our intestines and become incorporated into our cells. Thanks to the genetic research and food production we are now on the verge of creating new diseases against which we have no natural or unnatural way of defending ourselves.

As more and more foods are grown that have foreign genes put in them to make them resistant to certain pests, pesticides, herbicides or antibiotics, the more of these gene transporters or vectors will end up lodging in our intestinal tract, infecting bacteria in our gut. The infected gut microbes will not only become antibiotic resistant, but resistant to any kind of treatment.

Since the U.S. government doesn't require any testing or proof of the safety of genetically engineered foods, the extremely well paid genetic scientists basically have free and unrestricted reign over designing their sinister programs of gene engineering. As for now, new genes have already been planted in potatoes, corn, sugar beet, tomatoes, cotton (used to make junk food oil found on roasted nuts given out on airplanes) to make the plant resistant to pesticides. Canola oil is also a genetically engineered product, poisonous for the body.

In 1994, the genetically engineered growth hormone rBGH, designed to increase milk production in cows, was approved for use in the U.S. About a third of U.S. farmers now use it to speed up milk production. The viruses used to make the growth hormone, of course, are in the milk. The prestigious medical journal, Lancet, reported in 1998 that breast cancer is seven times higher in women with tiny increases in growth hormone, Insulin like Growth Factor (IGF-1), which comes from cows injected with rBGH. Two years before this report, the International Journal of Health Sciences stated that IGF-1 concentrations are ten times higher in rBGH milk and *can* be absorbed through our intestines, and increase our risk of cancer among other diseases.

With increasing usage of genetically engineered plants, we will be faced with the following global scenario:

1. Loss of thousands of species of plants
2. All small farmers will have to give up their farming business
3. Creation of Frankenstein foods our bodies won't know how to handle
4. There will be super weeds resistant to all herbicides
5. Plants become resistant to pesticides
6. New viruses and diseases for which there won't be a cure

Already, 60% of processed foods now contain at least one genetically modified food item. Millions of people now consume chips with firefly gene; potato chips with chicken gene; or salsa with tomato containing a flounder gene. Cream of broccoli soup can have a bacteria gene in it, and salad dressing is most likely made with canola oil, vegetable oil or soybean oil (all genetically engineered). The tobacco gene is now used in lettuce and cucumbers and the petunia gene is used in soybeans and carrots. If you have celiac disease you may need to avoid walnuts because they can have the barley gene in them. Even strawberries are not harmless anymore; they can now have "undisclosed genes" in them, so you will never know what else you are getting when you treat yourself to this delicious fruit. Cheese contains genetically

engineered bacterial rennet. Many brands of apple juice contain the silkworm gene, and grapes can contain a virus gene. Trout, salmon, catfish, bass and even shrimp, are also genetically “enriched.”

Multinational corporations are rapidly changing our food and nobody seems to be able to stop them. They're not accountable to anyone since they do not have to label their foods, and the government (at least in the U.S.) does not require them to do any safety testing.

8. A Warning Note about Soy Products

Given the fact that soybeans are grown on farms that use toxic pesticides and herbicides, and many are from genetically engineered plants, it doesn't surprise me to find more and more evidence suggesting soy to be a major health hazard. With a few exceptions, such as miso and other carefully fermented soy products, soy is not suitable for regular consumption because of increased risks of cancer, indigestion, thyroid problems, and other disorders, in addition to being a common food allergen. Numerous studies have found that soy products may:

- Increase the risk of breast cancer in women, brain damage in both men and women, and abnormalities in infants
- Contribute to thyroid disorders, especially in women
- Promote kidney stones
- Weaken the immune system
- Cause severe, potentially fatal food allergies
- Soy products also contain:
- Phytoestrogens (isoflavones) genistein and daidzein, which mimic and sometimes block the hormone estrogen
- Phytates, which block the body's uptake of minerals
- Enzyme Inhibitors, which hinder protein digestion
- Haemagglutinin, which causes red blood cells to clump together and inhibits oxygen take-up and growth
- Trypsin inhibitors that can cause pancreatic enlargement and eventually cancer;
- Hemagglutinin, which is a clot-promoting substance that causes red blood cells to clump together;
- Phytic acids, which reduce the absorption of many vitamins and minerals.

CHAPTER 14



What's Supposed To Be So Good For You...

1. Vitamin Euphoria – A Shot in the Dark

Vitamins seem to be so good for everything. The newly born needs them to grow properly; women take them to be happy; men use them to maintain or increase potency; athletes ingest them to stay fit; and older people take them to become younger or to avoid the flu. Even foods are categorized into good and bad, depending on how many or few many vitamins they contain. Ever since vitamins were produced synthetically they were made available in every drugstore or health shop around the world. Now you don't have to eat all that vitamin-rich food anymore to stay healthy, all you need is to pop in a couple of those essential vitamin pills a day, or so the advertisements tell you. But if you don't pay heed to this advice, you are told that you may become vitamin deficient and put your health at risk.

And so we act obediently, out of fear of risking our lives. If you feel tired or suffer from lack of concentration (which could be due to lack of sleep or overeating), you may be prescribed vitamin B pills. Then there is vitamin C if you catch a cold (which could result from stress, working too hard or eating too much junk food). Vitamin E, you are told, helps you prevent a heart attack (so you may no longer need to watch out for the true risk factors of heart disease). Accordingly, we spend billions of dollars on vitamin pills each year to fight off every kind of ill from the common cold to cancer.

Nowadays, artificial vitamins are added to almost every processed food – not because they are so good for you, but because foods that are “enriched” sell better. Cereals, bread, milk, yoghurt, boiled sweets, even dog food with added vitamins leave the supermarket shelves much faster than do those without them. Smokers, meat eaters, sugar addicts, or people who drink too much alcohol can now continue enjoying their self-destructing habits without having to fear the dreaded vitamin deficiency, thanks to the blessed food industry. The magic food supplements have become an insurance policy against poor diet, and nobody has to feel guilty anymore over eating junk food. And on top of that, scientific research suggests that taking large doses of supplements may protect you against disease, even though there is no real

evidence to support that claim. As seen in the sales figures, the public believes that the more vitamins you take, the healthier you get.

But are vitamins really so good for your health? Despite the massive amounts of vitamins consumed in modern societies, general health is declining everywhere, except in those countries that still rely mostly on fresh farmed foods. Could the mass consumption of vitamins be even co-responsible for this trend?

Sodium and water are essential to maintain sodium levels and hydrate the body, but too much of either can seriously upset the body's electrolyte balance. Overconsumption of vitamin A, for example, can cause loss of hair, double vision, headaches, and vomiting in women, all indications of vitamin poisoning. If a woman is pregnant, the supplement can even harm her unborn baby. As we will see, vitamins can even endanger a person's life.

Vitamin Deficiency – Or Perhaps Something Else?

In the beginning of the 17th century, Japan was afflicted with a disease, called *beriberi*, which killed many people. By the year 1860, over one third of Japan's marines had fallen ill with symptoms of weight loss, frequent heart complaints, loss of appetite, irritability, burning sensations in the feet, lack of concentration, and depression. The symptoms quickly disappeared whenever rice, Japan's most important staple food, was replaced with other foods.

Thirty years later the Dutch physician Christiaan Eijkman conducted an experiment feeding chicken with white rice. The chicken developed symptoms such as loss of weight, weakness, and signs of nerve infection, which Eijkman interpreted as being *beriberi*. The symptoms disappeared again when the chicken were fed with brown rice. Soon later Eijkman discovered a few, previously unknown substances within the bran of the whole rice; one of them was named B1. This initiated the era of vitamins.

But, as it turned out, beriberi wasn't caused by vitamin B1 deficiency. People no longer suffered from beriberi once they discontinued eating rice altogether. It should have been noticed from the beginning that, with "no rice – no vitamin B1 – no beriberi," the disease must have had other causes than vitamin deficiency. Japanese marine soldiers died within three days after consuming white rice, yet it takes much longer than that to get a B1 deficiency. The origin of this mysterious disease was revealed when in 1891 a Japanese researcher discovered that beriberi is caused by the poison *citreoviridine*. Citreoviridine is produced by mold in white rice that is stored in filthy and humid environments.

Yet until today, the vitamin B1-beriberi-hypothesis is still maintained in medical text books around the world. Although it has never been proved that a B1 deficiency causes such symptoms as fatigue, loss of appetite, exhaustion, depression, irritability, and nerve damage, many patients having these symptoms are told that they have a vitamin-B deficiency. During vitamin B1 trial studies, all the participants complained about the highly monotonous diet they were given; they suffered fatigue and loss of appetite, regardless of whether they received B1 in their diet or not. As soon as they returned to their normal diet, even without B1, the symptoms spontaneously disappeared.

Another B-vitamin is *nicotinic acid* or also known as *niacin*. It has become very popular and is now routinely added to many foods. Niacin is supposed to safeguard us against diarrhea, dementia, and the skin disease *pellagra*. Pellagra is more widespread among people who eat maize, though not everyone who eats maize gets pellagra. Pellagra was found to be caused by food poisoning through spoiled maize. The poison involved has been identified as *T2-toxine* and is known to disturb niacin metabolism, thus producing pellagra. Besides the great importance given to taking extra *niacin* today this substance is not really a vitamin at all since it can be produced by the body itself.

Nobody Knows How Much You Need

Governments and international organizations such as the WHO frequently release figures that propose a *Daily Ratio of Allowance* (DRA) for every vitamin that you supposedly need to stay healthy. The nutritional experts in different countries however, have different opinions about how much of each vitamin your body must have. An American, for example, is supposed to take at least 60mg of vitamin C, whereas a British citizen is considered better off taking only 30mg. A Frenchman can only remain healthy if he consumes 80mg of this vitamin whereas Italians are told they need 45mg. These figures are “adjusted” every few years, although our bodies’ basic nutritional requirements have not changed over the past several thousand years.

Nobody really knows how many vitamins are good for us because the requirements, constitutions, and absorption rates for vitamins differ from person to person. Vitamins need to be digested before they can be made available to the cells and tissues. Once a person’s digestive ability (AGNI) has diminished due to congestion of liver bile ducts with intrahepatic stones (see my book *The Amazing Liver and Gallbladder Cleanse*), for example, foods and even vitamins can no longer be digested properly.

When scientists calculate our vitamin requirements, they usually add a 50 percent “safety factor” to the original figures to make certain that we eat enough of them. And because vitamin extraction from food during the digestive process is so much less than 100 percent, these figures are increased one more time. The official methods of analyzing the amount of vitamins we require are inadequate because we simply *do not know* how much of each vitamin the human physiology needs. The thin, hyper-metabolic Vata body type, for example, may have a far greater need for vitamin B-6 than the heavier-set, hypo-metabolic Kapha type who can never really run out of it.

It is also not known how much of each vitamin is contained in a banana, an apple or a junk of cauliflower. Vitamin contents fluctuate greatly with the size of the fruits, their maturity, the condition of the soil, country of origin, time of harvesting, and the use of pesticides. How many of the vitamins contained in these foods actually end up being utilized by the body depends on the digestive capacity and body-type. In other words, the amount of any vitamin you take is not necessarily the amount that your body ends up absorbing and ultimately putting to use. Complicating the absorption issue is the fact that your body's ability to absorb nutrients is not necessarily the same from one day to the next. All this makes official nutritional figures highly unreliable and speculative.

The vitamin theories originate in the assumption that the human physiology has stores for vitamins that always must be full up in order to saturate the tissues of the body. This assumption, however, has never been proven by scientific research. While calculating human vitamin requirements, nutritional science *assumes* that the body’s metabolic processes take place at a top speed, which would require plenty of vitamins. Our bodies, however, are not machines that run at top capacity day and night. Most of us are *not* marathon runners, and even *they* don’t run for 24 hour's day after day, month after month, and year after year.

It is very questionable whether the saturation of our body tissues with vitamins is even desirable. We need a certain amount of fatty tissue in our body, but this does not mean we should all be excessively filled with fat. Oxygen, too, is considered vital for all our body’s functioning, yet if its concentration in the air is consistently too high it can cause serious bodily harm. Why should vitamins be an exception? And anyway, vitamin deficiency is...

...Rarely Caused by Lack of Vitamins

In the majority of cases, a vitamin deficiency does not occur because of insufficient vitamin intake in the diet. A vitamin deficiency is rather caused by a congested capillary network that is unable to diffuse sufficient amounts of the vitamins into the intercellular fluids. This can have a number of reasons, overeating protein foods being one of the major ones.

A diet rich in protein foods, such as meat, fish, pork, cheese, milk, etc., will eventually block the basal membrane (BM) of the small and large blood vessels in the body (see Chapter 9 on heart disease). Stress, over-stimulation, and dehydration can have a similar effect. The subsequent thickening of the BM and connective tissues makes it increasingly difficult for the basic nutrients, including vitamins, to reach the cells. If trans-fatty acids are consumed, as contained in most processed and refined fats, oils and fast foods, cell membranes become thick and congested, thereby preventing nutrients from reaching the cell interior. All this greatly increases the amount of metabolic waste and toxins in the body, overtaxes the liver, and causes the growth of gallstones. The gallstones inhibit the flow of bile, which subdues AGNI, the digestive power and increasingly hinders the assimilation of nutrients, including fats. When fats are no longer properly digested, the fat-soluble vitamins A, D, E, K, which are normally stored in the liver, become deficient. This problem becomes exacerbated by eating low fat foods (see section 6 on Light Foods).

If vitamin A becomes deficient, for example, the *epithelial* cells, which form an essential part of all the organs, blood vessels, lymph vessels, etc., in the body, become damaged. This can literally cause any kind of disease. Vitamin A is also necessary to maintain the cornea of the eye, allow for eyesight in dim light, and reduce the severity of microbial infection. Vitamin A is only absorbed from the small intestines properly when fat absorption is normal. Fat absorption cannot be normal as long as gallstones obstruct the bile flow in the liver and gallbladder. It is, therefore, very sensible to remove the gallstones and cleanse the digestive system so that the vitamins contained in food you eat can actually reach the cells in your body.

Taking extra vitamins can be harmful if the body is unable to make use of them and is given the additional burden of having to break them down or try eliminating them from the system. Because vitamins are strong acids, an overload can lead to vitamin poisoning (vitaminosis) and thus damage the kidneys, and actually cause the same symptoms that accompany a vitamin deficiency. Instead of filling the body up with large doses of vitamins it cannot even process properly, it would be more healthful and efficient to cleanse the body from accumulated toxins, stored proteins in the blood vessel walls, and impeding gallstones from the liver. Although taking mega doses of vitamins may temporarily increase the pressure of diffusion of these nutrients for a short time and quickly relieve symptoms, the “benefits” are often short-lived. If digestive functions are impaired, taking extra vitamins may actually endanger your health.

Contrary to popular belief, vitamins do not have isolated functions, but are work as a “team” in the body. If taken in supplemental form, versus from food, may be counter productive as excess of one vitamin can have a suppressing effect on another. When isolated and extracted from foods, vitamins arouse your nervous system should you take them. Feeling stimulated, and therefore energized, you naturally assume these vitamins must be doing you good. But stimulants never give you extra energy, they force the body to spend and give up energy.

The best source of healthy vitamins is fresh fruit, vegetables, grains, legumes, nuts, seeds, etc. Fruits and vegetables also contain important health-essential nutrients known as *phytochemicals* – nature’s food

coloring agents. They are what gives – which give them their color. To obtain vitamin D, the best and cheapest source is sunlight. B12 is produced from microbes living in your mouth and gut.

Hidden Perils of Vitamin Pills

Vitamins D and A

Calciferol, known as **vitamin D**, is not a vitamin in the real sense since the body is capable of producing it itself. With the help of UV light from the sun, the body synthesizes it from cholesterol (7-dehydrocholesterol) in the human skin. Vitamin D, which acts rather like a hormone than a vitamin, facilitates the absorption and utilization of calcium and phosphorus, necessary for maintaining strong bones and teeth. Although vitamin D levels cannot be influenced through diet, the official nutritional textbooks speak of 2.5 µg daily requirement for adults. Babies and breast milk are supposed to have the biggest deficiencies in vitamin D, implying that nature made a crucial mistake when it invented breast milk. Mothers are warned that, without taking extra amounts of this important vitamin, their babies could risk rickets or bone deformation.

Yet mothers are rarely informed about the risks they take when they overuse vitamin D. Vitamin D poisoning leads to something very similar to rickets. Professor Dr Ernst Lindner from the University of Giessen in Germany has warned that if large amounts of vitamin D are given to a person, calcium is removed from the bones; and this can cause bone deformation. He also states that it is very risky to add vitamin D to food.

Bone deformation is more likely to occur in babies who are *not* breast-fed. Until the expensive vitamin D pill came on the market, rickets was effectively treated with breast milk, and I might add, for thousands of years.

Nature deemed it necessary to supply mother's milk with only very little vitamin D. As studies have shown the vitamin D content in mother's milk does not increase when the mother takes vitamin D supplements. This proves that a mother's body filters out vitamin D to protect the baby from being poisoned (by the vitamin). A baby's body easily synthesizes vitamin D from sunlight once it is exposed to it. It is, therefore, unnecessary to have this vitamin present in the mother's milk. The major cause of vitamin D deficiency among babies is keeping them in dark rooms with little or no natural light. But even with less than adequate sun exposure they are still capable of absorbing sufficient amounts of calcium from the blood necessary for the building of healthy bones. While being breast-fed, an infant receives plenty of milk sugar and phospho-caseins, both excellent transporting agents for calcium. If there is anything that could cause rickets in babies, it is lack of mothers' milk and exposure to sunlight.

Adults are not as well protected against this vitamin as breast-fed infants are. One report issued by the University of Tromsø in Norway showed that the long-term intake of vitamin D at the dosage of just slightly above the 400 IU recommended amount (many people take as much as 4,000 to 5,000 IU per day!) may trigger a heart attack and cause degenerative joint disease and arthritis. Another finding emerged from the New York University Goldwater Memorial Hospital, which suggests that large doses of vitamin D can cause magnesium deficiency in the heart tissue and cause heart attacks.

Pregnant women are particularly at risk. Dietary intake of vitamin D has led to kidney calcification and severe mental retardation in their offspring. Children born to mothers, who take extra vitamin D in their

diet, may develop a certain type of congenital heart disease called *supravalvular aortic stenosis* and show extreme deformations of facial bones.

Taking vitamin D supplements can also contribute to arteriosclerosis and even be fatal. In 1991, several Americans died from vitamin D in cow's milk. The supplement was added during the production process, but had not been churned properly. Milk enhances the potency of vitamin D by up to ten times, a fact that is routinely ignored by milk producers. Milk that has been enriched by 90 units of vitamin D is poisonous and can kill an adult person. But milk with added vitamin D just sells better. If you feel you need more vitamin D, then it is best to sunbathe regularly or go for regular walks. But avoid using sunscreens.

It is also a well known fact that too much vitamin A causes deformity in unborn children. For this reason, there is a law preventing the use of this vitamin in food. Yet this law does not apply to animal feeds even though it is well known that vitamin A is accumulating in the liver of farm animals. Pregnant women are warned not to consume liver to avoid damaging their babies. If taking extra vitamin A is considered poisonous for pregnant women or unborn babies, it cannot be considered safe for the rest of the population either.

B-vitamins

Pyridoxine or **vitamin B6** is a combination of six substances. Since most parts of this vitamin occur in bound form, analytic methods fail to determine how much of it is contained in food. It is also not possible to make any reliable statements about how much of it we require. Still the nutritional textbooks suggest a 1-2 µg daily intake. What is known, though, are its side effects.

Vitamin B6 is often used as a drug. Its use is indicated for depression, pre-menstrual tension, schizophrenia, and child asthma. It was considered safe until 1983 when scientists discovered a syndrome accompanied by strong circulatory problems in the hands and feet of a number of patients who were given large doses of vitamin B6. The patients developed symptoms similar to the ones caused by the drug *thalidomide* (which recently has been reintroduced for specific disorders). Mothers who had taken large amounts of B6 during their pregnancy also reported deformities in their children's bodies. It took a long time before the nerve damage was linked to vitamin poisoning. As it turned out, many patients, who had been diagnosed with *Multiple Sclerosis*, were poisoned by vitamin B6. There are many unsuspecting people taking vitamin B6 today without the faintest idea that they are gradually injuring themselves.

The statement that **Cobalamins** or **B12 vitamins** can only be found in animal foods, such as meat, fish, eggs, cheese, etc., is plain false. B12 has been detected in fermented plant foods and algae. A deficiency of this vitamin is thought to cause pernicious anemia and degeneration of nerve fibers of the spinal cord. The argument that people who don't consume any animal foods must have a B12 deficiency and endanger their health is unscientific, unfounded and misleading. Apart from producing vitamins K, B1 and B2, as well as energy-providing short-chain fatty acids, the billions of beneficial bacteria residing in the large intestine produce more than enough B12. B12 is also made in our mouth. In addition, the liver can store B12 for many years and knows how to recycle this vitamin. This may explain why *vegans* (those who don't eat any type of animal product) eating a balanced diet almost never suffer from B12 deficiencies (contrary to public opinion). I can personally attest to that. Before I started eating purely vegan 32 years ago, I suffered from a severe chronic anemia. It vanished two months after I stopped eating meat, poultry, eggs, fish, cheese and milk.

If the body for any reason required more of this vitamin, it would instinctively desire foods that would meet the increased demand. However, if the liver and large intestines are congested, a B12 deficiency may eventually develop, *regardless* of whether a person is a meat-eater, a vegetarian, or vegan.

Niacin is one of the most popular B-vitamins. Now added to a large number of manufactured foods, including breakfast cereals, niacin also is not without risks. After large doses of niacin (3g) had been given to patients suffering from psychiatric diseases, they developed hepatitis and other liver problems. Among other symptoms of niacin-poisoning are hot flushes, itching skin, arrhythmia, and nervousness. Illegal use of niacin in minced meat and hamburgers has often led to similar symptoms. The main reason for adding niacin to meat is to color it red and give it the appearance of being fresh. If you turn bright red, like a tomato, and get an itch right after eating meat, then you are likely to have been poisoned with niacin.

The **B-vitamin Folic acid** is also a common food additive, and potentially one of the most harmful ones. After researchers first discovered that people in malaria regions suffered from folic acid deficiency, they gave them this B vitamin in the belief that it would make their immune systems more resistant to the malaria bug. The children who were given this vitamin felt worse after the treatment and were found to have much higher concentrations of malaria-causing agents in their blood than before.

The explanation for this phenomenon lies in the understanding that the malaria bugs themselves require large amounts of folic acid to spread. People who have a deficiency in this vitamin are naturally protected from malaria infection. A British doctor in Kenya discovered that children who took folic acid developed malaria. He gave folic acid to one group of monkeys and compared them with another group monkeys who were folic acid deficient. All the monkeys with “normal” levels of this vitamin were infected with malaria whereas the ones with “abnormally low” levels stayed healthy.

Over 40 percent of the world’s population are is threatened by malaria today and it is no longer restricted to developing countries. Malaria is rapidly becoming the leading cause of death in the world. It is impossible to imagine the disastrous consequences that may have arisen from giving millions of healthy people vitamins to help their assumed vitamin deficiency. What is considered to be a vitamin deficiency for one person may be a life-saving response for another person. It is painful to know that many people have to pay with their lives because we so crudely interfere in the self-regulating mechanisms of nature and human physiology that protect us against disease.

Vitamin C

The most popular of all vitamins is **Ascorbic acid** or **vitamin C**, a deficiency of which is believed to cause multiple hemorrhages, slow wound healing, anemia, and scurvy (damage of blood vessels). It is in fact very easy to cure scurvy with red peppers, citrus fruits, or cranberries, all containing high concentrations of this vitamin. Since the Hungarian scientist Szent Gyoerkyi identified vitamin C in oranges to be an effective substance, it became common knowledge that vitamin C and orange juice must have the same benefits. But as it turned out, scurvy cannot be cured by vitamin C alone. Regardless how large a dosage of vitamin C you use the blood vessels will remain damaged. By contrast, eating a few oranges or red peppers cures scurvy quickly, without a trace of damage left.

Vitamin C-rich fruits contain another ingredient which is known as vitamin C2. Scurvy can only be cured if vitamin C and vitamin C2 are taken together. When Gyoerkyi studied vitamin C, he included both compounds of vitamin C. But as the years passed, the scientific community began omitting C2, and today nobody talks about it anymore.

When vitamins became popular in the United States, there was a sudden jump in the number of newly born babies developing scurvy. It was thought that scurvy was a disease eradicated a long time ago. As the mysterious development was investigated, it was discovered that the mothers of the affected babies had taken extra vitamin C preparations (without C2) in the belief that it was good for their babies. Dosed with the vitamin, the mothers' bodies started eliminating more of it than they ingested. When the babies were born they also continued removing whatever vitamin C they had received from the mother, because this is what they had learnt to do whilst in the womb. Since their baby food did not consist of large amounts of vitamin C, they soon developed the dangerous baby scurvy.

The body of an adult, who consumes vitamin C regularly, may eventually produce a similar response. He may even develop scurvy because the body becomes programmed to eliminate vitamin C faster and in larger quantities than it is ingested or can be absorbed. Adults are known to develop further complications when after using this vitamin regularly, but suddenly stop taking it. It is also known that large doses of vitamin C can destroy another vitamin, that is, vitamin B12. There is too little research to tell what further damage large amounts of vitamins can do to us but experimenting with these powerful substances on the human body is similar to handling an explosive device.

A friend of mine developed a dangerous swelling of his kidneys after taking 2g of Vitamin C a day for several weeks. By taking him off the vitamins and giving him tea made from the herb Pau d' Arco helped remove the excessive vitamin from the kidneys and restore them to their normal size and efficiency. Added to the current uncertainty and confusion about taking vitamins, there is no conclusive proof until this very day, that vitamin C protects you from infection, one of the main reasons why people use it.

Even if vitamin C were able to stop an infection, in many instances this could turn out the disastrous for the body. To prevent a cold from reaching its climax upsets the body's cleansing efforts of removing accumulated toxins, and thus may become the first stage in a series of future illnesses. If the body is "toxic" because of an unhealthy lifestyle, diet, and stress, its most important primary response is a toxicity crisis that permits the body to cleanse itself. A cold is not a disease, and it should not be treated as one. It is very ill advised to stop the body from eliminating toxins and purifying itself.

Handing out vitamin C as a preventive measure against colds is a practice that may also be counterproductive. Although small doses of vitamin C may successfully initiate a cleansing response in the body, large amounts of vitamin C can interfere with an ongoing, and possibly life-saving cleansing process. The often-cited argument that all water-soluble vitamins, such as vitamin C and B, are harmless because the body can easily eliminate excessive amounts without a problem is unscientific and misleading. *Cyanide* is also water-soluble, but it can kill a person.

The 2004 November issue of the American Journal of Clinical Nutrition reported that according to new research older women with diabetes who take high doses of vitamin C for the sake of their hearts may be doing more harm than good. The study, which followed nearly 2,000 postmenopausal women with diabetes for 15 years, found that those who took heavy doses of vitamin C supplements – 300 milligrams (mg) a day or more – were roughly twice as likely to die of heart disease or stroke compared with women who took no supplemental C. Interestingly, high intakes of vitamin C from food were not related to a greater risk of death from cardiovascular causes.

The researchers of the study suggest that taking supplements to correct the lower blood levels of vitamin C commonly seen in diabetes is not necessarily the right choice. And although the research focused on older women, the findings may apply to men as well, according to the study's senior author. "Our results, if confirmed by other research, would suggest that diabetics should be more cautious than others about taking supplements," Dr. David R. Jacobs Jr., of the University of Minnesota in Minneapolis, told Reuters Health.

The current recommended dietary intake for vitamin C is 90 mg a day for men and 75 mg per day for women. While vitamin C is clearly necessary for good health, studies have garnered conflicting results on whether supplements help lower the risk of heart disease and stroke. According to Jacobs, vitamin C has been shown, in the test tube, to damage cell proteins in the same manner that high blood sugar harms diabetics' body cells. Jacobs also pointed to the complexity of the "antioxidant defense system." When antioxidants interact with free radicals, he explained, they become "pro-oxidants" that must be detoxified by other antioxidants. "It's possible," Jacobs speculated, "that this detox process happens more slowly in diabetics -- both women and men -- and that under certain circumstances, the altered vitamin C molecules are able to harm body cells." Jacobs said he and his colleagues favor getting vitamin C, along with the full complement of nutrients, from food rather than supplements.

Whereas the antioxidants in the food may be "balanced bio-chemically," the researchers write, any vitamin pill would lack such balance. Taking high doses of a single antioxidant, they speculate, may "perturb" the body's balance of antioxidants and pro-oxidants. The findings follow study results reported recently showing that high daily doses of another antioxidant, vitamin E, may not extend life, and instead may slightly raise the risk of dying earlier.

It is not entirely clear, whether natural forms of vitamin E are harmful. I strongly suspect that the harmful side – effects are due to taking synthetic vitamins. There are numerous people who have derived great benefits from vitamin E. The problem is that the general population is not made aware of this important distinction. In fact, most people use the synthetic form, which can risk their health.

Conclusion:

The vitamin euphoria has hit the world's population at a time when there are no reliable methods to determine if and when someone suffers from a vitamin deficiency. Reviewing the harmful effects caused by vitamin intake, it is likely that a deficiency, if it really exists, is either caused by an overtaxed digestive system and subsequent congestion of the capillary network or by overdosing the body with vitamins. Blood vessel wall congestion and intestinal trouble prevents vitamins from reaching the cells, tissues, organs and systems in the body. Taking extra vitamins in such a situation can actually trigger a defense mechanism that empties the body's vitamin reserves.

Furthermore, it is not known how much of each vitamin each particular body-type requires to be vital and healthy, and it is also not possible to find out how much of each vitamin the body is able to extract from the foods consumed. What's more, it is erroneous to assume that by taking extra vitamins the body will automatically make use of them. We simply don't know how much of the vitamins will leave the stomach unharmed, in what amounts they are going to be digested and how much of these are likely to be absorbed by the blood and the body cells. There are no people on the planet with exactly the same vitamin requirements and absorption rates. What may be normal for one person may not be normal for another, which makes the "standardized vitamin requirements for all" questionable, if not potentially harmful.

The argument that our foods today are so depleted of vitamins that we need to take additional helpings of synthetically derived vitamins is only partially correct. *Most* of the foods consumed by *most* people in modern countries are highly acid-forming, which means that they damage blood vessels and deplete the body's vitamins and minerals. The foods that have the most acidifying effects in the body include milk, dairy products, meat and its products, tinned or frozen foods, white bread, pasta and pastry made from bleached and refined flour, refined sugar, alcoholic beverages, diet beverages, soft drinks, packaged fruit juices, preserved foods, processed breakfast cereals, chocolates, ready-made cakes, crisps, hydrogenated oils and

fats, and most fast/junk foods. The exaggerated daily ratio of daily-required vitamins may apply only to the severely undernourished person. Fresh fruits, vegetables, pulses, and grain foods still contain more than enough vitamins to supply the body many times over.

Taking vitamin pills, which don't contain much *Life Force Energy*, also known as *Chi* or *Prana*), does not substitute regular intake of healthy, fresh food. Vitamins that have been removed from their natural environment, i.e., fruits, vegetables, etc. can in fact upset both AGNI and the delicate balance of minerals and vitamins in the body. This especially applies to multivitamin preparations. Although there are conditions when taking extra vitamins may be beneficial, for example, before and after removing amalgam fillings from the teeth, they ought not to be taken in large doses and for more than 10-14 days at a time. This is best done under supervision of a health practitioner who is aware of the side effects that vitamins can have. In any case, synthetic vitamins should be avoided at all cost.

What about Taking Extra Minerals?

Mineral salts found in the earth's soil and rocks are classified as inorganic, and must be incorporated within the structure of plants in order to be useable by your body. Most mineral supplements are inorganic, and their consumption causes serious problems, as they commonly end up deposited in your various tissues. This can result in serious health problems including arthritis, Alzheimer's, and arteriosclerosis. Calcium supplements are notorious for this. Your best source of all usable organic minerals is fresh raw vegetables, with fruit providing your second best source. Some nuts and seeds are also abundant with minerals, such as in the case of sesame seeds, which supply a whopping 1160 milligrams of calcium per 100 grams.

Unlike vitamins, minerals cannot be synthesized by plants. Plants take up mineral salts (inorganic compounds) from the soil and convert them into colloidal minerals (organic compounds). The inorganic minerals, also called metallic minerals, are very difficult to be absorbed by a healthy digestive system, and even more so if the small intestine is impacted with toxic waste material. In the case of a very healthy adult, the absorption rate for metallic minerals is 3-5%; the rest merely passes through the body system without benefit, but often not without causing harm. Although these minerals now come in chelated form, i.e., amino acids or protein are wrapped around them to improve assimilation, they are still inorganic and of very little use to the cells of the body. Ionic minerals, on the other hand, have an absorption rate of 98%, which indicates that only minerals in its organic (angstrom size) form are meant to be used by the human physiology.

If the soil is not replenished with minerals after harvesting, it becomes increasingly mineral deficient. Modern methods of agriculture don't include putting minerals back into the soil. Before the era of continuous soil depletion, the topsoil consisted of as many as 90-100 different minerals. The great rivers such as the Nile in Egypt and the Ganges in India caused extensive flooding every year, bringing new minerals from the glaciers and mountains to the land, automatically fertilizing it. The people living in these areas were generally in perfect health and lived on average 120-140 years. The situation changed with the erosion of forests and building of dams. Today, there are merely 12-20 minerals found in plant foods.

Whatever is contained in modern chemical fertilizers (nitrogen, phosphorus, and potassium) may be sufficient to raise normal looking crops; yet the healthy-looking plant foods are short of minerals, which is reflected in their poor taste. This may cause some mineral deficiencies in the body. We are consistently missing out on the majority of minerals. And if the digestive system does not function efficiently, a health

crisis may arise. Almost every disease today is linked or coincides with a deficiency of one or several minerals or trace minerals.

Taking supplements consisting of metallic minerals is not only inefficient because of their relatively low absorption rate but also because of their non-physiological value. Large quantities of metallic minerals can even be toxic to the body, as seen in people who, for example, take iron tablets. The iron may make them be sick, a natural response by the stomach against the toxic metal. Iron oxide is nothing other than “rust.” New research has shown that taking extra iron can triple one’s risk for heart attacks.

Taking calcium tablets may weaken the bones by causing zinc deficiency. High dosed mineral supplements consisting of metallic minerals can block the absorption of other bio-usable minerals, which can upset the body’s entire biochemical balance. Most of the metallic minerals are derived from oyster shell, limestone, soil, clay, calcium carbonate, and sea salts. In fact, taking metallic minerals can lead to serious mineral deficiencies.

It may be beneficial, on the other hand, to take extra ionic liquid minerals. Plant derived minerals are water-soluble, ionic and enzymatically active which makes it very easy for the body to digest and utilize them. The iron, contained in Lapacho tea, for example, is of ionic form and has an immediate positive effect.

Plant-derived minerals have no negative side effects, even if you overdose on them. If you feel that you need extra minerals, check out Eniva or Kornax (see *Product Information*) for their ionic liquid minerals. But as is the case with vitamins, most serious mineral deficiencies occur because of inadequate nutrition, too many acid-forming foods and beverages, over-stimulation, dehydration, stress, etc. There is not much point in taking extra minerals when they are straight away removed or destroyed by one or more of these factors. So before you spend a lot of money on mineral supplements, try to eliminate the causes of the deficiency first.

2. Breakfast Cereals and Junk Foods – Poison for our Children

“Super Food” of the Century

Breakfast cereals have never been more popular than they are today. Packed with vitamins and minerals, they promise power, health, and vitality, especially to the young generation. There is hardly a commercial breakfast cereal in the world that does not seem to contain everything a child needs to receive the “perfectly balanced” dietary nutrition. However, despite this “valuable” contribution to family health, a frightening number of children show signs of ill health and lacking immunity. The vitamins that are added to the cereals are supposed to protect the child against the vitamin-destroying sugar but it seems that this guarantee is no longer guaranteed.

Besides cornflakes, which still top the list of American and European breakfast cereals, the sales of new “tasty and healthy” breakfast foods soar as never before. The main marketing targets for these “healthy” breakfast foods are children. Research suggests that as many as 79% of all households use ready-made breakfast cereals to start the day. Children are usually very keen to try the latest cereal model, which contains essentially the same ingredients as all the other types but comes in a different shape and color.

The well designed packaging depicting a healthy-looking family or natural scenery promises the parents that the contents are of pure and natural origin, often organically grown, and good for the entire family. The kids love the happy friendly figures on the cardboard. “If Mickey Mouse, Donald Duck, Bugs Bunny, or the strong Dinosaurs like the cereal then it must be good for me, too”, some children may argue.

A mother, who naturally wants to secure the best possible nutrition for her child, finds her mind put at ease when she learns about the high nutritional value of the product in the food table. It convincingly states that the cereal has the balanced amounts of carbohydrates, protein, and fats, and is most importantly enriched with all the essential dietary supplements. If the right amount of milk (mostly pasteurized and homogenized) is added to the super food, the child would have the best possible start of the day that nature could provide, or so she may think.

Shocking Revelations

Yet the reality of the matter is quite the opposite. An American team of researchers decided to prove to the world once and for all that breakfast cereals are truly man’s super-food. So they fed the common breakfast cereals enriched with the most important vitamins and minerals to young, healthy laboratory rats. They divided a total of 240 rats into two groups; one group received cereal and water and the other one normal food and water. The experiment lasted for 45 days. The result was totally unexpected and devastating. The rats that were fed with cereals, which according to common nutritional sense and advertising should have turned them into strong and vital grown-up rats, were close to death. They suffered from fatty livers, anemia, and high blood pressure. In a separate experiment rats were fed with cornflakes which consist of *useless* corn starch and white sugar. In this group some of the animals died.

The researchers had expected that the animals would grow faster with cereals, yet they did not grow at all, and some of them even lost weight. Especially the rats who received cereals with high sugar content (sugar is thought to be fattening), had the least growth rates. This is a summary of the results:

- The products that contained the least amounts of fat significantly increased the *cholesterol* levels of the rats. Some products were able to lower the rats’ *cholesterol* levels but instead caused fatty livers.
- Those rats that were fed with cereals containing only small amounts of salt increased their blood pressure whereas the ones that received cereals with higher salt contents lowered their blood pressure.
- Some of the products were enriched with iron, which should have raised *hemoglobin* concentrations in the blood of the animals. However, the results took the researchers by surprise: **1)** There was no connection between higher intake of iron and *hemoglobin* levels. The rats stayed anemic despite ingesting large amounts of iron. **2)** Those rats that had little iron in their blood deposited excessively large amounts of iron in their liver, which led to worsening of anemia (for a similar reason it is very questionable to give extra iron to people who suffer from anemia).

Poison that Tastes and Looks like Food

The main conclusion a person can draw from this experiment is that the purely theoretical approach to diet and nutrition (using food tables and daily nutritional recommendations) has not only been insufficient to raise the standard of health in the population but has in fact caused more harm and confusion than is

currently assessable. Sanctified by theories of nutrition, which in actuality contradict the body's natural responses to food, the food industry has been given the green light to produce anything that fulfills the official nutritional requirements, even if the "foods" have a poisoning effect and create havoc in the body. There is no legislation to test man-made foods on animals before giving them to millions of human beings. The average consumer takes it for granted that the food produced by a reputable company must be safe for human consumption, even if it contains plastic.

But not all governments support this disconcerting trend. According to an August 2004 issue of the *Guardian*, some few health-conscious governments in Europe that are less dominated by the food industry and big pharmaceutical companies, are beginning to protect their people from obvious harmful practices.

Health officials in Denmark recently banned the addition of vitamins and minerals to 18 varieties of breakfast foods and cereals produced by Kellogg Co. The reasons given include increasing evidence that eating those products regularly can ruin the health of children and pregnant women. Cereal is one of the first solid foods introduced to babies, and pediatricians typically encourage parents to start feeding cereal to their babies from between 4 and 6 months. Their advice grossly contradicts findings from a study that cereals introduced in the diets of babies before the age of 4 months or after the age of 7 months increased the risk of insulin-dependent diabetes in the children.

Kellogg had hoped to add iron, calcium, folic acid and vitamin B6 to some cereals and cereal bars, as it is so common in other countries. However, Danish health officials believe that these toxic additives in the cereals can seriously harm the liver and kidneys of children as well as unborn fetuses in pregnant women. A government laboratory delivered the ban after examining the ingredient lists provided by Kellogg.

Resolving the Whole Grain Mystery

Recently, the largest U.S. food producer *General Mills* announced they it will start using whole grain in some of the popular cereal products for kids. Processed flour will be replaced by whole grain flour. Whole grain is fashionable now, so the change seems timely and healthy.

The problem is that the whole grain actually does not qualify as genuine whole grain. It is made of flour that is processed with a newly developed milling method that grinds the whole grain into particles of uniform size. *USA Today* states that General Mills executives would not discuss the new technology behind the development of their new type of whole grain. So what's the big secret? They're asking us to accept their word that it's healthier, but they're not giving us specific details. The second biggest food company, *ConAgra*, now uses *Ultragrain*, similar to General Mill's "Whole Grain." It has the look, texture and flavor of processed grain.

The question concerning this new trend in food production is, how did they manage to make a completely different whole grain that's just as healthy as whole grain? To have a long shelf life, which whole grain products certainly don't have, they must have done something to the grain to preserve it and make it last as long as refined grains, an absolutely necessity in packaged cereals.

Even if real whole grains were added to these super foods feeding our nation at breakfast time, this certainly wouldn't turn them into health foods. Consider what's in a cup of Trix, for example. The nearly iridescent colors of the popular cereal show that it is saturated with artificial coloring agents. To keep it fresh, it has to have preservatives which "preserve" (prevent) it from being digested properly. Trix also contains plenty of trans fatty acids that clog up the cell membranes and damage blood vessels. Not to mention the 13 grams of bleached, refined sugar per cup, leaching minerals from the muscles and bones,

and leading to the beginning stages of insulin resistance. The entire concept of manufacturing a packaged cereal that is healthy is an absolute impossibility.

The food industry is entitled to use a large variety of solvents and chemicals to improve the taste, color, and texture of its products. Food producers have free reign over food production, and there is nobody out there that is going to make sure our children don't get fed with another sweet tasting poison. But the common practice of producing food *synthetically* and making it "healthier" by adding *synthetically* derived vitamins and minerals is at the root of many health problems afflicting both children and adults in the developed world.

To determine whether a cereal is healthful or harmful for you and your family, try using the simple muscle test described in chapter 1. Take your children to the grocery store and let them test out different products. This will teach them to trust their body and its responses and reactions and make them aware that not everything that *looks* healthy actually *is* healthy. Synthetically derived "nutrients" are foreign matter to both animals and humans alike. Making laboratory foods palatable and attractive does not mean they are harmless. The muscle test is a fairly reliable tool you can use to protect yourself and your family from the harm caused by such non-foods.

Hot breakfast cereals, which were in common use before the era of cold, ready-made cereals, include cream of wheat, steel cut oats, the old fashioned porridge oats, rye flakes, millet, corn meal, cream of rice, etc. Although they take more time to prepare than the ready-made cereals, at least you know what's in it. Also check with your body-type food list.

Note: Most muesli mixtures or cereals with nuts and fruits in them contain the fruit preservative sulphur dioxide (E220), which can spark asthmatic attacks and is blacklisted by the Hyperactive Children Support Group in England. The cracked nuts react with oxygen and turn rancid, a common source of allergies. The dried fruits in cereals develop moulds, which can interfere with vitamin and mineral absorption and suppress immunity. Crunchy or roasted oats contain lots of refined sugar and inferior oils loaded with trans fatty acids.

Hyperactivity in Kids Caused by Food Additives

Food is wreaking havoc on kids. Artificial food colorings and benzoate preservatives increase hyperactive behavior in preschool children, according to a new report in the June 2004 Archives of Disease in Childhood.

Dr. John O. Warner from Southampton General Hospital, UK, and colleagues studied the impact of artificial food colorings and benzoate preservative on the behavior of 277 preschool children. At the start, 36 children had hyperactivity and allergies, 75 were only hyperactive, 79 had only allergies, and 87 did not have either condition.

The result of the study: Parents' ratings of their children's hyperactivity fell after withdrawal of food additives from the children's diets. And there was an increase in hyperactivity when food additives were re-introduced. Parental hyperactivity ratings increased significantly when children were exposed to food additives regardless of their hyperactivity status or the presence of allergies at the start of the study. "Additives do have an effect on overactive behavior independent of baseline allergic and behavioral status," Warner told Reuters Health.

If you or your children suffer from hyperkinetic disorder" or "attention deficit and hyperactivity disorder" (ADHD), make certain to avoid junk foods. Choose to have healthier menus, using organic foods,

and transition to organic ingredients (no pesticides, antibiotics, hormones, irradiation or genetically engineered ingredients). Read the food labels and look out especially for the following chemicals:

- Sunset yellow (E110) is a dye used in, among other foods, orange jellies and squashes, apricot jam and packet soups. It's also in Smarties, and at least one variety of Lucozade.
- Tartrazine (E102), one of the more controversial coloring additives, is another yellow dye used in fizzy drinks, ice cream, sweets and jams.
- Carmoisine (E122), a red dye, is used in jellies, sweets, blancmanges, marzipan and cheesecake mixes. You'll also find it in novelty cakes.
- Ponceau 4R (E124), also red, is used in tinned fruit, jellies and salamis. Smarties and Simpsons cakes also contain it.

The High Fiber Trap

Official health reports advise us to pack large amounts of whole grain and bran-enriched cereals into our diet. Studies have shown that those who follow this advice have a significantly lower fat intake compared with those who don't. They also want to eat fewer calories at lunchtime, which seems desirable. A high fiber cereal for breakfast subdues AGNI, the digestive fire for many hours, which might tempt you to even skip lunch (for lack of proper appetite). But by the evening, the body, sensing a "famine", wants to eat twice as much to make up for the lack of nutrient supplies during the day. By then AGNI is too low to handle large quantities of food, which results in the accumulation of toxic fecal matter in the intestines. Consequently you *put* on weight, *despite* your good "health habits."

The commonly held belief that indigestible fiber cannot be digested and leaves our body unaltered applies *only* to the small intestine. But once it reaches the large intestine the fiber is attacked and broken down by large numbers of residential bacteria. This causes fermentation and the common flatulence, headaches, heart pressure, irritability, tiredness, sleeping problems, etc. Fiber is a plant's skeleton, and can only be found within plants. It is vital to the health of your digestive system as it stimulates the waves of muscular contraction that coerces food through your intestinal tract. If your diet is low in vegetable fiber, your intestinal musculature becomes weak, resulting in the sluggish transit of foods. This can cause many problems: including intestinal gas, constipation and irritable bowel syndrome. The vegetable fiber helps you to feel full, and reduces the likelihood of you overeating. It also assists in the evacuation of any excess cholesterol from your system. Your body is designed to process the soluble fiber found in fruits: not the insoluble fiber found within grains (bran), which is sharp and can leave microscopic lacerations on the wall of your intestines.

Doctors at the South Manchester University Hospital, England, studying Irritable Bowel Syndrome (IBS) have discovered that after eating bran – the one time cure-all food for IBS –more than half of their patients felt much worse. Today over 20 percent of the British population suffers from IBS, and it is even more so in the United States. High fiber cereals cause loose stools, a major reason why people with constipation choose bran or bran-enriched foods as a method of producing regular bowel movements. Added bran, however, leaches minerals from the colon cells, weakens peristalsis, and causes chronic colon problems. If intake of bran is discontinued, constipation results.

Many health-conscious people follow a low fat diet – so highly recommended by nutritional experts. Yet if cereals don't contain enough fat, they miss out on the "fuel" required to properly digest and absorb their carbohydrates. The result is that they pass through the small intestine far too quickly. The colon

bacteria then act on the undigested food, producing many unpleasant side effects, including flatulence, bad-smelling gases, constipation or diarrhea, and weight gain.

The high fiber theory definitely has its good sides, though. Another major factor of intestinal obstruction is small feces. A diet rich in natural, soft vegetable fiber produces larger feces that retain a lot more water than a diet consisting of refined and processed foods. The average British meal takes about 83 hours to pass through the intestinal tract with an average stool weight of only 104g. By contrast, British vegetarians take about 41 hours and produce 208g of stools – whereas the average meal of a Ugandan villager, consisting of low protein high-fiber diet, takes only 36 hours and generates 470g of stools a day. Ugandans rarely suffer from constipation, and they *don't* add bran to their foods.

It is much better for the body to obtain fiber from fresh fruit, salads, cooked grains, beans and vegetables. Cooked vegetables in particular contain plenty of fiber which helps the digestive process but does not overwhelm the colon in the same way as added bran does. Also the high water content of cooked foods and fruits generally make the passage through the intestinal tract much easier. This brings us to the next subject: Is eating raw and unprepared food better than eating cooked and prepared food?

The belief that regular bowel movement is important for health is very ancient. But the present theory is based on Dr. Dennis Burkitt's discovery that relatively few rural black Africans suffer from cancer of the colon. He attributed this to their relatively crude diet. The theory was that, as fiber made food travel through the gut faster, it allowed less time for cancer-inducing agents to form. This, of course, presupposed that food became carcinogenic in the gut.

3. Raw Whole Foods

There was no evidence that the above presumption is true. Neither was there any evidence that moving food through the intestine at a faster rate decreases the risk of colon cancer. Moreover, the rural Africans' lifestyle was far from that of the Western city dweller: their diet is different, but also they were not exposed to so many pollutants, toxins or mental stresses. Indeed, there were many factors that could have been responsible for a difference in disease patterns. Other communities - the Mormons of Utah, for example - also enjoyed a low incidence of colon cancer yet they ate a low-fiber diet.

So Dr. Burkitt's theory was unsubstantiated at the time and it was to be disproved in practice later as the rural Africans moved into towns and adopted a Western style low fiber diet. Their incidence of colon cancer has remained low and this has continued with the second generation. Nevertheless, these later findings were never publicized. Burkitt's theories caught the attention of the media. Always ready to exploit a good story, they expanded what was at best a very weak hypothesis into a treatment dogma that today teaches that fiber is a panacea for all manner of illnesses.

Commercial interests were quick to see the potential in the recommendation and jump on the bran wagon. Burkitt's recommendation was based on vegetable fiber. Bran (cereal fiber), on the other hand, has a far higher fiber content. A practically worthless by-product of the milling process, until then, bran had been thrown away. Almost overnight, it became a highly priced profit maker. Although totally inedible, backed by Burkitt's fiber hypothesis, bran could now be promoted as a valuable food. But Dr. Hugh Trowell, Burkitt's partner and another strong advocate of dietary fiber, stated in 1974 that:

“A serious confusion of thought is produced by referring to the dietary fiber hypothesis as the bran hypothesis, for many Africans do not consume cereal or bran.”

Fiber-caused Diseases on the Rise

There is no evidence to suggest adding extra fiber to your diet has the effect of curing or preventing diseases. Although bran has been a popular way to manage irritable bowel syndrome (IBS) for about thirty years, there is no placebo-controlled study of bran in IBS that has shown any convincing beneficial effect. A study, published in 1994, found that while fruit fiber was helpful in IBS, bran only made the situation worse. Far from being a cure for IBS, the researchers found that it was the bran that was causing actually causing it! Bran also caused bowel disturbances, abdominal distension and pain. There is also a growing skepticism in the USA that lack of fiber causes cancer; some studies even suggest that a fiber-enhanced diet *increases* the risk of colon cancer.

Other Adverse Effects of Added Fiber

While fruit and vegetable fiber is quite harmless for the body, bran from grain foods should be avoided as they pose a considerable health risk. Research conducted on the supposed benefits of dietary fiber shows that eating fiber enriched foods can upset basic physiological processes. Food absorption through the gut wall should neither be slowed nor be rushed. However, fiber abnormally speeds up food transportation through the gut, which leads to decreased nutrient absorption. Eating fiber-enriched foods or foods containing rough fiber can significantly inhibit the absorption of iron, calcium, phosphorus, magnesium, sugars, proteins, fats and vitamins A, D, E and K. Phytates found in cereal fiber (bran), for example, bind with calcium, iron and zinc making them indigestible, which in turn causes poor absorption.

In one study comparing the body's ability to utilize nutrients from whole wheat bread and white bread subjects actually absorbed more iron from white bread than from whole wheat bread. Remarkably, although the whole wheat bread contained fifty percent more iron than the white bread, the body wasn't able to extract it. In addition, bran has also been shown to cause fecal loss of calcium, iron, zinc, phosphorus, nitrogen, fats, fatty acids and sterols, thus depleting the body of these materials.

These findings are of particular concern to people suffering from conditions related to nutrient-deficiencies. The *get-your-daily-fiber-mania* can put several sections of the population at considerable health risk from eating too much fiber in their diet. The following are some of the risks:

- The incidence of osteoporosis (brittle bone disease) is rapidly increasing and now affects one in two post-menopausal women. Osteoporosis is now a leading cause of death, also among men. Osteoporosis is a metabolic disorder caused by many factors, including poor calcium absorption due to bile duct blockage in the liver and gallbladder; milk, cheese, meat, and other acid-forming foods and beverages; and bran. Bran both inhibits the absorption of calcium from food and depletes the body of the calcium it has. Bran also depletes zinc the body requires the restore bone health.
- Sufferers from Alzheimer's Disease (senile dementia) are found to have abnormal amounts of aluminum in their brains. Tests on the people of Guam and parts of New Guinea and Japan, who get Alzheimer's disease at a much younger age, suggest that it is a lack of calcium, causing a hormonal imbalance that permits the aluminum to penetrate the brain.
- Infants may suffer brain damage when fed with soy-based baby formula. Soy is rich Phytates which inhibits the absorption of zinc. Zinc is essential for proper brain development.

- Vitamin deficiency diseases such as rickets are on the rise again. This bone-deforming disease nearly disappeared in Britain until huge advertising campaigns led to steep increases in the consumption of dairy products and meat.
- The intake of “anti-nutrients” such as dietary fiber is greatly increasing the risk of iron deficiency anemia.
- Depression, anorexia, low birth weight, slow growth, mental retardation, and amenorrhea are associated with deficiencies of zinc and, with the exception of amenorrhea, iron.
- Excess fiber consumption affects the onset of menstruation, retards uterine growth and, is associated with menstrual dysfunction.

Because of phytates, Dr. David Southgate, arguably the world's leading authority on the effects of fiber concludes that infants, children, young adolescents and pregnant women whose mineral needs are greater should avoid excessive consumption of fiber.

Writing of the **colon cancer** risk, Drs. H. S. Wasan and R. A. Goodlad of the Imperial Cancer Research Fund stated in 1996:

“Until individual constituents of fiber have been shown to have, at the very least, a non-detrimental effect in prospective human trials, we urge that restraint should be shown in adding fiber supplements to foods, and that unsubstantiated health claims be restricted.”...“Specific dietary fiber supplements, embraced as nutraceuticals or functional foods, are an unknown and potentially damaging way to influence modern dietary habits of the general population.”

In January 1999 the results of the largest trial into the effects on fiber on colon cancer ever conducted were released to the public. After studying 88,757 women for sixteen years, doctors at the Brigham and Women's Hospital and Harvard Medical School state: “No significant association between fiber intake and the risk of colorectal adenoma was found.” ... “Our data do not support the existence of an important protective effect of dietary fiber against colorectal cancer or adenoma.” There are close to 30 published studies that all confirm that fiber intake has not only no beneficial effects, but is indicated in multiple complications of the gastrointestinal tract.

Chocolate – Facts and Fiction

The recent desperate attempt of the food industry to boost sluggish sales of their products after the dampening effects through the low carb craze has caused it to heavily invest in serious “scientific” research to prove that their unhealthy products are not just safe, but even good for you. Although hard to imagine, chocolate is now being pushed as a health food. Add chocolate to your healthy diet, and your heart health will improve. At least, this is what they are now trying to make you believe.

Apparently, there is a new study that suggests eating chocolate can improve your blood vessels functions. This clearly shows how much the food industry, similar to the pharmaceutical industry, wants you to buy more of their products, with utter disregard to your health.

According to the editors of the Journal of the American College of Nutrition (JACN), flavonoid-rich dark chocolate may improve artery flexibility while increasing an antioxidant that may help prevent blood clots. The problem with the study is that it didn't include a placebo group. So there was no one to compare to. Besides, chocolate as you buy it in a store, doesn't improve artery flexibility – it's the flavonoids that have that effect. The same flavonoids that are found in chocolate beans are also found in apples, grapes, broccoli, onions, berries, grapes and dozens of other foods that the subjects most likely consumed besides

the chocolate they were given . And they called this “scientific research!” Not surprising, the study was sponsored by Mars candy company, which was so generous to also supply the chocolates for the “study.” If the study has any real value, why didn’t the researchers announce that flavonoids, as found in most plant foods, such as broccoli and fruits, grape juice and, yes, also chocolate, are beneficial for your arteries. But no, they were obliged by their sponsors to announce that “chocolate is beneficial for your arteries.” All this is in total disregard to all the other things that are contained in chocolate, that is, lots of sugar, milk, preservatives, coloring agents, artificial flavorings, etc.

The American Dietetic Association (ADA) which is supported by a grant from Mars, Inc. has a section on their website entitled, “Chocolate: Facts and Fiction.” Although dietary sugar intake is a big factor for the millions of people who have type 2 diabetes or peripatetic conditions, the ADA advises, “If you have diabetes, ask your health professional how to incorporate chocolate into your eating plan.” This sounds like “sound” medical advice. I would stay away from any of the ADA’s dietary advice. You never know what kind of sickness you may develop from it.

4. Raw Versus Cooked Foods

The Pros and Contras

The arguments in favor of a raw food diet sound very convincing: Food should be left whole and unprepared, only then can we benefit from its natural goodness and vitality. With the plenty of vitamins, minerals, and trace elements contained in raw food you will never suffer any deficiencies. We should live like all the other animals in nature; they don’t prepare their food, cook their vegetables, or bake bread – the reason why they are so healthy and strong. On the other hand, we destroy most of the essential and health- promoting nutrients through methods of cooking, preparing, and baking, causing all the vitamin and mineral deficiencies prevalent today.

The promoters of raw food diets propose that if the general population ate more of the untreated whole foods, many diseases could be prevented. This could save billions of dollars in treatment costs. Many chronically ill patients have found sudden relief and improvement, thanks to raw vegetables and soaked grains.

The initial benefits of a raw whole food diet can be so promising that a person may decide to continue eating this food, although he may not like the taste of it. But could it be possible that raw and whole foods, except fruits, which are already “cooked” or ripened by the sun, are not so beneficial for us after all if eaten on a continual basis? And why does 98 percent of the world’s population favor prepared and warm foods to raw and cold foods? Have we all forsaken our natural instincts?

Karl Pirlet, Professor of Medicine at the University of Frankfurt, Germany, claims that he has a nearly endless collection of cases whose health was restored after they stopped eating a raw whole food diet. He found that most of these patients suffered a physical breakdown after several years (in some cases after 10-20 years) of eating raw whole foods. The effects were varied but were all marked by the occurrence of sudden aging as seen in a deterioration of joints and arteries. Most patients looked fragile, felt low in energy, and had excessively bloated stomachs. Their bodies could no longer cope with breaking down hard grains and raw vegetables; they were literally starving themselves to death.

So does this mean that raw foods are not good for us? This depends on each person’s constitution and condition. Young Pitta types with a strong AGNI and plenty of exercise can cope with such a diet for

many years without harmful side effects. But eventually even their digestive systems too may become exhausted from trying to breakdown raw whole grains and raw vegetables.

Most people who start on a raw whole food diet have already suffered from health problems and a weak AGNI. Unable to break down the high fiber foods, the intestinal bacteria start doing this job instead. This results in fermentation and putrefaction of the foods. The poison produced by the bacteria leads to a massive stimulation of the immune system, which attempts to neutralize and eliminate them. This cleansing reaction helps clear the intestines from impacted fecal matter, stops constipation, and through the intense immune activity releases plenty of energy. The relief from congestion and constipation and the increase in energy are very noticeable to the person and strike him as very “positive” signs. This response can even lead to a spontaneous remission of cancer or the relief of arthritic pains. But eventually the intestines begin to bloat up like a balloon, unable to deal with the toxic gases and poisonous compounds.

Many nutritionists and dieticians may then give the advice to eat even more fiber because only fiber can absorb such toxic substances as ammonia and protect the intestinal walls from damage. But it is highly unlikely that that a fermenting and putrefying mass of undigested fiber, which produces ammonia, *reabsorbs* it in the same “breath”. Nutritional science assumes that the nutritional ingredients of food alone determine whether they have physiological value for us or not. Such an approach, however, is incomplete and misleading unless we include the common-sense-understanding that we need a well functioning digestive system to digest, absorb, and metabolize these nutrient components in order to benefit from them. A weak digestive system can even make poison out of nectar. The saying “You are what you eat” is therefore only partially correct. You rather are the food you are able to digest and metabolize. In other words, a long-term raw food diet is only good for you as long as you are able to digest it properly.

What makes Plants so Poisonous?

Every microbe, insect, plant, animal, and human being on this planet wants to survive. But there are potential dangers out there that can lead to their destruction. For this reason, all living things, including plants, have developed a sophisticated defense apparatus to ward off anyone who wants to eat or harm them.

It is only natural for the species of any life form to create difficulties for the invading or devouring enemies; otherwise ecological balance could not be possible. Despite innumerable numbers of lice, pests, beetles, and locusts, plants have managed to survive and keep the planet green and oxygenated. This is due to their highly advanced “healthcare system.” Similar to our body, plants have an immune system to ensure their own survival and health. They use prickly thorns, poison as in the case of the deadly nightshades, or they envelop themselves in a wax-covering that is impenetrable for microbes. If microbes do somehow manage to enter the plant’s interior, inborn defense mechanisms begin to destroy the invaders, not dissimilar to our own defense responses.

Most microbes that are present in the air, food, and water never reach the inside of our body. They are promptly neutralized by enzymes located in our nose, lungs, saliva, and stomach juices. The rest of them are taken care of by our immune system with its sophisticated antigens and immune cells, including the macrophages and T-cells.

Plants, however, have to do more to protect themselves since locusts and animals such as cows, mice, or man can eat them altogether. For this reason, they produce antibodies of which 20,000 kinds are known to date, still only a fraction of what they are capable of producing. These antibodies, when ingested by animals or humans can make them sick, which stops them from eating the plants.

Another potential sensitivity is due a reaction to toxic *salicylates*, natural preservatives stored in the bark, leaves, roots, and seeds of plants and found in many foods. In vegetables, they're mostly concentrated in the peels and rinds or the outer leaves. The salicylate content in fruit is highest when the fruit is not fully ripened yet, and decreases during the ripening process. Properly sun-ripened fruits (cooked by the sun), versus those ripened after they are harvested, have great beneficial effects on the body. In general, raw foods, dried foods, and juices can contain higher levels of salicylates than cooked food. To avoid the natural poisons contained in many raw foods all major ancient civilizations traditionally prepared their foods.

Why Prepare Foods?

The populations of the High Andes were the first ones to introduce the potato to their cultures. But the potatoes had to undergo vigorous cleansing procedures before they were considered eatable. First, they were spread on the ground to freeze them overnight. This ensured that the cells burst open. Then the men and women trampled on the potatoes to destroy their skins. Still frozen, the potatoes were then placed into a well base for several weeks to surround them with water. This removed 97% of the *alkaloids* and turned the green pulps into a snow-white color. After pressing the potatoes, they exposed them to the hot sun. You may ask: "But what about the so-important vitamins and minerals?" The Andes populations with their high standards of health and stamina obviously preferred taste to nutritional values. They knew that most bitter substances are poisonous and they trusted their taste buds more than any theories of nutrition.

Ayurveda, the most ancient health science in the world, categorizes foods only according to their tastes and after effects. It emphasizes that if the body receives all the six tastes, i.e., sweet, sour, salty, pungent, astringent, and bitter, it will be stimulated to produce many of the important nutrients itself and thus remain balanced. The sense of taste is our body's supreme judge to know whether certain foods are right for us or not. Situated in the taste buds of the tongue and in co-ordination with the constantly changing requirements of the body, the sense of taste controls our natural instinct and desire for healthy food.

The taste buds for bitter taste are very developed and can detect even the slightest trace of bitter-tasting substances. We have this facility because bitter foods may contain alkaloids and can be poisonous. If toxins build up in the blood the body requires a bitter-tasting antidote or medicine that purifies it and restores its balance. Blood-cleansing herbs or teas generally taste very bitter. The human body accepts chocolate, coffee, tea, and beers which are of predominantly bitter taste, only after our persuasive mind or added sugar manages to override the taste barrier. Such foods or beverages become desirable quite quickly because they contain morphine-type compounds. This may lead to a substance addiction. There are many types of foods that have a slightly bitter taste to them, including lettuce, broccoli, and leafy green vegetables. Yet the bitterness of these foods is well balanced by their natural sweet taste, caused by the sugar-composed carbohydrates. Hence these foods have a cleansing effect but do not poison you.

The natural Indian populations of South America eat potatoes only if there is as scarcity of food. But when they eat them they mix them with clay from the Earth which is known to absorb any toxins that may be left in the potatoes and remove them from the system. This practice also removes vitamins and minerals, which seems to make no difference to their health. Clay is used by many forms of folk medicine around the world to absorb the toxins generated by bacteria during diarrhea.

The Aborigines who live in the wilderness prepare their food similar to our cooking procedures. Each plant, seed, or root requires a separate process of preparation to make it edible. Certain roots, for instance,

are peeled, soaked for half a day, and then baked for thirty minutes. The sometimes-elaborate preparation of their food serves a very important purpose, that is, the removal of natural food poisons or antibodies.

Even animals “prepare” their food. Cows, for example, bring up their food and chew it again after it has been “cooked” in the stomach. In fact they have 12 stomachs to make certain that the food does not absorb the ingredients of flowers, grains or grass before they are thoroughly detoxified. Birds are equipped with gizzards to soak (ferment) the grains before their muscle stomachs “chew” them up. Rabbits have their own way of dealing with the potentially dangerous food; they eat part of their own feces, which is an alternative to chewing the same food twice.

Low Nutrient Foods – A Key to Survival

The time-tested methods of food preparation may weaken the theory that we are supposed to eat our food in the state nature has given it to us, with all the nutrients retained. But how could the original inhabitants of our planet have survived for so many thousands of years without having sufficient vitamins and minerals in their diet? They made certain that only very few toxins could enter their digestive systems. With so little toxicity to deal with, the small amounts of nutrients contained in their foods were almost sufficient to keep up the healthy functioning of their physiology. Their bodies produced the rest.

It is known, for example, that the human body has eight different ways to make calcium, using bicarbonate of soda (a product of our digestive system), other minerals and certain enzymes. The body is its own factory. It can make many minerals and even vitamins. Whatever it cannot produce itself, the trillions of friendly bacteria residing in our guts produce for us. Whatever the body requires in terms of nutrient complexes it is capable of producing them from even the simplest of foods. This may explain why certain North Mexican tribes can live on eating only corn (mainly starch) and some beans and be more healthy and fit than the healthiest and fittest individuals in the “well-fed” world. Out of necessity, their digestive systems are so sophisticated and efficient that they can produce everything their body needs from corn (and beans). In comparison, ours are so inefficient that they have even “forgotten” how to make essential vitamins and amino acids.

Raw whole foods supply us with plenty of vitamins and if the soil is naturally fertile also with many minerals. But this doesn’t necessarily mean that we need them all and that we can use them in such large quantities. The initial boost in energy and vitality after going on a raw food diet is not due to the vitamins; it is rather caused by the sudden mobilization of the immune system which tries to counteract the massive influx of enzyme inhibitors and antibodies contained in the food. In time, the digestive system becomes increasingly dependent on large supplies of vitamins and minerals. And when suddenly there are not enough of them in the food we eat, the body begins to suffer from what is generally called a vitamin or mineral deficiency, which is just another word for weak digestion. Our time is characterized by lazy digestive systems. We have cultivated our own dependency on large quantities of external supplies of these basic nutrients.

We can easily afford to eat a fresh salad with our meal today because we have “cultivated away” the natural antibodies of the plants and vegetables. This makes them less “poisonous” for us but at the same time also more vulnerable to all kinds of attacks by insects, lice, bugs, beetles, locusts, fungus, and harsh climatic conditions. To make them resistant against the bewildering number of possible enemies we give the plants synthetically derived poisons (insecticides, pesticides, and other fertilizers) to make up for the missing antibodies. We have effectively impaired the plants’ immune systems, and without our chemical assistance, most cultured plant foods would never reach the ripening stage.

By contrast, the wild-growing herbs have retained their immunity and know very well how to survive. They contain potent medicinal substances, which are nothing other than the plants' antibodies. If they are cultivated, too, removed from their natural environment and climatic conditions, their medicinal properties become less potent; thus, they are less effective as a medicine. Many of them no longer have medicinal values and they are now merely used in cooking to flavor the food.

The Grain Food Mystery

If you give pigs too much grain feeds, their growth rate is retarded. By contrast, the same grains fed to cattle, ferment in their stomachs without a problem. Grains contain several substances that can reduce our ability and that of other animals to absorb minerals, trace elements, and even vitamin B1. They also can block our digestive enzymes and render proteins indigestible. Wheat in particular contains material components that interfere with the digestion of fats by blocking such enzymes as the *lipase* of the pancreas. Our ancestors have traditionally used plenty of lard or oil when preparing dishes made from grain, often at the ratio of 1:1. This may explain why people who eat too little fat with their bread and other wheat products often develop excessive weight; they suffer from a disturbed fat metabolism.

Each type of grain has specific antibodies and enzyme inhibitors that can inhibit growth and disrupt digestion. They are naturally found in the most "precious" parts of the grain, the wheat germ, and in the layer directly under the husk. The husk itself is wooden, enhanced by stored silicate, and contains *tannins* which bond with proteins. The putrefaction of these proteins produces bad-smelling gases, ammonia, and toxins. If eaten as raw grain muesli it can virtually "burst" one's intestines.

But even wholemeal bread has become difficult to digest for most people since the old baking procedures have been "modernized", saving time and money. For thousands of years, man has imitated the fermentation process that grains undergo in the cow's stomach system. The dough used to be left alone for as long as twenty hours. This helped to pre-digest the grains and break down some of the most notorious antibodies or *alkaloids*, freeing the otherwise useless nutrients. The initial stages of baking also increased the process of fermentation, which got rid of the rest of the poisons.

Today's time-saving baking methods use a mixture of chemicals that reduce the need for long fermentation but fail to break down the toxic contents of the grain. The use of yeast completely inhibits their destruction. The result is that the bread, though tasting delicious is difficult to digest and causes bloating. However, it may work very well as a laxative. Most people who either eat uncooked whole grains, commercial whole wheat bread or even just added wheat bran find that their bowel movements begins to be "normalized". To be relieved from constipation is certainly a great advantage over being all blocked up. Still, the main reason for the sudden "improvement" is the body's desperate attempt to remove the toxic antibodies in the wheat products as quickly as it can. This should not be confused with a voluntary healthy bowel movement; it simply is a normal immune response. But if the situation continues, the constant irritation can lead to Irritable Bowel Syndrome, diarrhea, Crohn's disease, or cancer of the colon.

Another immediate advantage of properly fermenting bread dough is the production of various types of natural antibiotics, which help to ward off mold-producing microbes. This protects the intestinal lining against possible irritation. Commercial wholemeal bread and wheat flakes in breakfast cereals have therefore no natural defenses against mold attack, which makes them "risky" foods. Allergies are a common result.

That in most cultures of the world white bread has been the dominating wheat product for thousands of years shows that the older generations knew more about the potential dangers of whole wheat than we do. The Ancient Egyptians sifted the flower again after milling. Even Hippocrates declared 2,500 years ago that white bread was more nourishing and the ancient Romans favored white flour too. Too much of it, however, is constipating. French baking is known to have avoided wheat bran for hundreds of years. Rye, on the other hand, has never been refined which gives rye bread its darker color. Barley is usually eaten in roasted form. Oats are normally heat-treated; otherwise they would taste bitter. Cooked as porridge, they are good for an irritated stomach. Rice obviously is edible only in cooked form.

Making your Own Cultures

If you enjoy cultured breads, you can simply make and use your own culture. Just take some organic wheat flour, add some distilled water, put cheese cloths over the jar with the water and the flour, and let sit in or on screened patio above room temperature. After a few days up to a week check if it smells like bread or beer. If it does, it is ready for use to make your own bread.

Alternatively, you may use organic raisins. Soak them in water, covered with 2-3 sheets of cheese cloth surrounded by in clean air and wait a few days to a week. Use the water as a natural culture once it turns.

Conclusion:

Nutrients are not the only components of our food. Natural food also contains toxic antibodies, a fact that should be considered by all those who live on unaltered whole foods. Ayurveda knew of these dangers even 6,000 years ago and recommends that we prepare and cook a considerable portion of our foods. Mankind has used fire for food preparation for over one million years to make food digestible and to remove any toxic components. A mixed diet, consisting of raw and possibly organically grown salad foods, fruit, cooked vegetables, cooked staple foods such as rice, wheat, and other grain foods, as well as legumes offer a large selection of natural foods that can accommodate every body-type.

Balanced *Pittas*, with their naturally strong AGNI or digestive fire, can eat relatively more raw foods than the other two major body-types, particularly in the summer season. *Vata* and *Kapha* types benefit more from eating mostly warm and cooked foods, as their bodies tend to be cool by nature. A *Kapha*'s AGNI may easily get "subdued" by a lot of raw food, and a *Vata*, whose AGNI is "changeable" can become constipated, nervous, and depressed if he eats too much of it. But whatever body-type you are start trusting your intuition and listening to the signals from your body each and every moment of the day. One day you may have eaten a particular food such as a bar of chocolate and the next day you suffer a headache. If you ate a salad or fruit for supper, you may feel sluggish and irritable the next morning, because it has fermented in your intestines during the night. Nobody knows your body better than you do.

If you feel inclined to only eating raw, unprepared foods, it means that your body may require cleansing. Still, keep listening to your body's signals of comfort and discomfort. If one day you get an aversion to these foods, return to a mixed diet immediately because your body is telling you that it has had enough and can no longer cope with so many toxic and irritating antibodies. A cleanse consisting of raw vegetables or their juices has saved many people's lives by triggering a strong immune response. This helped remove toxic waste that may have lingered in the intestinal tract for many years. The body usually sends a clear message of discomfort when the antibodies begin to damage the intestines, which is the time to stop the cleansing.

Your physical needs, emotional state, behavior, digestive ability, environmental factors, geographic conditions, and many other influences determine what kind of food, of what quality and how much of it your body requires each new day. You are not a machine that runs with one specific fuel oil; you are a living organism that is changing every moment according to uncountable influences. By increasingly relying on the body's wisdom and natural instinct regarding the choice of food we can break out of the man-made, restrictive rules of nutrition and discover what we really need to nourish ourselves.

5. The Milk Controversy

Is Cow's Milk Suitable for Human Consumption?

Dairy milk has become a major target of criticism over the past few years due to its long lists of negative side effects. More and more health practitioners report that patients are allergic to dairy products or suffer from food intolerance to milk-containing foods. Eczema, asthma, migraine, constipation, hay fever, arthritis, stomach trouble, heart disease, and testicular cancer are all linked with high consumption of dairy products.

One such case was Tim who just turned 11 years old when his parents brought him to see me. He had developed asthma when he was 5 months old. The former treatment consisted of three different types of drugs, including *cortisone* and an inhaler. The boy's condition worsened steadily and he developed herpes and other symptoms of toxicity. Six months before his visit to me, Tim had caught a cold, which was treated with antibiotics. Since then his lungs showed strong signs of congestion. He complained about being tired all the time and unable to run or play with his friends. Muscle testing revealed that Tim was highly allergic to milk or milk products. His parents confirmed that by the age of 5 months he was no longer breast-fed but was instead given milk formulae.

Tim's asthma was caused by his body's inability to break down the protein of cow's milk. The fragments of undigested protein caused a strong immune response aggravating the entire mucus lining from the anus to the lungs. His condition was chronic because he consumed large quantities of animal protein, including milk and dairy products throughout his young life. After two weeks of abstinence from these foods, his asthma and herpes subsided and have never recurred since then.

Could it be that cow's milk is meant only for calves just as cats milk is meant only for kittens? Would we consider feeding our babies with, for example, dog's milk instead of human breast milk? The ratio of nutrients contained in dog's milk does not suit human requirements. Yet the same applies to cow's milk. Cow's milk contains three times as much protein and almost four times as much calcium as human mother's milk. These amounts are unsuitable for the human physiology at any age.

Cow's milk is designed to contain the exact amount of calcium and protein necessary to feed a calf that will end up being at least 3-4 times larger than the human body is. If we gave human breast milk to a calf, it would not grow strong enough even to survive. By contrast, human babies require more carbohydrates in the beginning stages of their lives than calves do. For this reason, cow's milk contains only 50 percent carbohydrates compared to human milk. Calves on the other hand require more salt than human babies do, so salt content in cow's milk is three times higher as in human milk. It is therefore not surprising that most of the original populations living in Asia, Africa, and Australia, and South America don't regard cow's milk as a food fit for human consumption.

Once weaned, mammals no longer look for milk to satisfy their hunger or thirst. If human babies, who have been breast-fed for 11-12 months, were given the option of choosing from various types of natural and suitable foods, two out of three would no longer want breast milk as a food. Babies who are fed with cow's milk tend to look puffy, bloated, and fat. It is not uncommon for 1-year olds to have gallstones in the liver as a result of drinking, and not digesting, cow's milk. Many of them suffer from colic and gas which makes them cry and develop sleeping problems.

Michael Klaper, M.D. and Author of *Vegan Nutrition: Pure & Simple*, summarized the milk controversy as follows: "The human body has no more need for cows' milk than it does for dogs' milk, horses' milk, or giraffes' milk."

Milk-caused Osteoporosis

Since milk intolerance is becoming increasingly common among all age groups in the Western world, nutritionists and doctors are starting to suspect that cow's milk may not be such a natural food for humans after all.

Milk is a highly mucus-forming food that can cause irritation and congestion throughout the gastrointestinal tract. If regularly consumed, milk can leave an increasingly hardening and almost impermeable coating on the inside of the intestinal membranes. This restricts absorption of nutrients, including the calcium, magnesium and zinc needed to form bones. It is virtually impossible to treat people with natural medicines as long as they continue to clog up their digestive systems with milk or dairy foods; the medicines are not able to penetrate the hardened layer of mucus in the intestines.

Most people wouldn't drink milk if they weren't so influenced by the myth that milk is essential for the bones. If you are prone to Osteoporosis, or Osteoarthritis, then consider the following facts:

- Cow's milk may be very rich in calcium but its high calcium to magnesium ratio can make it difficult to absorb. In certain people or body-types, the calcium may be deposited in places where it is not required, hence the development of calcification of bones and other parts of the body.
- Most of the calcium contained in cow's milk is bound by the milk chemical *casein*, which makes it far too crude for proper absorption by the human intestinal membranes. Cow's milk contains 300 times more *casein* than human milk. You can get more absorbable calcium out of 6-8 almonds or a teaspoon of molasses than you can get from one liter of cow's milk.
- There is quantitatively more phosphorus in cow's milk than there is calcium. To metabolize that much phosphorus, the body requires extra amounts of calcium, which it extracts from the bones, teeth, and muscles. This leads to a calcium deficiency in these parts of the body. To compensate the sudden loss of calcium, the body tries to mobilize more of it. As mentioned before, it has several methods to manufacture the much-needed mineral. If the body depended totally on external supplies of calcium, 80% of today's population would have lost at least one third of their bone mass by the age of 30. Because of this self-regulating mechanism, we are able to survive even extremely one-sided diets with very little calcium intake. We can even fast on distilled water for long periods of time without developing a calcium deficiency. Yet if the consumption of dairy foods continues for a long time, the calcium reserves get depleted faster than they can be replenished, leading to damage of the bone tissue.
- Milk proteins contain about three times as many sulphur containing amino acids as proteins from vegetable origin do. Through regular consumption of milk and dairy products the blood would become too acid if the body didn't mobilize large amounts of minerals to save the body from acid death. Yet, in the

long term, this emergency measure leads to demineralization of the tissues and organs and subsequent acidosis.

- Storage of excessive amounts of milk protein in the connective tissues and basement membranes of the capillaries reduces the diffusion of essential minerals and vitamins to the tissues of the body. This causes a depletion of nutrients in the tissues, especially of those that form the bones and joints.

Cows maintain strong and hardy bones and teeth throughout their lives and get most of their calcium from the greens they eat. Gorillas, elephants, and other strong animals too do not suffer from osteoporosis. Occasionally they lick on limestone but this is certainly not enough to supply the large quantities of calcium they require to build and rebuild their heavy skeletons. If milk were the most useful and important source of calcium for grown animals then nature would certainly have designed ways of supplying them with milk throughout their lives. But as it turns out, they have access to milk only at the beginning stages of their lives.

To digest whole milk the human body requires large amounts of bile. Drinking whole milk regularly can eventually exhaust the liver's bile-producing capacity. Drinking low fat milk makes matters even worse. Low fat milk requires less bile to digest the fat contained in the milk, yet milk protein cannot be digested without the natural amounts of milk fat. Added to that, without sufficient bile, calcium cannot be properly digested or absorbed either. The large amounts of undigested milk protein increase acidity in the body and the unused crude milk calcium can cause calcification of joints, arteries, or kidneys. This can make protein foods with lowered fat-content hazardous to health.

Leafy green vegetables contain four times more calcium than whole milk. There is also plenty of calcium in almonds, black molasses, sesame seeds, broccoli, Brazil nuts, millet, oats, and citrus fruits. The difference with this type of calcium is that it is readily absorbed by the human digestive system, provided the digestive system functions efficiently. Osteoporosis or and Osteoarthritis are basically metabolic disorders that are caused by severe congestion and an unbalanced diet/lifestyle, and almost never by insufficient calcium intake. Osteoporosis is virtually unknown in places such as Africa where people eat far fewer proteins than those living in developed countries.

Milk Consumption Linked to Diabetes and Allergies

Initial studies on diabetes revealed that the frequency of *insulin dependent diabetes* is linked to breast-feeding. The longer children were breast-fed by their mothers, the less was their risk of developing diabetes later in life. The interpretation of this finding was revised, however, after it was found that children who are fed with cows milk formulae rather than with breast milk were the most likely candidates for diabetes. More precise studies revealed that diabetics have a striking number of antibodies against a particular protein in their blood. Diabetes is an "autoimmune disease" which means that the body directs its defenses against itself. The particular protein that the body tries to combat here comes from the whey of cow's milk.

Ever since cows milk has been used to make cheese, whey, which is a waste product of cheese production, has been fed to pigs. This practice continued even after scientists attributed great nutritional value to whey. Since nobody really liked drinking this "precious" ingredient of milk it was mixed in with foods. This "coincided" with a dramatic increase in allergies in the developed world. Scientists have discovered that the *beta-casein* (a particular protein) in cow's milk can trigger an immune response that

may, in turn, cross-react with an antigen to cause an allergic reaction. An allergy is the body's response to fight a substance that it considers dangerous to its health and survival.

Today, millions of people in the Western Hemisphere are suffering from allergies caused by milk or products that contain milk powder or whey. Maybe it is for this reason that most populations in the world avoid drinking cow's milk. The current "allergy epidemic" in developed countries may have well been caused by the "miracle food" whey which is added to so many food products, including children's foods, fresh cheese, ready-made soups, diet foods, etc. We are literally bombarded with this milk protein unless we live off purely natural foods.

Watch out for the Milk Hormone

Bovine somatotrophin (BST) is a hormone which when fed to cows can increase their milk yield by 20-30 percent. In the United States BST has been licensed by the American Food and Drug Administration (FDA) in 1994. This effectively gave farmers the legal permission to treat their herds with the controversial hormone. The license was accompanied with a new labeling policy, previously unheard of in the United States. Traditional dairy farmers are prohibited from labeling their milk as "hormone free" -- while those using the hormone are not required to say that they use BST. Because uncontrolled hormone intake is linked to a number of serious health problems there has been great concern among milk hormone using farmers that people would prefer the natural milk to the hormone treated one. Their pressure ensured the above legislation.

The granting of a license to increase milk production through hormones comes at a time when milk production is already much higher than is milk consumption. Most industrialized nations destroy enormous quantities of milk and butter to manipulate the prices with no regard to the cows' health. Cows are naturally made to produce a certain amount of milk according to the demand from their offspring. The hormone-induced artificial increase of milk yield causes a number of cow's diseases that are met by administering large quantities of antibiotics. The drug's poisons seep into the milk and its products. How much a cow must be suffering when its udder is being extended to beyond its natural capacity is not considered an issue?

Is Milk Bad for Everyone?

Cows milk is the milk used to raise cows. Drinking the milk from another species is less than ideal. Under normal circumstances, nowhere in nature does this happen. Any adverse reactions to partaking of the milk of another species are to be expected. However, if milk causes allergies or other diseases why does not everyone who consumes cows milk regularly suffer from the same problems? One reason may be that they don't remove the fat from the milk. Left unaltered, cows milk is completely balanced regarding its natural ingredients. By removing one essential part of the milk, i.e., fat, the milk protein can no longer be digested completely, hence there will be a "leftover" of undigested, and irritating proteins against which the body's immune system begins to take up a fight.

In my practice I have found that persons who are of *Vata* constitution seem to digest and metabolize milk much better than *Kapha* types, provided it is fresh, whole fat, and boiled before consumption. *Vata* types suffer from dryness, lightness, and coldness. The mucus-producing effect of milk may help actually lubricate their intestinal lining, which has the tendency to be dry. The milk's heavy and warming qualities

may pacify *Vata* and thereby outweigh any possible negative effects that milk may have for other body-types. *Vata* types and to some extent also *Pitta* types seem to produce enough of the specific digestive enzymes which are used to break down milk proteins.

In *Kapha* types, however, milk protein remains undigested and can trigger allergic reactions with intense mucus irritation and sinus congestion. The *Kapha*'s blood vessel walls tend to clog up quickly with excessive proteins as a result of overeating dairy foods or meat. This may explain why this particular body-type is more prone to obesity and congestive heart failure than the *Vata* type is.

Once milk is pasteurized, i.e., ultra heat-treated, its natural enzyme population is destroyed. Yet the enzymes are needed to make the milk nutrients available to the body cells. Newly born calves die within six months when fed with pasteurized cow's milk. One can only imagine the turmoil that must be going on in the tiny intestinal tract of a baby who is fed with pasteurized milk or sterilized milk formulae. Babies usually develop colic, become bloated and chubby, discharge mucus, catch colds frequently, are restless, and cry a lot. The best advice is to breast feed as long as is possible, avoid dairy-based formulas altogether, use alternatives such as almond milk, rice milk, and give freshly mashed fruits, vegetables and rice when the baby is ready to eat solids.

Boiling fresh, non-pasteurized milk before consumption seems to have a beneficial effect. Milk protein begins to break down into amino acids during boiling, which makes it easier to digest and absorb. Many of the milk's enzymes survive. This may be one of the reasons why Indians always boil their milk before use. They also know that milk has adverse effects when its fat is removed. To preserve milk and to kill any existing germs they simply put a silver coin or a silver spoon in the milk. Silver is strongly anti-bacterial. And to avoid mucus congestion, they put 2-3 pinches of either turmeric or dry ginger into the milk before boiling it. Pasteurized milk seems to upset all the three *dosha*, but boiling the milk helps to reduce its irritating effect in *Vata* and *Pitta* types. *Kapha* types don't do well with milk at all; they develop mucus congestion almost right away.

Cold milk is very difficult to digest. As the cold milk touches the warm stomach lining, the nerve endings of the stomach become "numb" or insensitive, and its cells tighten or shrink. This inhibits the secretion of gastric juices, which is required to digest milk protein. The cold condition of the milk may even be responsible for leaving those proteins undigested that are known to cause allergic reactions. Enzymes require a certain temperature to act upon the food; if the temperature is too low the proteins won't be broken down properly, hence an intense irritation of the mucus lining may develop. *Vata* types who are very sensitive to cold are rarely attracted to taking milk in cold from (from the refrigerator). *Pittas* often have an excessively high temperature in their stomach, which gets lowered only slightly by cold milk. Consequently *Pittas* are still able to secrete a good amount of gastric juices to digest the milk proteins. But if they take milk cold on a regular basis, their *AGNI* or digestive power also begins to be affected.

If you have access to fresh, full-fat, and non-pasteurized milk and if you are a *Vata* or *Pitta* type with no *Kapha* imbalance (signs of excessive mucus in chest, nose, or sinuses), you may use milk in moderation by applying the above procedures of preparation. If milk still causes you mucus, then it is simply a "no-food" for you. I personally have not yet met a person who hasn't shown signs of congestion and irritation as a result of milk consumption, especially in the United States. In all States with the exception of California and Georgia, it is illegal to sell whole, raw milk, despite the fact that raw milk contains far less potentially harmful bacteria than pasteurized, homogenized milk. Pasteurized, homogenized milk does not qualify as food per se. The homogenization process breaks up an enzyme (xanthine oxidase), which in its altered (smaller) state can enter the bloodstream and react against arterial walls, causing the body to protect the area with a layer of cholesterol.

There are now various brands of non-pasteurized milk available in many countries such as the “Vorzugsmilch” in Germany, which literally means the “milk of preference.” Again, if you are not sure about its milk’s health benefits for you, apply the muscle test and your body will may be able to give you the correct answer. As with everything, generalized clear cut answers rarely exist. Your individual response makes all the difference when it comes to creating health or treating ill health.

*As In every respect, vegans appear to enjoy equal or better health
in comparison to both vegetarians and non-vegetarians.*

~T. Colin Campbell, Ph.D. Professor of Nutrition, Cornell University

6. Aspartame and Other Sweet Killer Drugs

Aspartame is the sweetener in Diet Coke, Diet Pepsi and thousands of “diet” foods. Donald Rumsfeld, who once was the CEO of a major drug company, managed to bring this poisonous food drug to market during the Reagan administration. He used his political influence to quash an FDA toxicologist's report naming aspartame as a cause of not only cancer, but brain tumors as well. In 1996 the Food and Drug Administration published a list of 92 adverse aspartame reactions that included seizures, blindness, obesity, testicular, mammary and brain tumors, sex dysfunction and death, from 10,000 consumer complaints.

Through clever advertising campaigns the world population was made to believe that Aspartame and all the other artificial sweeteners are just simple, harmless, food additives that give you the sweet taste, but help you keep slim, or even shed some extra pounds, although the sweeteners are actually patented for “appetite enhancement.” And these drugs really do what they promise. They make you crave carbohydrates, and thereby make you fat.

And now, the aspartame drug has even been patented to treat sickle cell anemia, one of the many diseases it responsible for causing. Researcher Carl Manion found that a single dose of aspartame lowered the sickle cell count in the blood. Aspartame metabolizes into formic acid, a blister poison that transfers from cell to cell killing all and leaving a blister of dead tissue.

Aspartame is a synergistic methanol poison. Methanol is known to cause serious birth defects and major developmental disorders such as autism and attention deficient in the offspring of aspartame users. Ever since Aspartame, MSG, and fluoride were being pushed into our youth, along with the harmful immunization programs, the IQ of the average high school graduate has fallen 10% since the 1950's.

Sweetness at a Price

Aspartame, *Sucralose* (in Splenda) and *saccharin* are the most commonly used artificial sweeteners that have gained huge popularity among people who are concerned about their weight. In the belief that they are doing something good for themselves, they are thrilled to have found the “ideal” sweetener that satisfies their sweet tooth yet doesn’t make them fat. However, there is mounting evidence that artificial sweeteners are a major health risk and can cause brain damage and other problems of the nervous system.

The use of artificial sweeteners in Britain alone has rocketed from a total of 615,000 tons in 1988 to 1,801,000 tons in 1993, an increase of 370 percent for *aspartame* and 250 percent for *saccharin* in five years. The situation is even worse in the United States. The sharp increase in the use of artificial sweeteners is very significant in relation to their sweetening potency. *Saccharin* is more than 400 times as sweet as regular sugar and *aspartame* 200 times as much, Splenda is in between the two. The recently approved sweetener, *neotame*, appears to have super strength, hence it is also named “super aspartame.”

Considered non-toxic and safe by the British government, both *saccharin* and *aspartame* have found their way into the food chain. Both sweeteners are not only found in beverages but also in children’s jellies, lollies, puddings, crops, beans, and even tinned pasta. *Aspartame*, which is sold under the names NutraSweet, Hermesetas, Gold Choice, and Canderel, has been included in some 14,000 foods in America and hundreds of products in Great Britain and other European countries. The products include fruit juices, diet soda, frozen lollies, as a sugar substitute for tea or coffee, instant breakfasts, chewing gum, cocoa and other instant beverages, medical drugs, food supplements, and even yoghurt.

The British government has issued a call for clear warning labels (why warn people if it is so safe?), but only few manufacturers have complied, claiming that it would “clutter up” their labels and confuse consumers. Yet it is more confusing to the consumer not to know whether a food product contains *aspartame* or *saccharin* than to know it.

A survey conducted by BBC2’s *Money Program* revealed that up to 40 percent of the public do not expect to find artificial sweeteners in their fruit juices, drinks, not to mention in their foods. But there is hardly any drink on the market that does not contain an artificial sweetener, even if the drink is labeled “sugar free.” The most popular brands are sold to the public, giving the impression that these products are totally natural whereas in truth they contain synthetically derived sweeteners. The European Union has urged producers to label these beverages drinks “With sweetener,” but surveys have shown that up to 50 percent of consumers would no longer buy these products.

The same applies to Sucralose, the sweetener behind Splenda. Disguised by its lovely sweet taste, it is yet another Frankenstein food additive of the industry. It is produced by chlorinating sugar molecules. Chlorinated molecules actually accumulate in body fat and can come back to haunt a body many, many years later. Splenda is synthetic and having a chlorinated base like DDT, it can cause autoimmune disease (which is just the body trying to attack and neutralize such poisons). Sucralose or Splenda is not safe. In original research Splenda was shown to cause many health problems.

Sucralose as used in Splenda is not yet approved for use in most European countries, where it is still under review. Few human studies of safety have been published on sucralose. One small study of diabetic patients using the sweetener showed a statistically significant increase in glycosylated hemoglobin (HgbA1c), which is a marker of long-term blood glucose levels. According to the FDA, increases in glycosylation in hemoglobin reduces control of diabetes.

Research in animals has shown that sucralose can cause many problems in rats, mice, and rabbits, such as:

- Shrunken thymus glands (up to 40% shrinkage)
- Enlarged liver and kidneys.
- Atrophy of lymph follicles in the spleen and thymus
- Increased cecal weight
- Reduced growth rate
- Decreased red blood cell count
- Hyperplasia of the pelvis

- Extension of the pregnancy period
- Aborted pregnancy
- Decreased fetal body weight and placental weight
- Diarrhea

European countries discontinued the use of sweeteners for a good reason. Tests on animals have revealed that *saccharin* can cause cancer of the bladder. The European Food Commission is particularly concerned about the overconsumption of sweeteners by children. In the mid 1990s, the British government announced that 2.5 mg/kg was the acceptable (safe) daily intake (ADI) of *saccharin*. It is important to know, however, that this figure is not based on control studies, but on mere estimates. Through repeated intake of the sweeteners, many children and adults “expect” that a variety of foods and drinks taste very sweet, a characteristic most of them never have in their natural form. The masking of the natural taste of these products has consequences and there is a price to be paid for falling into the “sweet” trap.

Check out what they nowadays pack into the “harmless” sweeteners. The following list of ingredients is self-explanatory. Even if you don’t know any of the toxic chemicals these sweet cocktails as Neotame, Aspartame or Splenda contain, you may realize that having them in your body is not such a good idea. Notice that Neotame has formaldehyde in it, a powerful cancer-causing agent.

Patent Number 01 90138

Patent: The NutraSweet Company

CAS REG/EC #(S) 50-00-0 - Formaldehyde

CAS REG/EC #(S) 63-91-2 - L-Phenylalanine

CAS REG/EC #(S) 75-87-6 - Acetaldehyde-trichloro-

CAS REG/EC #(S) 100-52-7 - Benzaldehyde

CAS REG/EC #(S) 109-87-5 - Methane - Dimethoxy-

CAS REG/EC #(S) 115-17-3 - Acetaldehyde - tribromo-

CAS REG/EC #(S) 116-16-5 - 2-Propanone 1,1,1,3,3,3-hexachloro-

CAS REG/EC #(S) 462-95-3 - Ethane - 1,1'-Ymethylenebis (oxy) "bis-

CAS REG/EC #(S) 599-97-3 - Ethane-1,1,1 - trichloro-2,2-diethoxy-

CAS REG/EC #(S) 684-16-2 - 2-Propanone - 1,1,1,3,3,3,-hexafluoro-

CAS REG/EC #(S) 754-50-7 - Propane - 1,1,1,3,3,3,-hexafluoro-2,2,-dimethoxy

CAS REG/EC #(S) 774-48-1 - Benzene - (diethoxymethyl)-

CAS REG/EC #(S) 1125-88-8- Benzene - (dimethoxymethyl)

CAS REG/EC #(S) 2577-90-4 - L-Phenylalanine

CAS REG/EC #(S) 7524-50-7 - L-Phenylalanine

CAS REG/EC #(S) 18272-02 - Ethane - 1,1,1-trichloro 2,2 - dimethoxy-

CAS REG/EC #(S) 30525-89-4 - Paraformaldehyde

CAS REG/EC #(S) 157055-30-6 - Propane - 2,2 -diethoxy 1,1,1,3,3,3, - hexafluoro

CAS REG/EC #(S) 165450-17-9 - L-Phenylalanine - N-(3,3-dimethylbutyl) - L-alpha.-aspartyl-

CAS REG/EC #(S) 275799-00-3 - L-Aspartic acid - N-(3,3-dimethylbutyl) -

CAS REG/EC #(S) 374077-92-6 --PP - 4-Oxazolidinecarboxylic acid -3-(3,3-Dimethylbutyl)5-oxo-2,2-bis(trifluoromethyl)-

CAS REG/EC #(S) 374077-93-7 --PP - 4-Oxazolidinecarboxylic acid -3-(3,3-

Dimethylbutyl)5-oxo-2-bis(trichloromethyl)-
CAS REG/EC #(S) 374077-94-8 --PP
CAS REG/EC #(S) 374077-95-9 --PP - Ethane - 1,1,1-tribromo 2,2-dimethoxy-
CAS REG/EC #(S) 374077-96-0 --PP - Propane - 1,1,1,3,3,3-hexachloro-2,2-
dimethoxy-
CAS REG/EC #(S) 374077-97-1 --PP - Propane - 1,1,1,3,3,3-hexachloro-2,2-
Diethoxy-

Politics versus Ethics

Fortunately, there is an increasing resistance movement trying to prevent further damage from these harmful products. On April 6th, 2004 lawsuits were filed in three separate California courts against twelve companies that either produce or use the artificial sweetener aspartame as a sugar substitute in their products. The suits were filed in Shasta, Sonoma and Butte County, California. The suits allege that the food companies committed fraud and breach of warranty by marketing products to the public such as diet Coke, diet Pepsi, sugar free gum, Flintstone's vitamins, yogurt and children's aspirin with the full knowledge that aspartame, the sweetener in them, is neurotoxic.

Aspartame is a drug masquerading as an additive. It interacts with other drugs, has a synergistic and additive effect with MSG, and is a chemical hyper-sensitization agent. As far back as 1970, studies on aspartic acid, which makes up 40% of aspartame, showed it caused lesions in the brains of mice. It was also shown to lead to behavioral and psychiatric problems triggered by aspartame-caused depletion of serotonin.

Aspartame consumption can cause headache, memory loss, obesity, testicular, mammary and brain tumors, seizures, vision loss, coma and cancer. It worsens or mimics the symptoms of such diseases and conditions as Fibromyalgia, MS, lupus, ADD, diabetes, Alzheimer's, chronic fatigue and depression.

The effects of aspartame are documented by the FDA's own data. In 1995 the agency was forced, under the Freedom of Information Act, to release a list of ninety-two aspartame symptoms reported by thousands of victims. In 1996 the FDA stopped taking complaints and now denies existence of the report. On Sept 30, 1980 the Board of Inquiry of the FDA concurred and denied the petition for approval. In 1981, the newly appointed FDA Commissioner, Arthur Hull Hayes, ignored the negative ruling and approved aspartame for dry goods. As recorded in the Congressional Record of 1985, then CEO of Searle Laboratories Donald Rumsfeld said that he would call in his markers to get aspartame approved. Rumsfeld was on President Reagan's transition team and a day after taking office appointed Hayes. No FDA Commissioner in the previous sixteen years had allowed Aspartame on the market.

In 1983, aspartame was approved for use in carbonated beverages. Today it is found in over 5000 foods, drinks and medicines.

Why Sweeteners Make You Fat

A major American controlled study on 80,000 women showed that those who regularly use artificial sweeteners put on more weight per year than those who do not use them. What is even more surprising is the finding that with the widespread use of sweeteners the consumption of ordinary sugar and sugary foods

has increased, too. In other words, the more artificial sweeteners you consume, the more food urges you have, just as the sweeteners' patents were granted for.

There is overwhelming proof that these food poisons are making us fat. Research conducted at Purdue University shows that a group of test subjects fed artificial sweeteners subsequently consumed three times the calories of those given regular sugar. According to the study (although eating this much regular sugar isn't good for anyone), it is still far less fattening to eat sugar than artificial sweeteners.

Most mainstream doctors recommend to their overweight patients diet soda, Sweet-N-low, etc. for weight loss, but in actual fact their advice causes them to crave calories and binge on unhealthy carbohydrates. The obesity epidemic is spreading like wildfire ever since diet foods/beverages gained popularity. The following explanation resolves this mystery.

The body has a self-regulating mechanism, a kind of thermostat that measures the amount of energy (or calories) it can obtain from a particular meal. When your body has received enough energy from the food you have eaten, then your mouth, stomach, intestines, and liver send messages to the brain that all energy requirements have been met. Subsequently, your nervous system secretes hormones that stop your desire for more food. This point of saturation is essential for your well being, without it you would continuously want to eat and never feel satisfied. If, for instance, during one particular meal you eat foods that contain only very little energy or at least not enough to fulfill your energy requirements, then your body will tempt you to eat more during the next meal. This way, the body makes up for the loss of energy during the previous meal. The same happens when your AGNI or digestive power is low and you are not deriving sufficient energy from the food you eat.

On the other hand, when during one particular meal you eat food that has a higher content of calories than your body really requires at this moment, it will signal for less energy during the next meal. If there is only very little energy in the food you are eating during a meal, the more you need to eat from it in order to reach your individual "set point" or body weight that can keep your energy distribution as balanced and normal as possible. Whenever you deprive yourself of eating enough and are unable to meet the energy needs of your body, you will look for more food the next day, the day after, and so on. This leads to chronic overeating which packs plenty of low-energy food into your intestinal tract. Incapable of digesting and absorbing low-energy food properly, your body turns it into fat and waste and clogs up your lymphatic, digestive, and circulatory systems.

This is the time when your body signals "famine." You start craving foods, particularly refined carbohydrates such as ordinary sugar, chocolate, sweet beverages, coffee, etc., which all give you an instant boost of energy. But they also contain only "empty" energy and just raise your sugar level in the blood for a short time. After a little while the sugar levels drops below normal, which may cause depression, moodiness, and exhaustion.

If you are overweight and believe that you can reduce weight by restricting your daily intake of calories, you will be very disappointed. Within a few days, your body will run out of energy and wants to eat, hence the increased appetite or craving. If you still don't eat enough, you will fall into a depression, which may cause you bingeing food ravenously. Your body thinks there are regular famines going on and tries to convert some of the food into fat to deposit it for the next one. After each "voluntary famine" or "weight reducing" diet, your body will put on weight much faster than it did before. This is known as the yo-yo effect.

Under normal circumstances, the body converts calories into heat, which then simply evaporates. Well-circulated brown fat tissue, which is located near the large arteries and in the underarms, is the main source of this energy. There is new research that suggests that in some obese people this mechanism may

be disturbed and that the best dietary rules would be of no avail. Abusing the body's digestive system through frequent strict dieting may be the main cause of this problem.

Because artificial sweeteners are low-energy foods and non-physiological, the body deals with them in the same way as described above. It recognizes their complete absence of potential energy and signals "lack of energy supply". As a result, it increases its appetite to stimulate the desire for more food. This principle is a well-known and commonly applied practice, both in the food industry and in animal feeding. Animal feeds contain highly concentrated *saccharin* to stimulate the animal's appetite so that they eat more frequently and grow fat faster. The same mechanism applies to the human body.

Deceiving the Body

For both humans and animals, *aspartame*, *sucralose*, *saccharin* and other sweeteners belong to the category of "sweet" food. The sweetness of natural foods is caused by sugar. Because sugar can move straight through the stomach walls, it will appear in the blood stream within 3-5 minutes. However, the body has to keep the blood sugar level in check since too little or too much of it can be dangerous. The body regulates sugar levels automatically through simple reflex mechanisms. When sugar touches the taste buds for sweet taste on the tongue, the pancreas is given the instruction to secrete *insulin*, which is required to make it (the sugar) available to the cells.

If you eat artificial sweeteners, the body naturally responds to their sweet taste by secreting *insulin*. Expecting the sugar to enter the blood, it, however, receives only a combination of protein compounds. Doing its normal job, the pancreas has already prepared a portion of *insulin* that now floats about in the blood stream searching for the expected sugar. Since it can't find it there, the insulin removes some of the blood sugar instead. This effectively lowers your sugar levels. However, since this situation can be life endangering, your body quickly signals "hunger" which becomes a sudden, strong "craving." Since foods with artificial sweeteners are not able to meet the demand for an increase in blood sugar, you begin to look for sugary foods

Instead of saving the calories that are contained in ordinary sugar, you have artificially increased your need and appetite for more sweet food. If you try to satisfy this desire by eating more foods that have been sweetened with artificial sweeteners (without calories), the urge to eat will become even stronger than before and you will start *overeating*. Researchers have found that the urge to eat more food after ingesting artificial sweeteners in a drink can last up to 90 minutes, even when all blood tests show normal values.

A more serious situation arises when the body is given artificial sweeteners on an ongoing basis. Since the sweeteners repeatedly stimulate the taste buds responsible for detecting sugar, the brain maintains an almost continuous urge to eat. At the same time, the liver is instructed by the brain to store sugar supplies rather than to release them, which causes chronic fatigue. The pancreas, which had wrongly assumed that real sugar was entering the blood stream, eventually realizes that it has been cheated. Hence it reduces its secretion of *insulin*. One might think that this solves the problem but the body reacts with depression.

Sweeteners Cause Obesity, Depression, Brain Damage

Sugar is known to "improve" moods for relatively short periods of time. With the help of *insulin*, sugar increases the secretion of *serotonin* in the brain. *Serotonin* is the neurotransmitter of happiness. If *insulin*

secretion fails to occur, happiness remains low. The only way to get out of this situation, it seems, is to eat sugar so that the body can secrete *insulin* again.

You may believe that the fewer calories you eat the more weight you will lose. But food manufacturers know that the more artificially sweetened foods and beverages you consume the more you will want their normal sugar containing foods and beverages as well. Diet foods and diet beverages have not only contributed to a massive increase of sugar consumption and obesity but also led to an epidemic of depression. I have seen numerous depressed people over the years, a large percentage of whom regularly use artificial sweeteners. By cutting out diet foods and light products, they have returned to their normal self, *and* they have lost the excessive weight, too.

Apart from causing obesity and depression, sweeteners have been linked to insomnia, headaches, giddiness, loss of memory, nausea, pre-menstrual syndrome, panic attacks, epileptic fits, and even overstimulation of breast glands leading to breast cancer. *Aspartame* in particular may cause extensive damage to the central nervous system. Once it has entered the intestinal tract, *aspartame* is converted into two highly excitatory neurotransmitter amino acids, *aspartic acid* and *phenylalanine*, as well as into *methyl alcohol* (wood-grain alcohol) and *formaldehyde* (*embalming fluid*).

Wood alcohol is one of the most dangerous substances that result from eating artificial sweeteners. It may directly enter the blood stream and move through the brain barrier into the central nervous system where it can influence the neurotransmitters, alter brain function, and cause brain damage. Wood alcohol can cause blindness and formaldehyde can cause cancer. In some cases *aspartame* may suppress appetite and “kill” AGNI, the digestive fire, altogether. Both can lead to quick, excessive weight gain. According to Consumer Reports, aspartame has only a shelf life of between two and three months. After that it begins to break down and pose an increasing danger to the consumer. The same occurs when aspartame or an aspartame-containing food is heated.

Aspartame accounts for more than 75 percent of the total of adverse reactions to food reported to the US Federal Drug Administration. Hundreds of pilots have reported symptoms of memory loss and confusion, headaches, seizures, visual disturbances and gastrointestinal reactions as a result of consuming sweeteners. If pregnant women consume large quantities of diet sodas to avoid weight gain, their placenta may accumulate methyl alcohol, causing mental retardation in the fetus. They also risk maternal malnutrition because of the gastrointestinal problems and diarrhea associated with sweeteners.

Other sweeteners than aspartame have similar effects. Added to soft drinks, they are now even linked with damage of the testicles and other key areas of the body. Stimulating the brain of a child with these “pleasure-enhancing” chemicals in beverages will, in some cases, program their senses to look for and use stronger addictive substances such as hard drugs or large amounts of alcohol later in life. The latest sweetener, *acesulfame K*, may be even carcinogenic, i.e., cause cancer, according a report published in the British Medical Journal in 1996. To avoid serious health problems, it is best to stick to foods and beverages that come from purely natural sources.

A sugar called *tagatose* is one of the next things that will be appearing on the horizon for products labeled under the pseudo hygienic appellations of “Light”, “Lite”, “Low Calorie”, “Sugar Free”, “Sugarless”, “Low Fat”, or “Low Sodium,” “etc.” Hyperuricemia is an unhealthy and unacceptable result from ingesting tagatose. It is an especially hazardous effect with regards to diabetes because hyperuricemia is damaging to the pancreas as well as implicated in causing major damage to the organs and systems in the body. If you wish to protect yourself and your family from the dreadful consequences of universal deceit and actually benefit from the foods you eat, start with fruit, vegetables, grains, nuts, seeds, and legumes. And be sure to prepare your foods from scratch.

7. Light-Food – A Weight Booster

“Foolproof” Slimming Diets

Most dietary approaches in the past were based on the simple mathematical concept that, because 1 kg of body fat contains 7,000 calories, by taking in 1,000 calories less each day a person would lose 1 kg of body fat a week. Since this equation sounded so logical and convincing many people tried to shed the undesirable weight by controlling their daily intake of calories. However, this theory collapsed like a card house. The more these people reduced their calorie intake the faster they put on weight.

When you analyze the results of all the prominent slimming techniques and dietary plans, you face the following facts. Most people, who go on a diet, give up before completing it, and of those who continue only few lose weight, and of those who lose weight most put it back on again. The biggest craze on the slimming market concerns the consumption of “light” food. As the name suggests, the new products promise to make you lighter. You can eat as much as you like and will not put on weight because the products contain only little fat or no fattening substances at all. Now you don’t have to restrict yourself or curb your appetite any longer and at the same time you become slim.

For these or similar reasons light-food has become extremely popular in industrialized nations. At last, food manufacturers have complied with the demands made by nutritional scientists and dieticians to produce foods with fewer calories. Consumers feel relieved that the new food is fat-free and without sugar and instead contains fat substitutes, water and artificial sweeteners. This saves massive amounts of calories. And by adding artificial flavors to the food and using other forms of chemical manipulation, the taste buds believe that it is the real thing. Man seems to have finally succeeded in creating the ideal food for man; at least this is what the majority of consumers have started to believe.

“Light Fats” and their “Amazing” Effects

Take for instance “light-butter” or half-fat butter, which has been heralded as one of the greatest “achievements” of food technology so far. In this high-tech product, at least half of the fat content of butter is replaced with water. It tastes like butter, it spreads like butter and it melts like butter in the mouth, but in reality it is mostly water. To turn water into butter you have to mix it with a thickening agent like gelatin, an emulsifier that permits mixing fat with water, and artificial coloring, aromas, and preservatives. It is difficult, though, for a layperson to detect from the labels whether a product has been manipulated in this way. Still there is one way to find out. Place the light butter or light margarine in your frying pan and see what happens. The artificial fats quickly disintegrate and turn into what they really are, that is, mostly water.

However, not all food imitations can be enriched with water. Fat-free salad dressings contain modified starch as a fat substitute. Principally being very dry by nature, starch (mostly cornstarch) is treated with hydrochloric acid and enzymes derived from mold. The end product leaves you with the feeling of cream in the mouth. The same can be achieved by using cheap protein and other carbohydrates. The products have such fancy names as “Trailblazer,” and Nutrifat PC and have already been on the US-market for several years.

“*Olestra*” is the name for pseudo-fat that has recently been approved for sale on the US market to fill the gap for zero-cholesterol fat. Fat-free chips, diet-friendly crisps, and cholesterol lowering tortillas can

now be staples of the otherwise fatty American diet. It seems wonderful to be able to have all these “naughty” foods and not become fat or risk heart disease. The only problem with this non-physiological food is its side effects.

The pseudo-fat can actually cause substantial anal leakage and diarrhea. It is as indigestible as plastic, which means it comes out completely unaltered. To prevent the product from becoming unpopular, the manufacturers have now added an “anti-anal leakage agent,” a mixture that slows the elimination of the oil from the large intestine. The pseudo-fat mimics the properties of ordinary fats, with a similar “mouth-feel” and taste.

One of the more serious side effects of such products is that they are capable of removing the fat-soluble vitamins A, D, E, and K from the body as they pass through the intestinal tract. For this reason, US food manufacturers are required to fortify their olestra-containing products with all these vitamins; this gives the false impression that these foods are now safe for human consumption. But uncontrolled intake of vitamin K can endanger the lives of hemophiliacs; and a pregnant mother may risk her baby’s life by taking too much vitamin A. Apart from removing vitamins from the body (and thoroughly confusing the body), olestra also reduces the absorption of *carotenoids* that help us to prevent cancer, heart disease, and strokes.

Pseudo-fats cannot fool even animals. When the fat replacement olestra was fed to dogs for 20 months, their weight had not decreased but increased.

Olestra is the first food additive with negative nutritional value. It is hard to conceive how much damage the plastic food will do if it remains in our food chain for several decades and, what makes things worse; it will be extremely difficult to trace the damage to the use of olestra. It is very unlikely that there will be any further research done on the side effects of olestra or similar foods. Hence it is up to each one of us to take more responsibility for our health and that of our families. If we desist from buying such synthetic foods they will disappear from the market as fast as they appeared.

High Protein Foods Make You Fat Low Energy Foods Deplete Energy

Not such good news for the Atkins friends. The results of a four-nation study involving more than 4,000 men and women ages 40 to 59 have produced a stunning conclusion in our Atkins diet-fueled society: The thinnest people on Earth eat the most carbohydrates. What is even more alarming, the people who ate the most protein in their diet were actually the heaviest.

“Without exception, a high-complex-carbohydrate, high-vegetable-protein diet is associated with low body mass,” study leader Linda Van Horn of Northwestern University said in a news conference reported by Reuters. “High-protein diets were associated with higher body weight.”

Of course, this does not mean that your favorite doughnut, French fries, pasta and white bread are going to make you slim. These refined carbohydrates don’t offer you the complex sugars that your body needs as a primary source of energy. Only complex carbohydrates found in grains, fruits, vegetables, nuts, seeds and beans are suitable to fill the body’s energy requirements. Most notable is this finding: The more animal protein a person consumed, the higher his weight was.

Why Light Foods make You feel so Heavy

Many people wonder why they have put on so much weight since consuming light-foods. Or, they may ask, why don't light-foods seem to contribute to slimming? The answers to this question are quite simple. Low-energy foods deplete your energy and, thereby, slow down your metabolism, making it more and more difficult to metabolize even the light foods and lose any extra weight. In addition, after eating light foods a few of times, your body begins to realize that it is deprived of energy. Consequently, it sends you urgent messages of wanting energy-containing foods. Since carbohydrates are the foods that keep your serotonin and beta-endorphin levels normal, not eating them makes your cranky, restless and moody. To overcome the discomfort, you will start eating more of these same low-energy foods than you normally would. Much of it, though, gets converted into fat and waste matter.

Many people wonder why they have put on so much weight since consuming light-foods. Or, they may ask, why don't light-foods seem to contribute to slimming? The answer to this question is quite simple. After eating light-foods a couple of times, your body begins to realize that it is deprived of energy. Consequently, it sends you urgent messages of wanting energy-containing foods but you will eat more of them than you normally would. This natural response occurs in everyone, even in children.

Children are generally more in touch with their natural instincts and have not yet been influenced by theories about diets, calories, and light-foods. When researchers tested the eating habits of children, they wanted to find out whether children extract fewer calories from their food and lose weight if they consume light-products. The scientists were surprised to discover that those children whose diet included light-foods (low calorie) had actually *increased* their appetites and started eating more to balance the loss of energy caused by the light-foods.

The body is constantly aware of how much energy is required to conduct all its activities and subsequently sends the appropriate signals of how much we should eat in order to satisfy its needs. The requirements of course change as the day goes on. A theoretical system of how much you should eat at each meal and how many calories you can use up without becoming fat is therefore useless, if not harmful. It strongly interferes with the body's natural and uniquely programmed weight control mechanisms. The accompanied anxiety of eating too much or eating the wrong type of food may even shut down the digestive functions, which means you are converting much of the ingested food into undigested toxic waste. This clogs up the system even more and adds extra weight to the body.

The body always knows when it has reached a point of satiety. This was shown in another experiment during which a group of children were given the permission to eat as much as they wanted and whatever they wanted for six consecutive days. They were even allowed sweets, cakes, and other kinds of "unhealthy" foods. Parents were not permitted to influence their children in any way.

The researchers carefully recorded what and how much of each food a child ate during each meal, throughout the six 24-hour periods. Some children ate only minute amounts during some meals but then greatly increased the amounts at other meal(s). The children's calorie intake fluctuated substantially from meal to meal; yet, when calculated for an entire day, calorie consumption remained the same.

Gaining "Waste-weight"

There are many studies that show that light-foods encourage appetite and overeating and do **not** reduce weight. The more of enzymatic energy is contained in food, the faster we feel satisfied. But not only light-

foods are energy depleted and dissatisfying. Refined, processed, chemically treated foods contain no *Prana* or life energy, which is the type of energy the body needs to help digest food.

There may be plenty of calories in the highly refined white flour products but the body is not able use this form of “dead” energy. Our digestive system is naturally programmed to extract energy from *life foods* or complex staple foods, which contain plenty of *Prana*. The body regards such lifeless foods as meat, cornflakes or light-foods to be indigestible and tries to “dump” them as quickly as possible. All they do is to congest the intestines where they ferment and putrefy. This is the first location in the body where waste, meaning extra weight, starts to accumulate and when the intestinal “vessel” is full up it begins distributing the waste to other areas of the body as well.

This increase of waste-weight may tempt you to go on a restrictive diet for a while. But the more often you go on a diet, the less successful it becomes. Each new diet requires a different way of metabolism. The continual abuse of your natural weight regulation reduces AGNI, the digestive fire, to a point when almost no foods, even fresh and healthy foods, can be tolerated and be utilized by the body. At such a stage, obese people complain that they are putting on weight although they are hardly eating anything.

The producers of light-foods know all that. Since light-foods have become available in the supermarkets, the sales of normal foods have increased too. If light-food had the effect of curbing appetites and reducing the consumption of ordinary foods, you can take it for granted that light-products would have never made it into the food market. These man-made foods have certainly not been made available to create a healthier population.

The Calorie-plan Fiasco

What is most discouraging in the confusion around food today is that our generation is perhaps the first one in the entire history of mankind that has lost its natural instinct to know which foods are good for us and which ones are not. We have left it to experts or nutritional scientists to make certain that we are being nourished in the best possible way. Food is no longer considered to be God’s gift to man but a mere collection of chemical components, including calories, Joule, vitamins, fats, proteins and their various amino acid components, carbohydrates, trace elements, etc. If the figures of nutritional daily requirements were correct, no one in the world could ever be healthy because everyone would miss out on one vitamin, mineral, trace element, or the other. For example, we would have to eat massive amounts of liver and herring, to avoid vitamin D deficiency. Yet those who never ate fish or liver in their entire lives have no less vitamin D in their body than those who do.

The official figures for nutritional requirements are unreliable and misleading. In a major study at the University Hospital in Vienna, researchers first calculated the nutritional values of the patients’ diet according to the official nutritional figures and then analyzed the same food items in the laboratory for their true nutritional contents. The experiment lasted for 38 days and the results were astounding. The calculated figures for calories were 1/3 higher than were actually found through chemical analysis. The difference with regard to carbohydrates was 44 percent, with regard to protein 50 percent, and with regard to fats 60 percent! The conclusion of the study was that there is no reliable way to figure out what really is contained in the food. Besides, foods such as tomatoes, potatoes, fruits, and vegetables change their nutritional contents according to seasons, preparation, and storage and are different in different countries due to varied climatic, soil, and geographical conditions.

In addition, the information that indigestible fiber contained in whole foods doesn’t release calories is incorrect. It is true that *our body* has no enzymes to digest fiber but we have plenty of *bacteria* in our

intestinal tract that can do this job even better than enzymes do. All fiber reaches the colon in undigested form. Just as easily as the bacteria in nature break down food fiber, so do the bacteria of the intestinal flora digest the fiber that passes through the intestines. This may result in undesirable gases caused by fermentation and release various fatty acids that are absorbed by the large intestines and serve as a source of energy, which means they provide calories. Pectin, for example, is a fiber found in apples and can provide 283 calories per 100g, as much as in a 100g ice cream!

The dilemma that arises from eating according to a calorie plan is that nobody can tell you for sure how many calories are locked in a particular food, nor is it known how many calories are being utilized by each individual. A *Kapha* type, for instance, has a slow metabolic rate and uses up less energy than a *Vata* type who has a very fast metabolic rate. *Vatas* may eat three times as many calories and still put on no extra weight whereas *Kaphas* may just “look” at food and put on weight. If a healthy *Pitta* type eats excess amounts of calories, let’s assume 2,000 instead of the recommended 1,000, he simply converts the unused calories into heat and becomes slightly more “energetic” than before. His body weight will remain unchanged, unless he overeats regularly. Research has documented that the average overweight person does not consume more calories than a slim person does.

If excessive consumption of calories always led to weight gain, then most people in the world would be obese by now. According to the calorie theory, a person who eats two pieces of chocolate a day (50 calories) too much should put on 25kg of body fat within a period of ten years. Imagine how this person would look if he ate that much chocolate for sixty years, according to the theory.

Fortunately, the body is not a machine that counts calories. A strong digestive fire (AGNI) can make use of more calories than a weak one. If AGNI is weak, then most of them are not used which means that there is be plenty of unused and undigested food leftover. Consequently, the energy requirements of the body are no longer met. This lowers the metabolic rate and general circulation, and the resulting accumulation of toxic waste congests vital areas of tissues and organs in the body. The lymphatic system becomes severely blocked and retains large amounts of lymph, hence the swelling that accompanies weight gain.

Weight Regulation is Natural

Weight loss occurs spontaneously when the natural weight regulation mechanisms are restored. Excessive body weight is a symptom of disturbed digestion and metabolism and a sign of chronic toxicity in the body and should not be treated on its own level. Trying to remove the symptom (excessive weight) can turn out to be very harmful and disappointing when the toxins are not removed first.

The body has a natural resistance to losing excessive weight quickly because sudden weight loss could release a flood of trapped toxins into the circulation and even have fatal side effects (collapse of liver functions, kidney failure, and heart attack). The body never behaves in an irrational way. Weight regulation has to begin by removing the root causes of the metabolic problems that accompany weight gain.

People who put on extra weight may have been weakened by the following factors:

- Overworking
- Overstimulation of senses
- Exhaustion
- Lack of the two hours of sleep before midnight
- Irregular eating habits
- Heavy meals at night time
- Overeating due to intake of non-nutritious and low energy foods
- Stimulants such as coffee, tea, and cigarettes
- Soft drinks
- Not drinking enough water
- Negative responses to stress
- Alcohol consumption
- Unresolved conflicts (impairing digestion)
- Fear and other emotional upsets
- Any other weakening influence

Sleep Well – Loose Weight

By some estimates, Americans average about six hours of sleep per night. That may be enough for some, but not for the majority of people, especially for those concerned about their weight. According to a study from Columbia University, presented at the annual scientific meeting of the North American Association for the Study of Obesity (NAASO), you will need to get more sleep than six hours if you want to stay healthy and fit. Researchers used almost 10 years of data collected on nearly 18,000 subjects who took part in the National Health and Nutrition Examination Survey (NHANES). The study gathered information on general dietary and health habits. After accounting for other factors that are known to contribute to obesity, the Columbia team reported these estimates:

- Less than four hours of sleep per night increases obesity risk by 73 percent, compared to subjects who slept seven to nine hours each night
- An average of five hours of sleep per night increases obesity risk by 50 percent
- An average of six hours of sleep per night increases obesity risk by 23 percent

The researchers believe the link between sleep deprivation and obesity is altered body chemistry. According to the research, a lack of sleep increases *ghrelin*, a hormone that sends a hunger signal to the brain. The usual foods of choice are ready-to-eat carbohydrate snacks. At the same time, the level of a protein called *leptin* drops. Leptin helps suppress appetite, so when the level is low, appetite increases. This causes you to look for something to eat. Combine too much ghrelin and too little leptin, and you've set the stage for the ingestion of extra food that your body neither needs nor can digest properly. The inevitable result is intestinal congestion and weight gain.

Body Cleansing

The body needs to be cleansed of toxins before natural weight regulation can be restored. Cleaning it also ensures that weight takes place smoothly and without causing adverse effects. The most powerful and influential of all cleansing procedures described in this book is the *Liver Cleanse*. Its most important effect is to restore AGNI. When AGNI is stronger, food is digested more efficiently and less waste is deposited in the intestines. This, however, can happen only if you also clean out your colon through colonic irrigation. A kidney cleanse makes sure that the toxins released by the body don't get stuck in the kidneys. The main principle here is that for weight loss to take place naturally the eliminative organs must be cleared of any waste deposits first.

All this will effectively restore the body's health and natural weight. One liver cleanse, however, will not be sufficient to restore AGNI on a permanent basis. You need as many such cleanses as it takes to remove all the gallstones. After each cleanse, there will be a sudden increase in energy, the abdomen will feel tighter, and you may lose several pounds. Yet within less than a week, some of the old sluggishness may return and food cravings re-emerge. This shows that gallstones from the far "corners" of the liver have moved forward and clogged up major bile ducts, thereby affecting AGNI once again. By the time your liver is completely clean your body weight will be ideal and your energy boundless.

A Healthy Body – Normal Weight

Only a healthy body can be of normal weight. Theories of how much each person should weigh (calculated according to gender, height, etc.) ignore each person's unique constitutional requirements. Healthy body weight varies according to individual body-types. A healthy *Vata* type will always be very slim, and a healthy *Kapha* type will always be corpulent and muscular. The bones of *Vatas* are light, thin built, whereas *Kaphas* have very heavy, dense, and compact bones. Both body-types have very different if not completely opposite requirements regarding, food, exercise, and living conditions. *Pitta* types, which have more heat in their body, have entirely different energy requirements than the other body-types.

Weight loss for the right reasons, i.e., to improve your health, is easy. Trying to shed weight without removing the accumulated toxins first goes against the body's principles of survival and is therefore difficult to achieve. All you need to do is to restore your health. Once you have learnt the lessons of creating health from the current shape of your body, you are ready to change it into a better one. Your newly created body will serve you as an apt vehicle to fulfill your desires and lead a life filled with happiness, vitality, abundance, and wisdom.

8. MSG -- The Obesity Factor

As a nation we are becoming increasingly dependent on processed foods, and with each year, the FDA approves more and more chemicals allowed to be used as additives in food production. While some of these chemicals increase shelf life, others kill bacteria, improve taste, and replace fats and carbohydrates, enhance flavor and color of foods, and much more. Although adding chemicals to natural foods is not really necessary, it certainly increases profits manifold. The unsuspecting consumer has no clue that some

of the chemicals they ingest with their delicious meals are neurotoxic and/or carcinogenic. One of these is *MSG* (processed free glutamic acid).

In 1968 study at Washington University Medical School, laboratory mice that were fed MSG subsequently developed retinal damage and became grotesquely obese. The mice had lesions in the hypothalamus of the brain, the part that is prominently involved in the functions of the autonomic nervous system and endocrine system. Hormonal imbalances often lead to obesity.

As of May 13, 2004 there are 151 studies listed that confirm this earlier piece of research. There are now more studies on the effects of MSG on the hypothalamus leading to obesity than on the effects of aspartic acid. Neuroscientists have found in animal studies that glutamic acid and aspartic acid (40% of Aspartame) load on the same receptors in the brain, and cause identical brain lesions and neuro-endocrine disorders. The victims usually develop compulsive eating habits.

MSG can easily pass through the blood-brain barrier in newborns and young children. A fetus is almost completely unprotected. There may be many diseases, aging, and overuse of medical drugs, regular ingestion of food additives, such as Aspartame and MSG, that all can damage the blood-brain-barrier. Since most of the processed foods contain MSG, as do many personal care items, supplements, and pharmaceuticals, it is almost impossible for an expectant mother to protect her baby from being affected.

Following birth, an infant is exposed to MSG and, possibly, free aspartic acid through childhood vaccinations. All infant formulas contain some free glutamic acid and free aspartic acid. An infant on a hypoallergenic soy-based formula will ingest more excitotoxic amino acids (glutamic acid, aspartic acid, and L-cysteine) per day than is contained in any serving of food that can be found on grocery store shelves.

MSG is most often added to common foods under names that give consumers no clue to its presence. Both MSG and aspartame cause lesions in the hypothalamus, the portion of the brain that is recognized to affect weight. If you are concerned about your weight and that of your children, I suggest you start identifying the sources of MSG in your grocery shopping cart, before taking them home.

Dietary supplements, processed food used by vegetarians, and products labeled “organic” are some of industry's favorite places for hiding MSG. California proposes to allow more crops to be sprayed with MSG. Like so many other live virus vaccines, the Nasal Spray Flu Vaccine called FluMist contains MSG in the form of monosodium glutamate-(Monosodium glutamate is described as a Mutagen and Reproductive Effector by the Center for Disease Control in their Registry of Toxic Effects of Chemical Substances).

More and more personal care products that are labeled “organic” actually contain free glutamic acid (MSG). Soon soaps, shampoos, and other body care products will soon have glutamate surfactants in them, as well as products that contain hydrolyzed proteins. Much of that MSG will enter your body through the skin.

The following is a list of some common names MSG hides behind:

- | | |
|---|--------------------------|
| ▪ Monosodium Glutamate | ▪ Hydrolyzed Corn Gluten |
| ▪ Monopotassium Glutamate | ▪ Yeast Extract |
| ▪ Hydrolyzed Protein | ▪ Autolyzed Yeast |
| ▪ Hydrolyzed Vegetable Protein (vegetable and animal) | ▪ Yeast Nutrient |
| ▪ Plant Protein Extract | ▪ Yeast Extract |
| ▪ Textured Protein | ▪ Yeast Food |
| | ▪ High Flavored Yeast |

- Calcium Caseinate
- Sodium Caseinate
- Textured Soy Protein
- Malt Extract
- Malt Flavoring
- Bouillon
- Broth
- Stock
- Flavoring
- Natural Flavoring
- Seasoning
- Accent
- Textured Soy Protein
- Soybean Extract
- Hydrolyzed Oat Flour
- Glutamic Acid
- Gelatin (which includes Jell-O)

9. Microwave Oven – Death in the Heat

Did you know that microwave-treated water won't sprout seeds? Makes you wonder what else microwaves can do to water, food and your body? Russian researchers have found decreased nutritional value, cancer-making compounds and brain damaging radiolytics in virtually all microwave-prepared foods. Eating microwave-prepared meals can also cause loss of memory, concentration, emotional instability, and a decline in intelligence, according to the research. The Russian scientists also found decreased nutritional value – or significant dimming of their “vital energy field” – in up to 90% of all microwave-prepared foods.

In addition, the B complex, C and E vitamins linked with stress-reduction and the prevention of cancer and heart disease – as well as the essential trace minerals needed for optimum brain and body functioning – were rendered useless by microwaves, even at short cooking durations. Microwave-cooked food is basically reduced to the nutritional equivalent of cardboard. If you don't want to develop nutrient - deficiencies you may be better off throwing this appliance out of your kitchen. The radiation has been found to accumulate in the kitchen furniture, becoming a source of radiation in itself.

Microwave usage in the preparation of food has been found to lead to lymphatic disorders and an inability to protect the body against certain cancers. The research found increased rates of cancer cell formation in the blood of people eating microwave-cooked meals. The Russians also reported increased rates of stomach and intestinal cancers, as well as digestive and excretive disorders – plus a higher percentage of cell tumors, including sarcoma.

Microwaves rip apart the molecular bonds that make food to be “food.” Microwave ovens hurl high-frequency microwaves that boil the moisture within food and its packaging by whipsawing water molecules dizzyingly back-and-forth at more than a billion reversals per second. This frantic friction fractures food molecules, rearranging their chemical composition into weird new configurations unrecognizable as food by human bodies. By destroying the molecular structures of food, the body can't help but turn the food into waste, but not harmless waste; rather, “nuclear waste.”

Other side-effects of microwaves than just making food useless and “wasteful” include:

- | | | |
|-----------------------|--------------------------|-------------------------|
| ▪ High blood pressure | ▪ Cataracts | ▪ Attention disorders |
| ▪ Migraine | ▪ Reproductive disorders | ▪ Increased crankiness |
| ▪ Dizziness | ▪ Adrenal exhaustion | ▪ Depression, |
| ▪ Stomach pain | ▪ Heart disease | ▪ Disconnected thoughts |
| ▪ Anxiety | ▪ Memory loss | ▪ Sleep disturbance |
| ▪ Hair loss | | ▪ Brain damage |
| ▪ Appendicitis | | |

Eating microwave-damaged foods can lead to a considerable stress response in the body, and thereby, alter the blood chemistry. While eating organic vegetables, for example, zapped by microwaves you will send your cholesterol soaring. According to Swiss scientist Hertel: “Blood cholesterol levels are less influenced by cholesterol content of the food than by stress factors.” While the Russian government has banned microwave ovens, for a very good reason, they have taking over cooking chores in nine out of ten American homes.

Reporting for the Forensic Research Document of AREC Research, William P. Kopp now states: “The effects of microwaved food byproducts are long-term, permanent within the human body. Minerals, vitamins, and nutrients of all microwaved food is reduced or altered so that the human body gets little or no benefit, or the human body absorbs altered compounds that cannot be broken down.”

In a classical experiment 2,000 cats were given only foods and water that were previously placed in the microwave oven, even if it was just for one minute. The foods selected were the most nutritious and natural ones available. Within 6 weeks, all cats mysteriously died. While investigating the surprising result of the test, it was discovered that although the cats looked well-fed, the cells in their bodies virtually contained no trace of nutrient-components. The cats literally starved to death, despite all the nutritious foods. Microwaves turned their food into deadly poison. Seeing the unprecedented sickness epidemic in the U.S. and other countries that largely rely on microwaves to cook their foods, it may be wise if we followed the example of the Russian Federation, at least in this respect, and stop using microwave ovens.

CHAPTER 15



What Doctors Should Be Telling You...

1. Potential Dangers of Medical Diagnosis

The categorization of disease begins with its diagnosis. Depending on the particular symptom of discomfort or pain a person may be experiencing, a visit to the doctor will most likely result in the diagnosis of a disease, which the physician knows by its name and description. However, before you are given the certainty of diagnosis, you may have to undergo a series of routine examinations. There is the stethoscope, which has become a symbol of the healing profession; a measuring device to take the blood pressure; counting of the heart beat through feeling of the pulse; blood and urine tests; maybe X-rays, EEG, EKG, and more... In total, there are over 1,400 test procedures available that the modern doctor can use today to monitor and measure virtually every bit of your body.

Although in some cases, the use of these methods of diagnosis is justified and can save a person's life, in the vast majority of cases it is unjustified, misleading, and potentially harmful. In theory, high tech diagnostic tools seem to be impartial and yield correct results, but in reality, they are grossly unreliable and can be as dangerous to health as some of the riskiest drugs and surgical procedures. It is therefore important that they are not applied routinely, but much more selectively and if possible, only during emergency situations. The following are some of the most commonly used methods of diagnosis and their discrepancies.

ECG and EEG – Machines *can* Lie

One of the instruments most frequently used to monitor heart activities is the *Electrocardiogram* or ECG/EKG. Repeatedly conducted tests have shown that at least 20 percent of diagnoses made by ECG/EKG experts were false. In addition, 20 percent of all ECG/EKG readings turned out to be different when the same person was tested a second time. When ECG/EKG measurements were taken of people who had suffered a heart attack, the machine could detect an abnormal heart function in only one quarter of the patients, no sign of a heart attack in the second quarter, and indecisive results in one half of all patients. A sudden “abnormal” curve in the ECG/EKG reading, caused by a jet flying over the hospital, can put a person into the “risk” of suffering a possible heart attack.

One 1992 report published in the *New England Journal of Medicine* proved that ECG/EKG’s couldn’t be trusted. When ECG/EKG’s were taken on a group of perfectly healthy people, over 50 percent of them showed an extremely abnormal heart condition. In other words, if a healthy child or an adult goes through a highly recommended health check-up and is diagnosed by an ECG/EKG expert as having an abnormally behaving heart that requires urgent treatment, the chances of the diagnosis being false-positive are fifty/fifty. To avoid being treated unnecessarily with potentially harmful drugs, it is necessary that additional methods of diagnosis be employed to verify the correctness of the ECG/EKG readings. It is also highly recommended to have a second or third ECG/EKG reading at another hospital, just to be on the safe side.

The *Electroencephalogram* (EEG), which is used to measure brain activity and detect brain tumors and epilepsy, often gives highly unreliable diagnostic results, too. Twenty percent of people who suffer from epileptic seizures produce normal readings. What is even worse, 15-20 percent of healthy people produce an abnormal EEG. To show how unreliable the EEG machine can be, when once connected to the head of a doll it showed that the doll was *alive*. In order to avoid costly and potentially risky treatment programs, one should not solely rely on the diagnosis produced by the EEG.

X-rays – Handle with Care!

One of the riskiest of all diagnostic tools is the x-ray machine. Most people who visit a doctor will experience at least one exposure to the high-frequency waves of ionizing radiation (X-rays). These are the facts that have *so far* been discovered about the adverse effects of X-rays:

- If children are exposed to X-rays while in the mother’s womb (in utero) their risk of all cancers is increased by 40 percent, of tumors of the nervous system by 50 percent, and of leukemias by 70 percent.
- Today there are thousands of people with damaged thyroid glands, many of them with cancer, who had been radiated with X-rays on head, neck, shoulder, or upper chest 20-30 years ago.
- Ten x-ray shots at the dentist are sufficient to produce cancer of the thyroid.
- Multiple X-rays have been linked with multiple myeloma – a form of bone marrow cancer.
- Scientists have told the American Congress that X-radiation of the lower abdominal region puts a person into the risk of developing genetic damage that can be passed on to the next generation. They also linked the “typical diseases of aging” such as diabetes, high blood pressure, coronary heart disease, strokes, and cataracts with previous exposure to X-rays.
- It is estimated that at least 4,000 Americans die each year from x-ray related illnesses.

- In the UK, one fifth to one half of all X-rays given to patients are without real necessity. In the US, the FDA reports that a third of all radiation is unnecessary.
- In the UK, X-rays ordered by doctors account for over 90 percent of the total radiation exposure of the population (Cambridge University Press, 1993).
- In Canada, almost everyone gets an annual x-ray of one sort.
- Old X-ray equipment still used in many hospitals gives off 20 to 30 times higher doses of radiation than is necessary for diagnostic purposes.

Unless it is for an emergency situation, X-rays should be avoided because their harmful side effects may pose a greater health risk than does the original problem itself. As a patient you have the right to refuse x-ray diagnosis. By discussing your specific health problem with your physician you can find out whether taking X-rays is really necessary or not. Many physicians today share this concern with their patients and try to find other ways to determine their exact condition.

Mammography – Yes or No?

A recent study showed that mammography – a diagnostic tool using X-rays to detect breast cancer in women – is highly inaccurate. Only between 1 and 10 out of 100 “positive” mammography tests are truly positive, which means that there is a 90% - 99% chance that a woman is diagnosed with breast cancer but doesn’t have it. Since these tests are not only taken once in a lifetime, the chances of becoming a victim of false diagnosis for breast cancer are very high.

In Great Britain, there are about 100,000 women a year who receive a false diagnosis for breast cancer. The women undergo many unnecessary biopsies and an unknown number of mastectomies (breast amputations). Many of the women suffer unnecessarily from depression, desperation, and fear of dying as a result of the diagnosis. In the United States, mastectomies have rocketed since mammography became the most popular “preventive” method for diagnosing breast cancer.

To see mammography as a diagnostic tool for detecting pre-symptomatic stages of cancer is dubious. In most cases of breast cancer, it is irrelevant whether breast cancer is detected at an early or late stage. It is rather the type of cancer and whether it tends to metastasize (spread to other parts of the body) at an early stage or not, that determines the outcome of the disease. Also with many mammograms performed, a woman may put herself into the risk of developing the very disease mammography is supposed to prevent, or worsen it if it is already present. Mammograms certainly aren't the “magic bullet” for breast cancer prevention that everyone says. For one thing, mammograms are of very limited effectiveness because they seem only to be able to detect tumors of a size that's large enough to signify a rather advanced stage of cancer.

What is most disturbing about this diagnostic method is the excessive compression of the breast during a routine mammogram. If there is a tumor in the breast, performing a mammogram can actually break apart cancerous cell masses and cause the disease to spread to other organs. Forcible flattening of a breast during a mammogram cannot be considered an acceptable risk, especially when the test is so ineffective anyway. A large body of research suggests that mammograms may be only marginally more effective (if at all) than physical exams in detecting breast cancer. So why use a method that can exacerbate a disease unnecessarily? Mammography is a major-league moneymaker for hospitals, doctors, and cancer clinics nationwide. The unsuspecting women believe the screening reduces their risk of death from breast cancer by 50-75 percent! In truth, according to research conducted by the US Preventative

Task Force, it would be necessary to screen over 1200 women aged 40-74 every year for 14 years to prevent even one death from breast cancer.

Fortunately for women, the massive increase in lawsuits as a result of missed tumors is contributing to the increasing reluctance among doctors and clinics that once offered mammogram services to continue doing so.

A 1997 report by the American National Cancer Institute stated that *mammograms* showed no mortality benefit unless women in their 40s had been followed for 10 years. Despite the fact that over 90 percent of the abnormalities discovered by *mammography* are known to be benign (not cancerous), still 63 percent of U.S. women in their 40s have had a mammogram in the last two years.

Prevention of breast cancer does not begin with having a *mammography*; it starts with taking active responsibility for one's body and mind. It can be said that all things that occur naturally have a cancer preventive effect and this includes food. Commenting on a recently released study on prevention of cancer, John Pezzuto, leader of a food research group at the University of Illinois at Chicago, USA, said: "...the study does show that a diet loaded with fruits and vegetables is a good defense against cancer." Research has identified a substance in grapes called *resveratrol* that has proven to help cells from turning cancerous and inhibit the spread of cells that are malignant already. Most other natural foods contain similar or even more powerful substances.

Women don't need to rely on the *mammography* test to feel safeguarded against breast cancer, especially since it is highly unreliable as a diagnostic tool. A series of liver, kidney and colon cleanses are often enough to prevent, stop and regress any type of cancer.

Hair dyes (highlights are OK), make-up, chemical deodorants, chemical toothpaste, commercial synthetic shampoos, etc., all release large amounts of chemical toxins into the lymph ducts of the breasts, causing lymphatic congestion and high levels of toxicity there. Wearing bras regularly also impairs proper lymph flow and may greatly increase the chance of breast cancer.

A Note on the Dangers of Breast Implants

Over 300,000 women a year get breast implants. Having breast implants and having mammograms can endanger your health. I have been receiving multiple letters from women who have or had silicone breast implants that ruptured because of it. One woman had this to say: "... I have had them for 23 years with no problems. Then they started to leak. The way I knew was I had pain in my chest and numbness and tingling down my arms. I got them out as quickly as possible and did not replace them. The doctor told me that it was a bad rupture and I had silicone in my lymph nodes and chest, and he could only clean up so much of it because it is like glue. There are many other ingredients in the implants (listed below); heavy metals such as aluminum and platinum are used as catalysts in turning the liquid silicone to gel. Silica is used as a filler; it is deadly if it gets into the lungs.

- | | |
|----------------------|-----------------|
| ▪ cyclobexanone | ▪ epoxy resin |
| ▪ isopropyl alcohol | ▪ epoxy hardner |
| ▪ denatured alcohol | ▪ amine |
| ▪ acetone | ▪ printing ink |
| ▪ urethane | ▪ toluene |
| ▪ polyvinyl chloride | ▪ freon |
| ▪ lacquer thinner | ▪ silicone |
| ▪ ethyl acetate | ▪ flux |

- | | |
|-----------------------------|---------------------------|
| ▪ solder | ▪ hexone |
| ▪ metal cleaning acid | ▪ hexone 2 |
| ▪ formaldehyde | ▪ thixon-OSN-2 |
| ▪ talcum powder | ▪ rubber |
| ▪ color pigments | ▪ acid atreatic |
| ▪ oakite (cleaning solvent) | ▪ zinc oxide |
| ▪ cyanoacrylates | ▪ naptha (rubber solvent) |
| ▪ ethylene oxide | ▪ phenol |
| ▪ carbob black | ▪ methylene chloride |
| ▪ xylene | ▪ benzene |

If you are concerned about getting breast cancer, it is best to avoid anything that is as unnatural as the above factors. Women can actively contribute to a carefree future by taking care of their bodies' daily needs and requirements (also see "Cancer –Who Makes It, Chapter 10). .

Medical Laboratories are Unreliable

Some of the weakest points in the field of medical diagnosis concern the bacteriological tests conducted in medical laboratories. In 1975, the Center for Disease Control (CDC) in the United States released the findings of an investigation of medical laboratories throughout the country and published the following results:

- 10-15 percent of the bacteriological tests were insufficient.
- 30-35 percent of the simplest clinical tests turned out to be outright false.
- 12-18 percent of tests determining the correct blood groups and blood types, and 20-30 percent of tests determining the blood serum and hemoglobin levels were sloppy.
- Over one quarter of all tests showed faulty results.
- 31 percent of the laboratories were not even capable of detecting a simple form of anemia.
- Other laboratories falsely found infectious mononucleosis (glandular fever) in one out of every three tested persons. Between 10 and 20 percent of the laboratories detected Leukemia (blood cancer) in samples that were free of it.

Another countrywide American study showed that over 50 percent of the laboratories with "high standards" and permission to conduct all the different types of medical work did not fulfill national requirements. The worst results surfaced during a study when 197 out of 200 tested persons with abnormal test results turned out to be completely healthy after they were tested a second time! It may be added that the CDC is observing only the best laboratories, which make up less than ten percent of the total number of medical labs in the whole of the United States.

In 1989, an editorial in the Lancet bluntly announced that many routine laboratory diagnostic tests are a waste of time and money. One study showed that the diseases of only six out of 630 patients were diagnosed from routine blood and urine tests. In another major study involving 1,000 patients only 1 percent benefited from routine blood and urine tests.

Sarah is in her late 30s and has been having some gastrological problems. Her doctor referred her to a specialist whom he described as “widely recommended.” He examined her and ran some tests including the fecal occult blood test (FOBT). Surprised when one of the tests came back positive, this doctor recommended a colonoscopy. He also assured Sarah there is no risk to the procedure.

In recent years, colonoscopy has become the standard procedure for detecting cancer or precancerous polyps in the colon. Colonoscopy is an invasive procedure, requiring sedation while a flexible, tubular instrument is inserted into the colon.

When Sarah asked her doctor whether the test result could be flawed, he told her that there can be a number of reasons an FOBT sometimes brings back false positive results. In order to get second opinion and clear her doubts about possibly having a colonoscopy unnecessarily, Sarah asked her doctor to refer her to another gastrologist. After scheduling a new FOBT, here doctor handed her a list of things she needed to avoid for three to five days before the test in order to prevent a false positive result. These included:

- Eating red meat, fish, broccoli, potatoes, mushrooms, cantaloupe, grapefruit, carrots, cabbage, cauliflower, radishes, Jerusalem artichokes and turnips
- Eating iron-rich foods or taking iron supplements
- Taking acetaminophen or nonsteroidal anti-inflammatory drugs (NSAIDs) such as aspirin or ibuprofen
- Supplements of 200 mg or more of vitamin C

As it turned out, Sarah had eaten some of the foods on the list, plus she has taken Vitamin C at a six times higher dose than permitted for this test.

The main question that arises from this is case “how many people undergoing FOBT tests are not receiving receive this list by their doctor, and subsequently end up having a false positive test result which makes them a candidate for colonoscopy?

Hypertension Produced in the Doctor’s Office?

If your visit to the doctor is accompanied by the fear of anticipating a serious physical problem, your anxiety may trigger a stress response and raise your blood pressure. This phenomenon is known as “white-coat hypertension.” While the doctor is measuring your blood pressure (using the old system of measurement), the pressure of the inflating cuff against your blood vessels and accompanying nerves raises it even more. By the time the pressure in the cuff is lowered to read the pulsation level, you inevitably have an artificially raised blood pressure. Both factors, the anxiety and the taking of the blood pressure, may be sufficient to “make” a person hypertensive.

A healthy blood pressure can vary tremendously – as much as 30 mm Hg – over the course of any day. To be really certain that you are hypertensive, the doctor would either have to take several readings each day over a period of six months (as recommended by the WHO) or give you a portable electronic device to do the same. Another problem arises because the systolic blood pressure may vary between each arm by as much as 8 mm Hg. In some cases the difference can be up to 20 mm Hg.

Also, there is the question of whether the doctor or health care worker takes the blood pressure while the person is lying down, then sitting, and then standing. If the person is asked to stand, how long does the doctor wait before taking the blood pressure? And, is he checking the person’s heart rate in the three

different positions? Just taking a blood pressure when the person is sitting will not tell him much about what happens when he is standing for any amount of time. But who is the patient that asks his doctor to do all that? The general mode of behavior in a doctor's office is to let the doctor do his job without questioning him. A recent study revealed that more than 70 percent of health care workers failed to use the proper arm position established by the American Heart Association. This position calls for the elbow to be slightly flexed and held at heart level.

In a study from the University of California, San Diego, 100 subjects were given six blood pressure readings in different positions. The researchers found that when subjects were seated with the arm perpendicular to the body, hypertension was recorded in 22 percent. But when the same subjects held the arm parallel to the body, 41 percent showed BP readings indicating high blood pressure. This raises a very important question: "How many people leave the doctor's office or hospital with a blood pressure prescription in hand who 'suffer' from high blood pressure because the doctor or nurse didn't follow the proper measurement guidelines?" My conservative estimate is, hundreds of thousands of them.

With regard to testing the blood pressure in pregnant women, there is no consensus as yet on which of the several available tests are truly reliable.

Furthermore, high blood pressure often is a temporary stress-related phenomenon and returns to normal after things calm down. In the case of white-coat hypertension, your blood pressure may drop to normal levels soon after you leave the doctor's office. But whether your blood pressure is chronically elevated or not, you may be asked to take anti-hypertensive drugs that have little or no effect on your real condition, but may produce severe side effects including headaches, lethargy, nausea, sleepiness, and impotence. Anti-hypertensive drugs are so popular today because patients believe that just by swallowing a pill a day they can prevent a possible heart attack. Research published in 1997 by the Journal of the American Medical Association found that drugs for high blood pressure may be over-prescribed, especially if blood pressure measurements are taken by the doctor instead of by the portable device used for ambulatory monitoring.

Breeding Hypertensive Patients

What is more disturbing is that the medical system is trying to create a problem where there is none. What is considered to be "normal" blood pressure has been modified nearly a dozen times in the past 30 years. The American Medical Association's recommendations now cite anything over 115/70 as being "high." Just 6 years ago, that number was 140/90, which is actually still quite low. Perhaps, soon everyone with 100/60 may be considered at risk. How far do they want to take this deception before everyone is declared as being in the risk group for high blood pressure?

We are certainly heading in the wrong direction with our medication policies in the U.S. and other countries. We have indiscriminately turned huge portions of the population into hypertensive patients that in actual fact are not sick at all. According to a recent Reuters online article, a Ben Gurion University study with 500 subjects showed that patients over 70 years old with what modern standards call "mild hypertension" actually thought more clearly and creatively than those with lower blood pressure. Both men and women in the study whose blood pressure was deemed high enough to warrant treatment with prescription drugs – and also those with clinically uncontrolled (untreated) hypertension – performed significantly better on tests of cognitive function, memory, concentration, and visual retention. Surprisingly, those with "normal" blood pressure showed the worst performance among all three groups in the study. The research clearly implies over-medication of senior citizens and not just for blood

pressure. Just as we have seen with blood cholesterol levels, a normal blood pressure among the elderly population is naturally higher than it is for the younger population. Suppressing their blood pressure down with side-effect causing drugs is not only harmful to their brain cells and other parts of the body, but it is highly unethical, too. Andreas, there was a duplicate paragraph.

While research has established that mortality rates remain uninfluenced by the drugs, their side effects are often severe and include collapse of the lungs and heart attacks. By contrast, there are many controlled studies that show that relaxation therapies, and a change of diet and lifestyle can lower a person's blood pressure faster and more consistently than medication. Going on a balanced vegetarian diet alone can normalize blood pressure on a permanent basis. The *water therapy* described earlier on is also a natural and quick method to restore normal blood pressure. Furthermore, the daily full body oil massage (especially with sesame oil) greatly benefits blood pressure. Also if taken internally as a cooking oil or salad dressing, sesame oil helps reduce high blood pressure and dependence on medication. According to a recent study, participants (average age 58 years) consumed 35 grams of sesame oil a day for 60 days and thereby lowered their blood pressure readings from an average of 166/101 to 134/84.

All the other cleansing methods described in this book can significantly improve blood pressure, too. In most cases, a series of liver cleanses and a kidney cleanse are sufficient to eliminate hypertension altogether.

Conclusion:

I have used the examples of several diagnostic techniques to highlight the potential disadvantages and dangers of *just having a test*. There are many other tests that are equally risky as the ones mentioned above, including angiography, bone scans, CAT scans, MRI scans, oscopy, AFP, and of course smear tests. The high percentage of false positive readings with these “objective” methods of diagnosis show that diagnosis of disease is not as clear cut and obvious as it may seem to a layperson.

Today's methods of clinical diagnosis for chronic problems are mostly symptom-oriented and, therefore, leave the causes of the symptoms concealed and untreated. The cause-oriented diagnostic skills of an experienced practitioner of natural medicine, on the other hand, may be able to reveal the true nature of imbalance prevalent in the body of a chronically ill patient. The health practitioner would incorporate in his treatment plan the elimination of the four major risk factors of disease as outlined in chapter 3.

However, in the case of an accident, an injury, burns, or other acute health problems, etc., there can hardly be any better option than to place one's life in the hands of an experienced practitioner of conventional medicine.

2. Medical Treatment is Rarely Safe

“If all the medicine in the world were thrown into the sea, it would be bad for the fish and good for humanity.” ~ *O.W. Holmes, (Prof. of Med. Harvard University)*. In conventional medicine, the treatment of disease is a highly controversial issue. On the one hand, many lives are *saved* through the procedures and drugs used during medical intervention. On the other hand, harmful side effects arising from the treatment can *take* lives.

When you visit a doctor and receive a prescription for a drug or procedure aimed at a specific complaint you have, you (and your doctor) are most likely to presume that what he recommends has been proved by extensive testing and scientific reviews. Yet it is a well documented and published fact that 85-90% of all the medical treatments we generally trust and accept to be “scientifically verified” and “proven effective,” have in actuality been adopted and widely used without a single scientific study backing up their claims.

Drugs Should be the Exception, not the Rule

In a 2004 article, *Times* talked about the “Pharmaceutical Man.” I sincerely doubt, though, that being as drug-dependent as we are now could be considered to be an evolutionary step of the Homo Sapiens! It can rather be seen as a sign of dissolution of life.

The illusion that there is a successful treatment for every disease has led to the escalation of increasingly complex forms of illness and health care costs. Many patients who are released from hospitals leave with the conviction that they are healed from whatever was wrong with them. They believe that since the problem has been “fixed” they can *just get on with their lives again*. Drugs deceive in this way.

When penicillin came on the market, it was considered to be a wonder drug that could bring dying patients back to life within a few days. In fact, penicillin did save many lives, although simple methods of cleansing and supporting the body in its effort to throw out poisonous substances could have achieved the same. Today, penicillin causes the very same problems for which it is being prescribed. Side effects include skin eruptions, diarrhea, fever, vomiting, mononucleosis, allergic shock, fainting, heart collapse, arrhythmia, and low blood pressure.

Whatever applies to penicillin also applies to most other drugs. Their side effects often outweigh their benefits and patients should be aware of the complications they may generate before they agree taking them. The signs of this “evolution” abound. Nexium, Prevacid, Lipitor, Aspirin, Celebrex, Crestor and other such pills have become household words. Neighbors, friends, relatives are all taking at least one pill and more often several pills each day, for months and even years. Television, radio and print media are full of praise for their “life enhancing” benefits. And newspapers go even one step further. Not a day passes without an article or two heralding the latest study “demonstrating” the supposed benefits of the wonder drugs.

In 2003 we spent \$163 billion dollars on pharmaceutical drugs, which is more than we spend on fruits and vegetables, all dairy products and all bakery products combined. So naturally, there are many more pharmacies around than grocery stores! To sustain our health, we now rely more on pharmaceutical products than on food. The pharmaceutical man has become a living reality.

There are now pills for every acute as well as chronic illness. As pleasing this should be to those selling these pills, it doesn’t really make the people any healthier or happier. But this doesn’t stop the pill producers from designing and manufacturing billions and billions of more pills, supposedly making your life easier and more comfortable.

There are pills for when you or child’s attention wander from time to time. Now you can buy pills to reduce or end pre- or post-menstrual pains and aches. If you have an unwanted pregnancy, there are pills to induce an abortion. If you cannot curb your appetite, you can suppress it just by popping a pill. If you complain to your doctor about not having an appetite, he can prescribe you a pill that can increase it for you. There are pills for allergies and to attract the opposite sex. There are mood-enhancing pills and anti-

stress pills. Eventually, your dependency on pills will make you depressed. But, of course we have pills for that, too. Taking antidepressants doesn't really resolve a depression, though; in fact, we are now finding that they can drive you into taking your own life.

If you search for it long enough (just use Google Search on the Internet), you can find a pill for every physical and emotional difficulty you can think of.

Pill-Popper Drama Unfolding

"Medical practice has neither philosophy nor common sense to recommend it. In sickness the body is already loaded with impurities. By taking drug-medicines more impurities are added, thereby the case is further embarrassed and harder to cure." ~ *Elmer Lee, M.D., Past Vice President, Academy of Medicine.*

The famous physician Dr. William Osler expressed the dilemma of taking medicinal drugs in just a few simple words. "The person who takes medicine must recover twice, once from the disease and once from the medicine." Be careful to check for the side effects of the prescription medicines; they are always listed on the instruction list accompanying the drug. But be also aware that many potential side-effects are not listed, including death. Only when serious side-effects get reported frequently by practicing physicians may the FDA sometimes (when under public pressure) actually order the withdrawal of a drug.

A frequent side-effect of medical drugs that is hardly ever mentioned is the addiction to medical drugs. The best-selling author of *Confessions of a Medical Heretic*, Dr. Robert Mendelsohn, said this: "We are prone to thinking of drug abuse in terms of the male population and illicit drugs such as heroin, cocaine, and marijuana. It may surprise you to learn that a greater problem exists with millions of men and women dependent on legal prescription drugs." Just because prescription medicine is legally available and given to you by your doctor, it doesn't mean it is less addictive than hallucinogenic drugs.

Elderly people should particularly be cautious when it comes to taking medicines prescribed by their doctors. A new study from Duke University reveals disturbing evidence that more than 20 percent of all seniors who are prescribed drugs are receiving medications that are known to be harmful to older patients.

Drugs can greatly interfere with the absorption of nutrients in everyone, and especially in the elderly. For instance, acid blockers (such as Prilosec and Nexium) have been shown to significantly decrease absorption of vitamin B-12, which is one of the primary vitamins needed to prevent anemia.

Other medications related to nutrient depletion are among the most frequently prescribed drugs on the market. They include antibiotics, anti-depressants, anti-inflammatory drugs, blood pressure medications, cholesterol-lowering drugs, estrogen, and tranquilizers. Any of these drugs can strip valuable vitamins and minerals from the body. When two or more of these drugs are combined - especially in an older patient - the risk of developing anemia rises almost exponentially. Anemia is a serious condition that can dramatically increase mortality risk for patients with chronic health problems such as heart disease and cancer.

The main problem is that the medical industry has managed to persuade the older generation that it needs to take more drugs to stay healthy. And so the average senior now receives 25 prescriptions annually! But the wider variety of drug intake increases the chances of serious drug interactions, while further robbing the patients of the very nutrients they need most when fighting an illness. According to a recent study, this situation has escalated into a very serious problem: 20% of all emergency department visits are senior citizens suffering drug-related side effects or interactions. Another problem is overdosing on the medications. One 2002 study identified 2.2 million cases of seniors taking more than the recommended dosages of their medications. The only solution to this problem is assisting the elderly to

deal with the root causes of their health problems, rather than encouraging them to suppress the symptoms of their ailments.

Doctor-caused Diseases Surging

Iatrogenesis (illness caused by the doctor) is one of the most rapidly spreading epidemics of our time. Behind heart disease and cancer, medical doctors are the third-leading cause of death in the U.S. The famous physician Charles E. Page, M.D. once stated: “The cause of most disease is in the poisonous drugs physicians superstitiously give in order to affect a cure.” Medical intervention used for some of the most benign conditions has created even life-threatening situations for many patients. And so the question arises, what is more dangerous to your health, the disease or the treatment for the disease? The following statistics released by the U.S. Department of Health & Human Services may produce the answer.

In the United States there are 700,000 physicians. Accidental deaths caused by physicians per year are 120,000. The risk at dying at the hand of your doctor is therefore substantial. In a recent Harvard University study researchers found that “long-shift” subjects committed five times as many diagnostic errors as their shorter-shift counterparts. These weren’t just errors in diagnosis. In one instance, a long-shifter ordered 10 times the correct dose of a powerful blood-pressure drug. Another error caused a patient’s lung to collapse when a sleepy intern botched inserting a tube into a nearby artery.

In yet another instance a tranquilizer overdose caused one patient to suffer a dangerously low heartbeat and blood pressure. Hospitals have a real tight strategy for keeping costs down and making more profits. So rather than paying additional doctors they just double-up the shifts of the least experienced staffers they have (the study’s report cites an average 80-hour work week for interns).

Death Lurking in Prescription and Over-The-Counter Drugs

Then add the risk of dying from the side-effects of prescription and over-the-counter drugs (OTC). According to a January, 2005 report, the dangerous arthritis drug Vioxx apparently has killed over 135,000 people. And consider the hundreds of OTCs, such as aspirin. This “harmless” drug increases the risk of potentially lethal internal bleeding; it also makes blood more likely to clot up, not less!

And did you know that taking Ibuprofen (Advil, Motrin) in combination with aspirin actually doubles your risk of death from heart-related causes! According to a study of medical records spanning eight years from over 7,000 patients if you take Ibuprofen for any reason - say, arthritis pain relief - while engaged in aspirin therapy for heart disease, you’re twice as likely to die from a heart attack because of the way these two powerful drugs interact. The study which was conducted by Britain’s Medical Research Council and published in *The Lancet*). This proves the point that over-the-counter drugs can be lethal in the stomach of an unsuspecting patient.

To stress the seriousness of the situation, a survey conducted by the National Consumers League found that 44 percent of adults knowingly exceeded the recommended dose of OTC pain-relievers – while only 16 percent had even read the warning label! Federal officials estimate that over 150,000 Americans each year end up in the emergency department because of complications from OTC pain-relievers. These “harmless” medicines (if you can call it that) kill 16,000 Americans outright every year.

And while you may believe that aspirin is so good for getting rid of a headache, a new study reveals that certain heart patients may actually be at greater risk of heart attacks if they use aspirin, as reported in the July, 2004 issue of the American Heart Journal. The lead researcher of the study,

Dr. John G. F. Cleland, University of Hull, (Andreas, where is this university?) stated that any theoretical benefit of using aspirin after a heart attack “is outweighed by real evidence of harm.” And a French study showed how severe angina and fatal heart attacks might be prompted by the sudden halt of regular aspirin intake. The researchers even stated that aspirin therapy “cannot be safely stopped in any case.

In stark contrast to drug therapy, a 15-month study of almost 2,000 subjects showed how those whose diets included the highest fruit intake had more than 70 percent reduced risk of heart attack and other cardiac problems compared with those who ate the least amount of fruit. And vegetable intake produced a similar effect. Subjects who consumed vegetables three or more times each week had approximately 70 percent lower heart attack risk than those who ate no vegetables at all.

Antibiotics may have their place if someone is dying and could be saved by the drugs. But it is very risky, for instance, to give children who are infected with the flu virus H the antibiotic *Chloramphenicol*. The drug is known to destroy bone marrow, which requires subsequent blood transfusions and many other therapies that cannot guarantee a recovery at all. Chloramphenicol preparations are still prescribed even for such small problems as a sore throat.

According to studies cited by the American magazine *Newsweek*, seven out of ten Americans who seek treatment for the simple cold receive antibiotics – even though it is a fact that antibiotics are useless against viral infections such as the common cold or the flu. When these powerful yet ineffective drugs are administered to patients with such relatively mild illnesses, neither patient nor doctor seems to be aware of the “mess” the drugs can create in the body of an infected person. After killing most of the invading germs and substantial numbers of friendly bacteria in the host’s intestines, the body’s immune system is left with the nearly impossible task of removing their rotting carcasses. Since the good bacteria have been destroyed too, there is “nobody” left to clear up this toxic mess, consisting in most part of putrefying protein. Some of the protein, though, does end up in the connective tissues and is packed into the basal membranes of the capillaries and arteries. In time, the increased congestion in the circulatory system may lead to heart attacks, stroke, or congestive heart failure.

Nearly every day, drugs are removed from the market because they have shown to produce such strong side effects that their use is “no longer” justified. Yet all drugs are potentially dangerous because the poison they contain is “anti body” oriented, which means that they are also destroying parts of the body.

The heart drug *nifedipine*, a calcium-channel blocker used to treat high blood pressure, has been linked with serious (sometimes-fatal) side effects, including heart attacks and other cardiac abnormalities. Although the Journal of the American Medical Association argues that because of its severe side effects the drug should be abandoned, it is still prescribed world-wide in certain hypertensive emergencies. Also, the US National Heart, Lung and Blood Institute has warned doctors to use nifedipine only with great caution, if at all. One study published in 1995 in the *Lancet* found that patients who received calcium-channel blockers were 60 percent more likely to suffer a heart attack than those put on either diuretics or beta-blockers. Nifedipine turned out to be the most dangerous of all the calcium-channel blockers.

But beta-blockers are hazardous, too. In 1998, the Journal of the American Medical Association reported that apart from not being effective, the elderly are more likely to suffer a sudden and fatal heart attack while taking the drugs. New analysis of 10 trials from a Medline search revealed that beta-blockers, which have been used for over 30 years to treat high blood pressure, are no more effective than a sugar pill.

The American drug *reserpin*, which is also used to lower elevated blood pressure, has been shown to increase the risk of breast cancer by 300 percent but is still given to patients with high blood pressure. Several other classes of drugs -- including diuretics and antihypertensives (for lowering blood pressure) –

are suspected to cause cancer of the kidney. The beta-blocker *atenol* also became a suspect after it was discovered that cancer was twice as common in hypertensive sufferers taking the therapy. Both British studies and U.S. studies showed that only a fifth to a third of patients on drugs managed to reach blood pressure targets set by their doctors. Even placebos are able to achieve that. This makes the so urgently-advised treatment of high blood pressure more than questionable.

Another major side effect of hypertensive drugs is *hypotension* – or a sudden drop in blood pressure when one stands up. The drugs are also the major cause of hip fractures among senior citizens. In 1994, the British Medical Journal published a study showing that diuretics (drugs used to lower blood pressure) cause an 11-fold increase in diabetes. As reported in the Journal of the American Medical Association in 1993, *ACE* inhibitors can cause potentially fatal kidney damage. They can cause death if they are given too soon after a heart attack.

Even the highly praised “miracle” drug insulin, which is injected into diabetics, has now been proven to cause diabetic blindness. Another drug is the anti-malaria drug *plaquenil*, which is also supposed to be useful against lupus, rheumatoid arthritis, and skin problems. Its sale is legal in the UK but prohibited in the United States. The UK authorities have no objections to recommending the drug to children provided the dose does not exceed 6.5 mg per kg of body weight a day. In the US, any doctor who prescribes plaquenil to a child faces the risk of a lawsuit because a number of fatalities have been reported among children who have taken doses as low as 0.75 g. But not only children risk their health and possibly their lives by using the drug. Those suffering eye problems, psoriasis, or liver problems, and also alcoholics and pregnant women could find their condition worsening. Side effects of the drug include irritability, nervousness, nightmares, convulsions, nerve deafness, blurred vision, edema, bleaching of the hair, alopecia, aplastic anemia, anorexia, and nausea.

Then there is a whole range of drugs out there that are designed to cut down your stomach acid production. If you want to avoid developing pneumonia among other serious health problems, you better stay away from antacids and instead deal with the true causes of acid reflux. Subduing the secretion of stomach acid, through whatever approach, is a serious intervention with long-term consequences if pursued over time. Undermining the stomach’s ability to commence a normal digestive process becomes the genesis of an entire host of disorders.

According to a 2004 Dutch study published in the Journal of the American Medical Association, several popular heartburn medications may sharply increase the risk of pneumonia. The drugs involved are the proton pump inhibitors: Nexium, Prilosec, Prevacid, Protonix, Aciphex, as well as the H₂ receptor antagonists Pepcid, Zantac, Tagamet, Rotane, and Axid.

Prozac Scandal Revealed; Antidepressants

The most favored antidepressant drug to make people “happy” is *Prozac* (fluoxetine). In the US, it is now used by millions of people to cope with stressful living conditions. But the first studies on *Prozac* showed that the drug is not harmless after all. Researchers from the University of California made the discovery that women who take *Prozac* while pregnant are more than twice as likely to give birth to babies with defects. If the drug is still taken at the third trimester, the baby is nearly five times more likely to be born prematurely and twice as likely to need the help of special-care nurseries. The baby also faces nine times the risk of having breathing difficulties, cyanosis (lack of oxygen) on feeding, and jitteriness. Other published side effects of Prozac include: anxiety, significant weight loss, cardiac arrhythmia, visual

disturbances, tremors, nausea, diarrhea, asthma, arthritis, osteoporosis, stomach bleeding, loss of sex drive and impotence.

And it gets worse. On January 2, 2005, CNN reported that an internal document purportedly from Eli Lilly and Co. revealed that the drug maker had data more than 15 years ago showing that patients on its antidepressant Prozac were far more likely to attempt suicide and show hostility than were patients on other antidepressants and that the company attempted to minimize public awareness of the side effects.

The document was provided to CNN by the office of Rep. Maurice Hinchey, D-New York, who has called for tightening FDA regulations on drug safety. "The case demonstrates the need for Congress to mandate the complete disclosure of all clinical studies for FDA-approved drugs so that patients and their doctors, not the drug companies, decide whether the benefits of taking a certain medicine outweigh the risks," he said.

The 1988 Eli Lilly document indicated that 3.7 percent of patients attempted suicide while on Prozac, a rate more than 12 times that cited for any of four other commonly used antidepressants. The document, which cited clinical trials of 14,198 patients on fluoxetine – the generic name for Prozac – also stated that 2.3 percent of users suffered psychotic depression while on the drug, more than double the next-highest rate of patients using another antidepressant.

The paper also said that 1.6 percent of patients reported incidents of hostility –more than double the rate reported by patients on any of four other commonly used antidepressants. In addition, the trials reviewed in the document said that 0.8 percent of users of Prozac reported causing an intentional injury – eight times the rate associated with any of the other antidepressants.

In the paper, titled "Activation and sedation in fluoxetine clinical trials," the authors said that the drug may produce nervousness, anxiety, agitation or insomnia in 19 percent of patients, and sedation in 13 percent of patients.

The British Medical Journal reported that the documents disappeared in 1994, during the case of Joseph Wesbecker, a printing press operator who had killed eight people at his Louisville, Kentucky, workplace five years before while taking fluoxetine. He then shot and killed himself.

The FDA has recently warned that antidepressants can cause side effects such as agitation, panic attacks, insomnia and aggressiveness. This is truly bad news for people in Great Britain. Prozac, the anti-depression drug, is being taken in such large quantities that it can now be found in Britain's drinking water. Environmentalists are calling for an urgent investigation into the revelations, describing the build-up of the antidepressant as 'hidden mass medication'. The Environment Agency has revealed that Prozac is building up both in river systems and groundwater used for drinking supplies.

Meanwhile, back here in the U.S., we've had Prozac in our waterways for months already. A Baylor University toxicologist discovered traces of Prozac's active ingredient (fluoxetine) in the tissue of blue gill fish in a lake in Dallas, Texas. Brooks speculated that the fluoxetine made its way from the urine of Prozac users through a water treatment plant and into the lake.

Researchers from the University of Toronto recently published a study in the Lancet, showing that all classes of antidepressants are dangerous for the elderly (aged 66 and over) to take, and will greatly increase their risk for a fall and fracturing a hip.

In recent years, the herb Saint John's-Wort, or *Hypericum perforatum*, has been recommended by numerous psychiatrists for their patients suffering depression. The herb, which is often taken in pill form, is at least as effective as Prozac and other antidepressants, and has little or no side effects.

A staggering 4 million kids a day line up at their school's nurse's office for their daily afternoon doses of Ritalin. Starting millions of small children on a prescription drug for attention deficit without ever taking a moment to seek out the root cause of the problem being treated is a true form of "medical

negligence.” While taking Ritalin, or a similar medication, will bear results practically overnight, it could take several weeks or months to figure out the root causes behind the behavior. In so many cases, it is sugar, insulin resistance, and poor nutrition that are causing the mental irritation, poor concentration and nervousness. Giving the child more loving attention is often enough to make them feel safe and secure and help restore emotional and physical balance.

Steroids, Arthritis Drugs, NSAID’s

A medical investigation in the United States has shown that more people die from legal prescription drugs than from narcotic drugs such as heroine and cocaine. The ratio is an astonishing 76 to 24 percent! This study does not account for the contra-indications of the drugs, which kill another 20,000 to 30,000 a year. It is nearly impossible to know how many people are being hospitalized because of contra-indications from drugs, but careful official estimates indicate that they make up about 5 percent of all the patients lying in American and British hospitals today.

Steroids belong to another group of drugs that were formerly used only for extreme life-threatening conditions. Today, they are used for such minor problems as sunburn, skin eruptions, acne, and glandular fever. Patients are rarely aware of the dangers that may arise from taking these drugs. Side effects include high blood pressure, stomach ulcers with possible opening of the stomach wall (this is how my father died), cramps and dizziness, inhibiting growth in children, irregular menstruation, weakening of muscle strength, slowed healing of wounds, vision problems, skin atrophy, allergic shock, loss of libido, decrease in bone density, slow growth in children after six weeks, manic depression, and emergence of latent diabetes. Steroids are now handed out even for babies at the first sign of inflammation of any sort. But the drugs cannot cure a single condition; all they do is stop the body from responding to an abnormal condition. The new diseases caused by the drugs may require further treatment using even stronger drugs, adding more side effects to the ones that already occurred.

The latest “breakthrough” drugs for arthritis produce such strong side effects that it might be better to live with arthritis than risking one’s life. The manufacturer of one popular brand known as *Butazolidin alka* was obliged to warn the consumer that this particular drug was very strong and had led to cases of leukemia (cancer of the blood) even after short term use. Additionally, the drug can have 92 side effects including hepatitis, high blood pressure, dizziness and unconsciousness, as well as headaches. The manufacturer advises the treating doctor to enlighten their patients about the possible dangers that can arise from taking the drug, particularly if they are over 40 years old, and to use the smallest possible but still effective dose. The manufacturers admit that that the drug can cause serious and life threatening reactions while having no effect in improving the condition of the disease!

NSAID’s, the common name for over a dozen or more non-steroidal anti-inflammatory drugs, are used to treat rheumatoid and osteoarthritis²⁴. However, for the past few years, the drugs are given to people for such simple complaints as recurring headaches or inflammation. In return for the pain relief, however, the patient may die as a result of gastric bleeding caused by the extreme toxicity of the drugs. A warning placed on each NSAID prescription says: “Serious gastrointestinal toxicity such as bleeding, ulceration, and perforation can occur at any time, with or without warning symptoms, in patients treated

²⁴ A new study by the Tel Aviv University in Israel and a second one by the University of Miami concluded that ginger extract (255 mg per day for 6 or more weeks) may be optimal for the treatment of osteoarthritis.

chronically with NSAID therapy.” If this doesn’t sound like *Russian Roulette* to you, the death toll from taking the drugs may convince you otherwise. In the U.K., 4,000 people die each year from taking NSAIDS. In the U.S., the fatality figure is up to five times as high as it is in the U.K. Each year, hundreds of thousands of people are hospitalized due to gastric bleeding in direct connection with taking these drugs. Other side effects include perforation of the colon, colitis, Crohn’s disease, blurred vision, Parkinson’s disease, liver and kidney damage, hepatitis, and hypertension.

A 20-year-old acne medicine that millions of American kids are no doubt taking every day has been linked to a stunning array of negative psychiatric conditions including suicide, depression, psychosis, violent and aggressive behaviors, mood swings, emotional instability, paranoia, and changes in personality. Makes you wonder if is there any drug out there that is even remotely safe.

With the enormous variety of drugs available today, many doctors no longer have the time to study the side effects of each drug they prescribe and most patients never read the list of side effects that accompanies the drug. Also, few patients read the small printed contraindications or ask their doctor about the possible dangers of the drugs. And doctors don’t seem to have the time to warn their patients about possible side effects. One report on a survey published in one 1996 issue of the British Medical Journal found that less than two-thirds of patients recalled receiving any advice from their doctor on potential side effects. Although the doctor has a moral and as well as a legal obligation to inform the patient about the risks of treatment, in most cases this is omitted. The drug company is legally protected as long as the side effects and contra-indications are listed and it is up to the patient to decide whether to take a drug or not.

Read Side-Effect Labels to save your Life

Side-effects arising from the use of common medical drugs can develop into some of the most grotesque symptoms imaginable. The Stevens Johnson Syndrome (SJS), which can progress into a complication called TENS (toxic epidermal necrolysis) is caused by adverse drug reactions. Before you start taking common prescription drugs, you may need to inform yourself about this often-fatal reaction. The list of drugs includes antiepileptic and anticonvulsant drugs, sulfonamides, ampicillin, allopurinol, and nonsteroidal anti-inflammatory agents (NSAIDs), as well as some vaccinations (such as anthrax).

The frightening fact about these drugs is that the reaction is completely unpredictable. For instance, if you have taken ibuprofen, a popular NSAID, a hundred times you can never know for sure whether or when the body suddenly becomes hypersensitive to the drug. And when your body starts fighting it, it will go into an extreme inflammatory response that causes your skin to die, and literally burn away. This side-effect can occur at any age group; from infants and teens to the elderly. The mortality rate ranges from 25-80 percent. Those who survive the ordeal are scarred for life, often to a point of total disfigurement. As the number of people taking these drugs rises, the number of victims increases.

There is no real need for taking any of these drugs. Suppression of symptoms is jeopardizing the body’s own healing efforts and can only make matters worse. But if you opt for taking a prescription that puts you at risk for SJS or TENS, watch out for any signs of allergic reaction, such as rash, blisters, a scalding sensation, or fever and discontinue the medication immediately. Don’t wait for your doctor to take you off the medication because your life may be at stake.

Demented Dirt

There is more to come. As I have mentioned before, Americans over 60 are the drug companies' best customers. They are also the most likely group to be prescribed a class of mind-regulating drugs called atypical antipsychotics, not to be confused with antidepressants. Conventional doctors consider these drugs to be among the best courses of treatment for mild to moderate levels of the dementia associated with Alzheimer's disease. However, in recent months, simultaneous announcements from four major medical organizations have issued warnings about the significant risks many of today's atypical antipsychotic drugs carry with them. The harmful side effects they cause include obesity, blood lipid imbalances and adult-onset (type II) diabetes. All of these conditions are well known to increase the chance of developing heart disease, or lead to a greater risk of heart attack and stroke.

In a recent issue of *Diabetes Care*, The American Diabetes Association, American Psychiatric Association, American Association of Clinical Endocrinologists, and some other associations all joined forces to warn about this class of drugs. The reason for this unprecedented move is because the companies that produce these drugs have refused to list these side-effects on their labels out of fear that nobody would want to take the drugs. In 2003, the FDA ordered these companies to do so but to date they have not complied.

Scandalous Drug Business

Naprosyn is a common drug of American origin used for treating arthritis. Even though the FDA had discovered that the drug company had forged the documents of its drug tests on animals with regard to tumor formation and mortality, it is not in the power of the government to prohibit the sale of the drug.

Similar scandals are occurring in the treatment of hyperactive or tense children. Over one million American children, whose behavior is considered not according to the norm, receive ***psycho-pharmaceutical drugs***, although there is not a single diagnostic technique to date to determine whether a child suffers from one of the nearly two dozen symptoms related to tension. Yet the children are treated as "slightly brain damaged". The side effects of the drugs are often severe. The children show signs of retarded growth, develop high blood pressure, nervousness, and sleeplessness, and turn excessively passive and lethargic. They become depressed and apathetic, a common symptom among those who took the drugs. By making changes in their diets, such as eliminating stimulating foods such as sugar, chocolates, and other unnatural sweets, chips, breakfast cereals and basically all junk food can help most of these children. Many children are highly allergic to artificial colorings and preservatives, soft drinks, packaged fruit juices, and foremost of all, to artificial sweeteners that may cause brain damage. As discussed previously, artificial sweeteners are found in most unnatural, sweet tasting foods or drinks.

Most clinical tests on new drugs are financed by the pharmaceutical industry and nearly all information about the products' effects and benefits supplied to the doctors comes from the drug companies. An investigation conducted by respected scientists, including four Nobel Laureates, found that clinical tests on new drugs are highly scandalous. When the FDA made spot checks on these tests, it discovered that 20 percent of the involved researchers used highly irregular practices, such as applying the wrong doses of drugs and forging of documents. In one third of the examined "clinical tests," there were no tests done at all and another third did not comply with the standard requirements for conducting such tests. The Journal

of the American Medical Association reported on November 3, 1975, that the results of *only one third* of all checked clinical tests could be considered satisfactory.

So at a time when most drugs are entering the market without scientific backing and justification, both physicians and patients ought to be even more cautious in the use of drugs. Since there are no long term studies to prove that a certain drug a patient is using today will not cause him cancer, diabetes, or heart disease 15-20 years from now, he can never be sure that they won't. As long as one's life is not in real danger, it would be better to avoid drugs, especially if they are combined with other drugs (this amplifies the side effects by 2, 3, 4 and more times). If you want to know more about a drug, read the list of side effects accompanying the drug or consult the drug advisory board in your area (if available). Most medical doctors can give you only the information they receive from the drug manufacturers.

The whole drug-side-effect issue is complicated by the fact that drug reactions are only rarely reported by general practitioners. The British Journal of Clinical Pharmacology reported in 1997 that "most prescription drugs are more dangerous than they appear because doctors rarely report side effects to the appropriate authorities." This tragic situation was confirmed by the discovery by French researchers of massive underreporting of adverse reactions to prescription drugs. The French research revealed that only one out of 24,433 adverse reactions is reported to the various drug monitoring agencies. All drugs are poisonous, and even if they happen to have a few beneficial side effects, in the majority of cases they don't warrant their use.

Doctors are not quite innocent in this regard. Three out of four doctors fail to tell patients about the toxic side effects of prescriptions. Many of the doctors claim that they just don't have the time to explain to their patients about the risks involved. But, obviously, they have the time to treat them during repeat visits for the diseases that result from the side-effects of their prescriptions. Patients need to draw their own conclusions on this. Perhaps the following facts will help to make it easier.

- Over the last 10 years, the FDA has approved 12 drugs that proved to have deadly side effects, including Vioxx, Celebrex, and Aleve, among others.
- The Journal of the American Medical Association reported several years ago that an estimated 125,000 Americans die each year from the side effects of FDA approved drugs. Since the new drug scandals that occurred in 2004-05, this figure is most likely to be 10 times as high.
- The FDA approved the sale of the statin drug Baycol (later found to cause fatal rhabdomyolysis – a severe muscle adverse reaction from this cholesterol-lowering product) and continues to approve the use of other statin drugs to lower cholesterol that are also associated with this deadly side effect.
- The FDA has aggressively suppressed natural alternatives to drugs. Red yeast rice, for example, known to be a safe and effective alternative to cholesterol-lowering drugs, was banned by the FDA in 2001.
- One in five patients is completely misdiagnosed by their doctor, who writes prescriptions for health problems their patients do not have.
- Up to 20% of all prescriptions given in hospitals could be just plain wrong, causing severe side effects, for which treatment is required with more prescriptions.

The Contraceptive Pill: Catastrophic Risks...

In the United States alone, about 15 million pre-menopausal women are taking the contraceptive pill. The Pill seems to be the easiest method of preventing an unwanted pregnancy, but also one of the most risky ones. Although natural methods of contraception have at least the same success rate and cost a fraction of the Pill or nothing at all, they are rarely publicized. Despite the warning by an increasing number of health officials about the strong side effects of the drug, it is still regarded as the “best and safest” method of contraception.

Women who continually use the contraceptive pill are more likely to develop circulatory problems, liver tumors, headaches, depression, and cancer than those who don't use them. The risk increases with age. Women taking the Pill who are between 30 and 40 have a three times higher risk of dying from a heart attack than women of the same age group who are non-users. Women who are over forty and still use the contraceptive pill have a six times higher risk of developing high blood pressure, a four times higher risk of having strokes, and a five times higher risk of developing thrombosis and embolism, a condition where a blood clot may form in an artery and lodge in an artery close to the heart. The risk of suffering thrombosis is greatest among short-term users.

In August, 1996, the papers were awash with the shocking news that the Pill has a “time bomb” effect in causing breast cancer. A four-year study on the Pill, carried out by the Imperial Cancer research Fund in Oxford, England, reanalyzed epidemiological evidence on the Pill of more than 150,000 women. The results show that *all* users face a risk of breast cancer, even for up to 10 years after they stop taking it.

According to the study, published in 1996 in the *Lancet*, women on the Pill faced a 25 percent increase in the risk of breast cancer and the risk is still 16 percent up to five years after it is discontinued. Another large study conducted at the Netherlands Cancer Institute, also published in the *Lancet*, showed that girls who started taking the Pill before 20 were three and a half times more likely to get breast cancer. Among the women over 36 who took the Pill for less than 4 years, the risk of developing breast cancer increased by 40 percent. What is very disturbing news is that 97 percent of the women younger than 36, who had contracted breast cancer, had taken the Pill at some point in their lives, even for a short length of time. This raises a lot of questions, such as “is taking the pill by a large portion of the female population responsible for the continuous breast cancer epidemic?”

Klim McPherson, arguably the most experienced British epidemiologist on HRT and the Pill, estimates that up to one in four long-term Pill users who start on it early in life will wind up with breast cancer. More studies are surfacing almost every other month. Another major Pill study, concluded in September, 1996, has determined that women who have taken the Pill at any time have a 60 percent increase in the risk of cervical cancer. The repeatedly used medical argument that the risk of developing breast cancer with the Pill is outweighed by its benefits of protecting women against endometrial and ovarian cancer is no longer valid. In any event, risking one type of fatal cancer to prevent another type of fatal cancer is a very questionable conclusion. Because the Pill causes breast cancer and other diseases, it is outright dangerous and should not be sold to unsuspecting women.

The *intrauterine device* (IUD), also known as coil or loop, is not a safe method of contraception either. The IUD has been associated with a number of debilitating side effects. A 1974 report by the *Lancet* showed that women who have an IUD fitted are 50% more likely to have a miscarriage as opposed to 17% for those using any other kind of contraceptive. Pelvic inflammatory disease is also common among users. Other problems include cramping, backache, risk of ectopic pregnancy, perforation of uterus, greater incidence of tubal infertility, skin rashes, and increased susceptibility to infection.

If you consider a potential pregnancy, which is not a dangerous illness, to be less a disadvantage than risking your life by developing breast cancer, cervical cancer, a stroke, or thrombosis, you are better off avoiding the Pill or any of the other highly invasive contraceptive methods such as *Inject-and-go contraception* and IUDs.

I personally recommend mental birth control, the most ancient method of conception choice, as the preferable method for avoiding an unwanted pregnancy. It is very effective, cost-free, and without any side effects. The method can be learned within a few minutes from the little book “Mental Birth Control” by Terry League and Milder Jackson (see Useful Addresses). My wife and I have been using this most natural of all methods for years, successfully I might add.

Other methods include “Fertility Testers”, which can determine during which days of the month a woman is fertile. All that is required is a drop of her saliva. “Persona” is another new method of contraception. Through simple urine testing, a small, computerized device informs a woman of the days she is at risk of becoming pregnant. “Persona” is 93-95% reliable when used according to instructions, which makes it as reliable as the condom. It is readily available at all “Boots stores” in the UK. In any event, the condom is an option, too.

3. Menopause – Disease or Natural Transformation?

The Folly of Hormone Replacement Therapy (HRT)

One of the most commonly treated ‘diseases’ among women today is the appearance of menopausal symptoms – indications that a woman’s body may be going through major changes in her life. Doctors believe that these changes (and the symptoms) are caused by a falling off in the production of female hormones, estrogens, and progestogens, which the body uses to conduct the monthly cycles, pregnancy, and birth, among other rhythms. To postpone the onset of the dreaded illness ‘menopause,’ which is often seen as a sign of rapid ageing, and to reduce or eliminate the accompanying symptoms, doctors prescribe a combination of hormones, known as *Hormone Replacement Therapy* (HRT) (Or at least they used to until the recent media scare). The drugs are also supposed to prevent major illnesses that have been linked with diminished hormone production, including osteoporosis, heart disease, stroke, and senile dementia.

Influenced by medical authorities and media reports, many menopausal women feel that they are suffering from a serious hormone deficiency, which may endanger their health, and that Hormone Replacement Therapy (HRT) can help them lead a more comfortable and carefree life during and after menopause.

Yet HRT turned out to be everything but preventive medicine and the risks involved are serious. Taking extra hormones can even endanger a woman’s life. According to research conducted at the Boston University Medical Center, USA, the risks of suffering a thrombosis increases by 3.6 times with a “normal” dose of hormones and by nearly seven times if a woman is taking as much as 1,25 mg or more a day. Like with the contraceptive Pill, the researchers found the risk to be greatest during the first year of usage.

In the United States, five million menopausal women are at present using hormone replacements. Numerous studies show that the longer a woman takes HRT, the greater is her risk of cancer, specifically, breast cancer risk increases by three times and the risk of endometrial cancer by four times. An analysis of 16 studies on women who have been taking HRT for 15 years revealed that taking *estrogen* alone

increased the risk of womb uterine and cervical cancers by 20 times and the combined HRT (estrogen and progestogen) increased the risk by up to a third. A Swedish study which looked at 23,000 women, showed that the addition of progestogen actually quadrupled the risk after four years. In this study, the risk increase of developing breast cancer in women using estrogen-only was 80 percent. The most comprehensive combined analysis of studies (thirty-seven in number) of breast cancer risk found that long-term estrogen use increases a woman's risk of breast cancer by 60 per cent. The results of the very large *Nurses' Health Study*, published in 1995 by the New England Journal of Medicine, found that for women over 60, the risk of breast cancer was 71 percent. This is a severe blow to those doctors who recommend that women should take HRT forever, or for at least for ten years after the onset of menopause. In addition, one study by the American Cancer Society involving 200,000 menopausal women found that those who stay on HRT for more than 10 years show a 70 percent increase in ovarian cancer.

Apart from increasing the cancer risk, excessive estrogen causes salt and fluid retention, increases body fat, impairs blood-sugar control, interferes with the thyroid hormone, causes excessive hairiness and loss of scalp hair, increases blood clotting, causes depression and headaches, diminishes libido, reduces oxygen levels in all cells, causes decline of zinc and retention of copper and gives rise to a cystitis-like syndrome. Over 70 per cent of women on estrogen or progestogen experience such strong side effects that half of them stop taking the drug after 6 months. In 1992, the British Medical Journal listed some of the side effects of HRT, which are very similar to the PMT-like symptoms these hormones are supposed to treat. They include: Monthly period-like withdrawal bleeding and eventual breakthrough bleeding, abdominal cramps, bloating, breast tenderness, irritability, depression, and anxiety.

Progestogens can also cause abnormally high calcium levels in the blood, alter its sugar and insulin concentrations, increase the severity of migraines, and lead to gallbladder disease, liver cancer, and urinary tract infections.

Yet many doctors still prescribe HRT routinely as a preventive to avoid discomfort during menopause, wrongly assuming that every woman who has menopause will also suffer from discomfort. Hormones are also sold as rejuvenation drugs and for circulatory problems. They are recommended to middle aged women who develop signs of depression, although depression can occur at any age and be caused by numerous other factors than lack of hormones.

In America, the doctors use a highly detailed manual called the *Physician's Desk Reference*. By law, the drug manufacturers are required to list all the risks of their drugs in the manual. The entry for Hormone Replacement Therapy includes: *womb cancer; breast tenderness/enlargement; undesirable weight gain/loss; elevated blood pressure; mental depression; reduced carbohydrate and glucose tolerance; hair loss; vaginal candidacies (thrush); jaundice; abdominal cramps; vomiting; cystitis-like syndrome*. Menopausal symptoms may be harmless when compared with any of these side effects.

HRT Fails to Prevent Bone Loss

Many older women take HRT to prevent osteoporosis – a disease characterized by loss of minerals from bone tissue. A large number of them have been warned by their doctor that their bones would crumble if they didn't take it. The latest results from an ongoing study of 670 women in Framingham, Massachusetts, published in the New England Journal of Medicine, October, 1993 shows, however, that HRT fails to protect women from *osteoporosis* – therefore eliminating one of the main reasons for its use. Only those women being on HRT for longer than 7-10 years, which is far longer than most women stay

on the drug, had higher bone mineral density. However, even those on HRT for 10 years were still not protected from osteoporosis. As soon as they stopped taking HRT, bone mineral density declined rapidly, so that by age 75 it was only 3.2 per cent higher than it was in women who had never taken the hormones.

Increased bone mineral density was always thought to be a positive effect of long-term use of estrogen and progestogens contained in HRT and the contraceptive pill. But researchers from the University of Pittsburgh, USA found that women whose bone mineral density increased as a result of taking extra hormones have a far higher chance of developing breast cancer. The indicator for breast cancer risk is therefore not, as previously assumed, bone mineral density but hormone supplementation.

Since most women begin menopause in their fifties, and the greatest risk of fractures is when they are in their eighties, HRT offers no benefits, unless they take it for 30 years or longer. But in such case, the risk of developing cancer and other health problems is so high that taking the drug rarely warrants its use.

In 1992, the New England Journal of Medicine provided clear evidence that *lack of estrogen does not cause osteoporosis*. In fact, there is some evidence to suggest that estrogens actually contribute to osteoporosis. Women experience significant bone loss during the 10 to 15 years before menopause, despite an ample supply of estrogen. During this time there is an almost total decline of *progesterone*, another female hormone. Synthetic progesterone, called *progestins*, is now given combined with estrogen but has no less serious side effects than estrogen. On the other hand, natural *progesterone*, as contained in wild yam, for example, has no negative side effects, but if applied topically in the form of a cream, can drastically reduce menopausal symptoms and rebuild bone. Natural progesterone affects the bone-building cells whereas estrogen affects the cells in control of bone reabsorption. For this reason, HRT can only temporarily reduce the rate of bone density loss but not stimulate the body's bone-building cells to produce more bone material.

What Really Causes Brittle Bones?

There is an increasing number of health practitioners and women who recognize that meat, milk and cheese, instant soups and puddings, sodas such as colas, sugar and other stimulants such as caffeine and tobacco, alcohol, chocolate, etc. can remove calcium and other minerals from the bones faster than can be absorbed or synthesized by the body, contributing to *osteoporosis* more than a decrease in hormones does (if at all). The rate of urinary calcium excretion, for example, is significantly increased after the consumption of a high protein meal, i.e. consisting of meat. According to a 1988 study of 1600 women, published in the *American Journal of Clinical Nutrition*, vegetarians have more bone density than age-matched meat eaters. Another safe way to increase bone mineral density is exercise. New research, published in 1996 in the *Lancet*, shows that exercise can substantially increase bone mineral density by between 14 and 37 per cent.

Calcium absorption is directly linked with the hormonal form of vitamin D, which is synthesized through sunlight. Lack of exposure to sunlight alone can lead to bone density loss. Also, excessive exercise and activity deplete the body's calcium stores. One of the main reasons for decreased availability of calcium in the body is diminished bile secretion in the liver due to accumulation of gallstones in its bile ducts. Without enough bile, calcium cannot be absorbed properly. To meet all the calcium requirements of the bones the body has to rely on its own abilities to produce this mineral. For example, the enzyme *alkaline phosphatase* works with magnesium to produce calcium-crystals in the bone. Women on HRT have the lowest levels of alkaline phosphatase and are therefore not able to produce enough new bone tissue. (HRT only prevents the loss of old bone).

The body's original design does not include the premature destruction of its own skeleton. If it gets destroyed, it is due to other factors than hormone deficiency. Menopause is a natural phenomenon the body is well prepared for, provided its basic metabolic functions have not been interfered with.

Can HRT Prevent Heart Disease?

Claims that HRT protects against coronary heart diseases are highly spurious. Why should we believe that while *estrogen* in the contraceptive pill is known to increase the risk of cardiovascular disease, in HRT it prevents this condition? To clarify this confusion, a group of Dutch scientists analyzed 18 major HRT studies and found that women on HRT are healthier than non-users, not because they were taking HRT, but because they represent a segment of society that can afford regular medical care and would likely have lower rates of all illnesses (British Medical Journal, May 1994).

Being in a low risk group for illness, however, is no guarantee for preventing the side effects of HRT. The extensive 1991 Nurse's Health Study showed a 46 per cent increase in ischemic stroke risk among nurses using HRT, despite the fact that this group is comprised of women with less diabetes, less cigarette smoking, and less adiposity than those not using *estrogen*. Six years earlier, the Framingham Massachusetts Study suggested that the risk of heart disease is actually increased with the use of HRT. Similar results were reported by the Journal of the American Medical Association in 1995. One of the first placebo-controlled trials into HRT and heart disease showed that there were more cases of heart disease in those taking HRT than those given a placebo. In 2004, one of several Women's Health Initiative (WHI) studies on HRT was shut down because it endangered the lives of too many women. This eight-year study of 11,000 women was stopped in its 7th year when it was determined that estrogen therapy may increase the risk of stroke.

Claims that HRT can prevent Alzheimer's disease are also unfounded. There is not a shred of evidence that indicates HRT can keep the brain clear and sharp. A 15-year study published in 1993 by the Journal of the American Medical Association has shown that estrogen intake does not slow any reduction in cognitive functions among women. And a 2003 study showed that combined HRT increased the risk of developing Alzheimer's disease and other forms of dementia. The FDA now requires a warning about this on all HRT drug labeling.

Furthermore, a University of Rochester study reported that women who took HRT suffered from impaired hearing. If all that doesn't deter a woman from using HRT, a recent study from Brigham and Women's Hospital of Boston, Massachusetts, showed a sharply increased risk of asthma for women taking either estrogen alone or combined HRT. Arguably, none of these health problems are as significant as the 2002 revelation that HRT increases the risk of heart disease – the disease that kills more women than any other.

As I have shown, this risk was known years before 2002, but was purposely concealed from millions of unsuspecting woman who are now suffering the long-term consequences of a treatment program that was pushed by relentlessly greedy drug producers. Their policies are calculating and manipulative. Drug makers conduct trials in preparation for an FDA review and then withhold the studies that could be damaging – submitting only the research that encourages regulatory approval. Obviously, by withholding the negative studies results, doctor are encouraged to prescribe a drug without knowing about some of the associated problems. Fortunately, the scandalous practices around HRT research were discovered and announced by the mass media.

Menopause – Not a Disease

There exists only a *correlation*, but not a *causal* relationship, between low female hormones and frequent headaches, heavy bloating, hot flashes, and depression that some women experience as they enter menopause. If a woman's body were genetically programmed to develop a true hormone deficiency, which would affect her vital functions, every woman in the world reaching a certain age should be suffering from these or similar symptoms. Yet, only a fraction of women worldwide encounter menopausal symptoms. Most of those who do live in developed countries. To understand menopause and the unpleasant and, often, unbearable symptoms that sometimes accompany this change in a woman's life, we need to separate these two issues and see them for what they truly are.

Beginning of a New Phase of Life

Women who view menopause negatively -- as a sign of mental and physical decline – can experience adverse psychological consequences with the onset of menopause (Gannon, 1985). By contrast, in countries where women achieve higher status in middle age, like Sweden, Finland, India and China, few, if any signs of menopause are reported (Varpa, 1970). These findings point out the importance of cultural attitudes. In other words, what women expect or feel about the midlife phase in their life determines what they will actually experience.

Menopause is one of the most important time periods in a woman's life – a time when major transformations occur on the physical, mental and spiritual levels. It is a time for re-evaluating life and entering a new phase of maturity, wisdom and success. With a greater sense of maturity and wisdom, a woman can more easily revise some of her outdated beliefs and habits, improve her diet and lifestyle, and begin to focus on the deeper issues of life. Sometimes, changes in one's marital relationship, children growing up and leaving home, ailing parents, etc., may coincide with hormonal changes and produce a physical/emotional crisis.

The inner transformation that the menopausal woman goes through can use up a lot of energy as well as tax her immune system and emotional strength. This is likely to bring to light any hidden anxieties or physical imbalances that may have been suppressed or left unnoticed for a long time. If a woman was able to live an unhealthy lifestyle or have a poor diet without developing major health problems before menopause, she won't be able to afford doing the same during and after this transition. Her 'new purpose' in life, whatever that may be, requires a pure and well functioning physiology.

The ovaries of a woman entering menopause *purposely* reduce their production of estrogen. Menopause is not a sign of becoming old or the body becoming useless, it simply prevents a woman from conceiving children so that she can devote the rest of her time and energy to the process of developing and maturing new, formerly untapped skills and capabilities. During midlife and advanced age, a healthy woman's adrenal glands and fat cells begin to take over the role of producing enough female hormones to keep her body vital and efficient. Since she cannot reproduce any longer, it would actually be harmful if she did maintain the old levels of hormones (high estrogen levels are responsible for breast cancer). So menopause, as such, is not causing hormone deficiencies at all. The story, however, is very different if a woman hasn't been healthy before the onset of menopause.

It's Not the Lack of Hormones,...But...

Hormones are made from the food we eat. The body's ability to produce the right amount of hormones is mostly determined by the quality of food we eat, the body's digestive ability and the condition of the liver. Women who suffer from severe menopausal symptoms do not experience this upset because of a sudden drop in hormone production, but rather because a long standing digestive weakness is now becoming more apparent. During a woman's midlife transition, dietary imbalances and stress generally cause more chaos and confusion in the body and mind than they did before. As a direct result of this now-amplified interference in the balanced performance of mind and body, the woman's ovaries may receive fewer nutrients. This, in turn, will lower her hormone production. For similar reasons, the adrenal glands and fat cells may also be unable to maintain their normal output of these hormones.

Stress, alone, can greatly affect the endocrine system that controls blood sugar levels (mood swings), energy levels, calcium balance, weight and sex hormones. Stimulants have the same effect as stress. Regular consumption of alcohol, coffee, sugar, chocolate, soft drinks, diet drinks/foods (Aspartame) and cigarettes strongly interferes with hormone production and is, therefore, sufficient to trigger strong menopausal symptoms. Cigarette smoking by itself accelerates the destruction of estrogen. During menopause a woman's ovaries naturally reduce hormone production. The above stimulants can trigger powerful and regular stress responses in the body that eventually lead to hormone deficiency. A middle-aged woman simply has no hormone reserves that she can afford to waste. It is incorrect to attribute the occurrence of menopausal symptoms to the natural decrease in ovarian hormones. If menopause is a 'hormone deficiency disease, it is certainly not caused by a lack of hormones.

How to Make the Best of Menopause

A balanced diet and lifestyle according to body type [see chapters 4-7] can make a woman's transition into the next phase of her life much smoother and more comfortable. A well-balanced vegetarian, low or no dairy diet that is rich in natural fiber often works wonders. Foods that are processed, refined, preserved, microwave heated, frozen or reheated may still contain enough nutrients but are all deprived of their natural life force (Chi, Ki or Prana). Without life force, these foods may reach the blood stream but are unable to enter the cells where they need to be in order to keep the body healthy. This basic physiological principle was demonstrated in a classic experiment involving 6,000 healthy cats (as mentioned earlier). The cats were given highly nutritious food that was placed in a microwave oven, prior to feeding them. All 6,000 cats died from cell starvation within six weeks.

Freshly prepared meals made of salads, cooked vegetables, grains and legumes serve the menopausal woman best. Fresh fruits eaten in between meals (mid morning or mid afternoon) provide her with extra nourishment and life force. Bile secretions and other digestive juices peak at midday, which makes it easier to digest a heavier meal at this time than if eaten in the evening. Heavy meals eaten in the evening, especially after 7 p.m., tend to putrefy and ferment in the gastro-intestinal tract during the night.

Hot flashes are not necessarily a sign of estrogen deficiency, however they often, but not always, indicate that bile and toxins from undigested food are back flushing from the intestinal tract into the stomach, chest and head areas. The afflicted person is unable to digest food properly, causing food intolerance and food allergies. Hot flashes may also indicate excessive concentration of food protein in the blood and protein storage in the walls of capillaries and arteries. This may raise the blood protein values – *Hemocrit* and *hemoglobin* – which give the appearance of redness and heat in the face and chest.

Eating a high-protein diet also means that calcium is constantly being leached from the bones, furthering the risk of osteoporosis. The thickening of the blood and connective tissues reduces the nutrient supply of cells, including the *estrogen-producing* ovarian cells and fat cells, which, in turn, disrupt hormonal balance. This may also result in a disturbance of proper fluid maintenance, also known as water retention, and a weakening of eliminative functions, which causes nervous disorders, including headaches, irritability and depression.

Menopausal symptoms, however, can just as often have a spiritual reason. Hot flashes, for example, may be triggered by an awakening of the spiritual energy *Kundalini*. The heat waves can ‘strike’ like lightening during mealtimes, while resting and even during sleep. As this intense energy rushes upwards from the base of the spine or uterus toward the head, it can cause tremendous heat in the body along with severe sweating. Afterwards, the body may experience a cold spell reaction.

Treat Your Body Kindly

Energy boosting therapies such as yoga, shiatsu, reflexology, meditation and relaxation exercises, brisk walking, may make you more comfortable during menopause and even become the most rewarding time in a woman’s life. Although in some cases, hormone replacements can give almost instant relief of symptoms, they unwittingly allow toxins to build up to a point of saturation, becoming the cause of more serious illness, such as cancer or thrombosis. HRT does not correct metabolic imbalances in the body. To the contrary, it interferes with the body’s own synthesis of hormones, upsets basic digestive and metabolic functions, and causes strong withdrawal symptoms once discontinued.

Some of the most effective herbal compounds to regulate menstruation, ease menopausal symptoms and maintain proper hormone production by the pituitary gland include *Black Cohosh*, *Agnus Castus* and *False Unicorn Root*, best taken together. *Agnus Castus* is known for safely removing fibroids, cysts and endometriosis. Taking 25-35 drops of *Agnus Castus* tincture with water each day for three months can normalize and stabilize female hormone production. Another effective natural alternative to HRT is *Pfaffia*. *Wild Yam Root*, applied topically, may relieve hot flashes almost immediately. *Evening Primrose Oil* also helps ovaries maximize their output of estrogen during the early stages of menopause. For those who still don’t find relief, *Maca root* may be the answer; it jogs the pituitary and hypothalamus and balances hormones in the body. Maca root has helped reduce hot flashes by 80%. Start taking two teaspoons per day, one in the morning and one late afternoon, as it has an energizing effect which should be avoided too close to bedtime. When symptoms die down, reduce to 1 teaspoon twice daily. Mix with juice or take in capsule form, as its taste is somewhat unpleasant.

Still, the best preventative action for reducing or avoiding menopausal symptoms is cleansing the liver, colon and kidneys. Removing the hundreds or thousands of gallstones that are typically found in the liver bile ducts of almost every middle age American woman today not only helps to make the menopausal experience smoother and more comfortable, but also greatly reduces the risk of the following ailments: *bowel cancer; ovarian, uterine and breast cancer; cardiovascular disease; osteoporosis; breast cysts and breast tenderness; polycystic ovary syndrome; endometriosis; heavy menstrual bleeding; fibroid symptoms; constipation; varicose veins; gallstone; and, premenstrual symptoms*. For details, see the book *The Amazing Liver and Gallbladder Flush* by the author.

Menopausal problems can be an opportunity for a woman to put her life in order on all levels. Menopause brings to the surface whatever hasn’t been successfully dealt with before when she was too busy taking care of her family or career. The midlife phase doesn’t need to be a midlife crisis. Instead, it

can be a woman's greatest opportunity to deal with any unresolved issues in her life, thereby freeing herself from all kinds of limitations -- physical, emotional and spiritual. The first and most important step in that direction is to know that menopause isn't a disease and that the body isn't doing anything wrong. Supporting it and treating it with kindness and respect during this important time in a woman's life can make all the difference.

4. What Makes Medical Drugs so Expensive?

Thanks to *Judicial Reform Investigations* (JRI) we now know why pharmaceutical drugs are so expensive. Some companies claim the active ingredients of the drugs cost a lot, which leads to the high cost. Many drugs sell for more than \$2.00 per tablet. JRI did some investigating and located the offshore chemical synthesizers that supply the FDA-approved active ingredients to the drug manufacturers. JRI collected the data and pricing for the active ingredients and the consumer markup price for the most popular drugs in the U.S. Some of the generic drugs were marked up as 3,000% percent or more. The list speaks for itself.

BRAND NAME	CONSUMER MARKUP PRICE & PERCENTAGE	COST OF ACTIVE INGREDIENTS
Celebrex	\$130.27 1,712%	\$0.60
Claritin	\$215.17 21,700%	\$0.71
Keflex	\$157.39 8,372%	\$1.88
Lipitor	\$272.37 4,696%	\$5.80
Norvasc	\$188.29 134,493%	\$0.14
Paxil	\$220.27 2,898%	\$7.60
Prevacid	\$ 44.77 34,136%	\$1.01
Prilosec	\$360.97 69,417%	\$0.52
Prozac	\$247.47 224,973%	\$0.11
Tenormin	\$104.47 80,362%	\$0.20
Vasotec	\$102.37 51,185%	\$0.20
Xanax	\$136.79 569,958%	\$0.02
Zestril	\$ 89.89 2,809%	\$3.20
Zithromax	\$1,482.19 7,892%	\$18.78
Zocor	\$350.27 4,059%	\$8.63
Zoloft	\$206.87 211,821%	\$1.75

The drug companies are not the only ones to make a fortune from these drugs. In actual fact, the pharmacies take a big cut themselves. For example, if you want to buy a brand name drug that costs \$100 for 100 pills, but your pharmacist offers you a generic version of the same drug for \$80, you may think

you are getting a great deal. Not quite true. The pharmacy gets the 100 pills for \$10 and sells it to at 800% profit! That's why the pharmacy business is doing so well, evident in the abundance of pharmacies everywhere.

5. Surgery is Rarely Necessary

Several years ago a committee of the American Congress investigating procedures of surgery in the United States came to the conclusion that 2.4 million operations are performed unnecessarily each year, costing 12,000 lives and 4 billion U.S. dollars. The latest figures show that some six million unnecessary operations are performed each year.

A major study found that most people who were accepted for an operation did not actually need one and half of them did not even require medical treatment. Many of them were children suffering tonsil infection. Parents rarely object to the removal of their children's tonsils, especially since not many side effects are recorded for this type of surgery. The death rate from tonsil operations amounts to only 1 in 3,000 or even less.

Only a few parents know that tonsils are an important part of the immune system and are needed to keep the head area free from toxins, bacteria, and viruses. It has been shown that many children become depressed, pessimistic, fearful, insecure, and shy after surgery, "character traits" that may stay with them for the rest of their lives. There are natural methods that can support the body in overcoming an infection of the tonsils without the need for surgery (see "Natural Methods of Nursing" in chapter 10). What applies to small operations, also applies to big operations. The need for surgical intervention is indicated only in certain extreme situations.

Most people believe removing an inflamed appendix is a necessity and diagnosing appendicitis is a reliable thing. But surgeons get it wrong up to 45 percent of the time even when they perform an exploratory *laparotomy* in order to come up with a diagnosis. False-negatives – claiming there isn't a problem when there is one -- also run high, at around 33 percent. One in five patients with appendicitis leaves the hospital without a correct diagnosis ever being made, and one in five appendixes removed by surgery is found to be normal. In the U.S. this amounts to 20,000 healthy appendixes mistakenly removed every year.

One of the most common operations today is coronary bypass surgery. A seven year controlled study has demonstrated that except for very rare cases where the left aorta is affected, coronary by pass surgery does nothing to improve heart condition. In addition, the mortality rate among patients with low risk heart disease undergoing a by pass operation is higher than it is among those with a high risk. A 1998 study, published by the New England Journal of Medicine, showed that patients who suffer a mild heart attack and are given a bypass or balloon angioplasty are more likely to die as a result of the surgery. Another study that involved researchers from 14 major heart hospitals around the world found that up to one-third of all bypass operations were not only unnecessary, but actually hastened the death of the patient.

Angioplasty, a relatively new procedure used to open arteries, offers an even lower survival rate than bypass surgery. Several research studies confirm that patients who have undergone these types of surgery are as likely to suffer a heart attack as the ones who haven't. The relief of chest pain (angina) that patients may experience after a bypass operation can not always be attributed to an actual improvement of the condition but oftentimes to the cutting of nerve strands during the procedure, to the secretion of endorphins which are the body's natural painkillers, and/or to the placebo response.

In the case of a bypass operation, the newly inserted pieces of coronary arteries can block up easily again if the cause of arteriosclerosis is not removed. The U.S. National Institute of Health estimated that 90 percent of America's bypass surgery patients receive no benefits. Major lasting improvements are attributed to an improved diet and lifestyle, stress reduction, smoking cessation and regular exercise (see also chapter 9).

All artery opening methods, like bypass surgery and stents, the widely used wire cages that hold plaque against an artery wall, can alleviate crushing chest pain for a certain period of time. Stents can also rescue someone in the midst of a heart attack by obliterating an obstruction and keeping the closed artery open, at least for a while.

But as it turns out, the vast majority of heart attacks do not originate with obstructions that narrow arteries. "There has been a culture in cardiology that the narrowings were the problem and that if you fix them the patient does better," said Dr. David Waters, a cardiologist at the University of California at San Francisco.

The heart researchers now know that most heart attacks do not occur because an artery is narrowed by plaque. Instead, they say, heart attacks occur when an area of plaque bursts, a clot forms over the area and blood flow is abruptly blocked. And they assert that in 75 to 80 percent of cases, the plaque that erupts was not obstructing an artery and would not be stented or bypassed. Because the plaque which is attached to the artery walls is soft and fragile, it produces no symptoms and would not be seen as an obstruction to blood flow. This makes heart attacks so unpredictable. True blockages in an artery would make themselves known as severe chest pain and breathing difficulties.

Since heart patients may have hundreds of vulnerable plaques, surgeons cannot not go after all of them. In fact, coronary artery surgery does nothing to the soft plaque, which is the real time bomb ticking in the coronaries of heart disease patients.

There are other dangers lurking in a hospital's operation room. According to a New England Journal of Medicine report, 1,500 patients a year in the U.S. leave the operating table with some of the hospital's equipment still inside them. There are wayward clamps, sponges, electrodes, retractors and various other instruments taking up permanent residence in the chest, abdomen, hips, and body cavities like the vagina. According to these findings, the chances having such items being planted in your body are higher if you happen to be overweight.

Complications from these blunders can lead to internal bleeding, infection, and sometimes death. In quite a few patients, though, these missing items are not discovered until the person undergoes another procedure or has an X-ray or ultrasound.

Fear Motivated Operations

In the United States alone *nearly one million women a year* sacrifice their uterus to the scalpel. This means that more than half of all American women will have had a *hysterectomy* by the time they reach age 65. Many of these women will suffer from post-operative syndromes such as depression, anxiety, and increased susceptibility to stress. I have seen in my own practice that most women who had a hysterectomy developed ovary problems, breast lumps, digestive disorders, or breast cancer within 1-5 years after the operation.

An investigation carried out in six New York hospitals found *that 43 percent of all uterus operations were unjustified*. Other research shows that only 10% of hysterectomies are warranted. Fifteen percent of those who have a hysterectomy are to remove cancerous tumors, and are thus considered necessary. The

other 85 percent are due to uterine fibroids, endometriosis, or other causes of pelvic pain and excessive bleeding. There are thousands of women every year who have a *full* hysterectomy (including the removal of the ovaries) but have not given their consent prior to the surgery. Only a few of them make use of the law to seek compensation, but money cannot return her womb, which is symbolic of womanhood.

Even from a surgical perspective, a woman has less invasive and traumatic options. First, there is the far less invasive *myomectomy*, which preserves fertility by removing just the fibroid, but keeps the rest of the reproductive system intact. A second new procedure is called a uterine artery embolization (UAE) and is performed by an interventional radiologist. And of course, there are a number of natural methods to prevent and remove fibroids and other reproductive disorders like the ones explained in this book. Balancing estrogen levels through liver cleansing and dietary changes is very important for any woman suffering from female disorders. It is a well-known fact that fibroids tend to shrink and disappear after menopause when estrogen levels decrease. The liver is in charge of breaking down estrogen, but is prevented from doing so properly when it is congested with intrahepatic stones.

Fibroids can also be reduced in size or eliminated using a solution of potassium and iodide, or SSKI. For more information on SSKI, see chapter 7.

Having a hysterectomy is not without a risk. The mortality rate is 1 in 1,000 procedures and serious complications occur 15 times more frequently than that. Side effects can occur in more than 40 percent of operations; they include urinary retention or incontinence, significant reduction in sexual response, early ovarian failure, risk of a fatal blood clot, and bowel problems.

Induction, Cutting and Caesarean Section

Pregnant women are generally treated with respect and special care, but the methods of delivery used today can have an adverse effect on mother and baby alike. Before the era of hospital deliveries, the responsibility to handle deliveries was given to competent women. Home was considered the best place for all involved. This had been a common practice around the world for thousands of years. Provided that the appropriate hygienic measures were taken, there were very few birth complications. Today, however, with most deliveries being handled by male doctors and taking place in the sterile environment of a hospital room, we have the highest rates of complications at birth. Research from Britain, Switzerland, and Holland, published by the British Medical Journal in 1996, found that planned home births were the safest of all options, including hospital deliveries.

In hospitals, delivering mothers are watched over by a number of electronic instruments and machines that monitor every possible change and that signal the need for an operation just in case something goes wrong. One of the most common types of surgery during delivery is known as “cutting.” The procedure helps to widen the vagina so that the baby’s head and shoulders come out more easily. This routine operation is supposed to prevent tearing of the vagina. Yet if the mother wouldn’t be induced and made numb by the drugs and were properly prepared for the delivery, she would know perfectly well how and when and when not to push to release the child from the womb at the right time. The pain would tell her exactly what to do during the birth process. This would naturally prevent tearing of the vagina. And even if it did tear, the injury would heal much faster than a cut caused by a surgical knife. Because it severs important nerves, “cutting” also lowers the mother’s sexual sensitivity, something that doesn’t happen with “natural” tearing.

The second most unnecessary but most commonly applied operation during delivery is the *Caesarean Section*. If the monitoring electronic instruments indicate a sign of irregularity in the heartbeat of the baby,

the mother is cut open and the baby is pulled out of the womb. It is well known that the baby's heart beat can react to a sudden loud noise made in the proximity of the mother, something that is more likely to occur in a hospital or operation room than it would at home. An unborn child may increase his heart beat because of irritating lights shone on the mother's stomach or strong electromagnetic fields caused by nearby electronic appliances such as monitors. Controlled birth studies have shown that a Caesarean Section is performed 3-4 times more frequently if electronic devices were used to monitor the birth rather than a simple stethoscope.

Mothers during delivery often consent to a Caesarean Section when they see intensified signals of their baby's heart flashing on the monitor in front of them. It is quite likely that a baby's heart activity produces erratic changes when cold electrodes are attached to its head while it is squeezed through the narrow tube of the mother's womb. The procedure of connecting electrodes to the head of the baby before it is born is itself an invasion that may have serious consequences. A controlled study revealed that 65 percent of all children whose birth has been controlled electronically are at risk of developing growth and behavioral problems later in their lives.

The very set up of a delivery room in the hospital, looking more like an operation theater, can induce a fear and stress response in a sensitive mother. The sudden release of anxiety-provoking stress hormones of the mother may also affect the fetus and make him fearful. The mother's worries become his worries, and her fears become his fears. Recent studies have shown that within a fraction of a second after fear has caused racing of a mother's heart, a fetus's heart begins pounding at double its normal rate. Fear can paralyze many important functions in the body, including those needed for delivering a baby.

Often it is no longer in the hands of the mother to "decide" the time of delivering her baby. Unlike a wild animal, the human mother may be forced to give birth when the doctor tells her it is the "correct" time, even though, as it has been shown, his calculations can be wrong by several days or even weeks. Artificially induced delivery is considered more practical than natural delivery and is also more convenient to fit the doctor's schedule. But induced birth causes nearly three times as much pain to the mother than natural birth does. To deal with the pain she is given strong painkillers, all with strong side effects. It is a lesser-known fact that many of these mothers and newly born babies end up in intensive care units.

Over half of all Caesarean operations have serious complications. The mortality rate for mothers who have a Caesarean is *twenty six* times higher than among mothers who give birth naturally. Since 75-80 percent of them are performed unnecessarily due to excessive use of the new electronic monitoring devices, a change of policy could drastically reduce mortality rates among Caesarean mothers.

In addition to the harm done to mothers, babies who are delivered by Caesarean Section are exposed to the danger of developing serious lung damage which causes a shortage of breath previously only found in prematurely born babies. In naturally born babies, the uterus contractions press out all the accumulated secretions in the baby's chest and lungs and eliminate them through its mouth. Caesarean deliveries account for more than 25 percent of all births today, of which only few are justified. There are indicators when there is a *real* emergency and the doctor normally knows well in advance when a Caesarean delivery is necessary.

Fewer Surgeons and Medical Interventions -- Fewer Deaths

The *American College of Surgeons* conceded that the U.S. population would require only about 50 percent of the current number of surgeons to secure America's needs for surgery in the next fifty years. In

1976, the Los Angeles County registered a sudden reduction of its death rate by *eighteen* percent when the medical doctors went on strike against the increase of health insurance premiums for malpractice. In a study by Dr. Milton Roemer from the University of California Los Angeles, 17 of the largest hospitals in the county showed a total of *60 percent* fewer operations during the period of the strike. When the doctors resumed work and medical activities were back to normal, death rates also returned to pre-strike levels.

A similar event took place in Israel in 1973, when for one month the doctors reduced their daily number of patients from 65,000 to 7,000. For the entire month, death rates in Israel were down *fifty* percent. This seems to happen whenever doctors go on strike. In Bogota, Columbia, the death rate decreased by *thirty five* percent when no doctors were available for 52 days, except for emergencies.

6. Hospitals – A Major Health Threat

Unless you require an emergency treatment it is better to avoid hospitals altogether. Many hospitals today may pose a major risk to your health for the following reasons:

- They are filled with infection causing bacteria that cannot be found anywhere else. Hospitals, which often house very large numbers of sick people, are the ideal breeding environment for the sometimes deadly bugs. Hospital patients generally have a lower level of immunity and offer only little or no resistance to them. Many of the microbes are passed on to the patients through the cooling towers, air conditioning and heating systems in hospitals. The hospital staff, due to constant exposure to the bugs, are fairly immune to them, but may also pass them on to the patients by touching them or their food and clothes, etc.
- Contrary to general belief, hospitals are among the most contaminated places in the world. In fact it is virtually impossible to keep hospitals spotlessly clean and it does not take much dirt to become a breeding place for billions of deadly infectious bacteria.
- Doctors can be the worst transmitters of disease in hospitals. Most doctors do not wash their hands except before an operation, when they wear sterilized gloves and gowns anyway. They may sometimes touch many dozens of patients within several hours, one after the other, without washing their hands even once. Even the doctor's white gown is not as clean as it looks. It is only clean if it is washed every single day, which rarely happens. And when it is washed, it comes into in contact with the dirty laundry from the operation room, bed covers, pillowcases, etc. Many extremely harmful bugs survive the washing machine.
- Bed sheets may be clean but mattresses and pillows are not. The chance of being infected by bugs living in them is 1 in 20.
- Fifty percent of all infections in hospitals occur because of the patient's contact with non-sterile medical instruments such as catheters and intravenous infusion installations. Before they were in common use, such infections occurred only very rarely.
- In the United States, over 15,000 people a year die from hospital acquired infections. This figure does not account for those who are considered to be dying, or are already weakened by an operation. Yet they too are killed by a hospital acquired infection.
- A 1,500-page report of a 3-year study on the causes of death in American hospitals revealed that a further "300,000 Americans die each year in hospitals as a result of medical negligence."

- The most endangered places in a hospital are the maternity wards because infants have not gained immunity against any disease-causing agents. The most vulnerable babies are the ones who are deprived of the antibodies contained in breast milk.
- A hospital patient may receive up to 12 different kinds of medication, all of which produce side effects that can lead to serious complications and even death.
- Many studies have shown that between 25% to 50% of the patients staying in U.S. and U.K. hospitals are suffering from malnutrition due to poor hospital diet. Malnutrition was found to be the major cause of death among old people in hospitals. An undernourished body is hardly able to defend itself against any type of illness. Add the toxic side effects of the drugs, the presence of deadly bugs, as well as the stress and anxiety that accompany an illness and the stay in a hospital, and a poorly nourished elderly person has very little chance of surviving.
- A spot check of 105 U.S. hospitals conducted by the American government showed that 69 of them had violated basic laws and rules. Andreas, do you have dates for this? The commission in charge of granting licenses to hospitals (JCAH), however, refused to close them down.
- Most deliveries today take place in the operation theaters of hospitals, which when compared with home deliveries, increases the infant's risk of injury during delivery by six times, of getting stuck in the mother's birth canal by eight times, of requiring revival techniques by four times, of becoming infected by four times and of developing chronic physical problems by thirty times. In addition, a mother is three times as likely to hemorrhage if she is giving birth in a hospital.

Given these and other major health risks linked with a stay in a hospital, it can be said that hospitals are among the most dangerous places in the world. I therefore advise you to do everything necessary to prevent illness from arising in the first place so that you can avoid them altogether, unless of course it is for an emergency like an accident.

Conclusion

This book may challenge many of our most ardently held beliefs about the nature of disease manifestation, and the practices and theories of modern medicine and nutritional science. Our currently held world views no longer seem sufficient to provide for a prosperous and healthy future. In fact, they may even superimpose upon us the frightening premonition that the future of life on Earth is at stake. Yet the new world is just beginning. The abolishment of outdated principles of living that have kept mankind limited and fearful for centuries leaves behind a mess of scattered pieces of knowledge that no longer make any sense. The views, which I have presented in these last few chapters, are certainly not the final answer to the puzzle of health and illness. As a matter of fact, any viewpoint is a limitation whereas our true potential is unlimited.

It is not correct to say that the drug AZT used to treat AIDS, or the chemotherapy drugs, radiation, or surgery applied to a malignant tumor etc., are all useless or harmful. Conversely, it is also not right to claim that all natural treatments are useful or harmless. Considering the power that the placebo effect can have in any one person, it becomes clear that even poison like AZT may turn into nectar if a patient is convinced that it will cure his AIDS. Both disease and medicine are illusory projections of ourselves that can turn into "reality" when we begin to identify with them or "energize" them in one way or another. It may well be that a hopeful person receiving radiation therapy for cancer experiences no negative side effects at all and has a spontaneous remission. On the other hand, a depressed person who swallows a placebo pill to combat a headache may suffer a stroke. There are instances where people become so

enraged with anger that they suddenly suffer a fatal heart attack even though their blood vessels are perfectly clean. By contrast, a person with 100%-blocked arteries may create his own bypass and suffer no physical problems at all.

The deep conviction that a particular medicine can help you overcome an illness may be just as powerful as the pessimistic view that a certain illness like cancer can terminate your life. Deep trust, however, is rarely present in a person who has AIDS, MS, or cancer diseases that are mainly caused by low self-worth and repressed emotions. As a recent study has found, distrust, anger, and doubt are more common among people who are ill. Happy, “non-toxic” personalities rarely fall ill.

Health and disease are accurate projections of ourselves and they mirror back to us everything we are or who we are. If a person wants to “uproot” his cancer, which may be a manifestation of repressed anger and frustration, through X-rays, chemotherapy, or radical surgery instead of learning to use the same energy to regain his piece of mind, the projection of his anger will sabotage any long-term benefits a given therapy may have. The basic message here is that *we can change the projection by changing ourselves*. This book suggests that you take responsibility for everything that happens to you. With it comes the power to make the appropriate changes that will unerringly lead you to the discovery that **you carry the key to the timeless secrets of health and rejuvenation within you.**

***"The natural force within each one of us
is the greatest healer of disease."***

~ Hippocrates

Product Information

To order Ener-chi Art pictures, and Ionized Stones

please contact:

Ener-Chi Wellness Center, LLC

Web Site: <http://www.ener-chi.com>

E-mail: appointment@ener-chi.com

Phone: (615) 676-9961 or (864) 848-6410 (USA)

To obtain a complete list of suppliers
and order other health-promoting products recommended by the author

please visit:

Website: <http://ener-chi.com>

Products:

Ionic Water-Soluble Minerals
Sources of Unrefined Sea Salt
Products for the Alternative Versions of the Liver Cleanse
Colema Board Colon Cleanse Equipments
Herbs for the Kidney Cleanse
Fresh, potent herbs and culinary spices
Nikken Products (Sleep System, Pain Management, etc.)
Best Water Treatments
Prill Water
Virgin Coconut Oil
FOS Supplement
Xylitol and D-Mannose
Molo-Cure
Waterless Cookware
Beeswax Candles
Anti Warts/ Skin Cancer Herbs
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Botanical Names for Kidney Cleanse Herbs:

Marjoram [Origanum majorana]
Cat's Claw [Uncaria tomentosa]
Comfrey Root [Symphytum officinale]
Fennel Seed [Foeniculum vulgare]
Chicory Herb [Chichorium intybus]
Uva Ursi or Bearberry [Arctostaphylos]
Hydrangea Root [Hydrangea arborescens]
Gravel Root [Eupatorium purpureum]
Marshmallow Root [Althaea officinalis]
Golden Rod Herb [Solidago virgaurea]

Botanical Names For Liver Herbs:

Dandelion root [Taraxacum officinale]
Comfrey root [Symphytum officinale]
Licorice root [Glycyrrhiza glabra]
Agrimony [Agrimonia Eupatoria]
Wild yam root [Dioscorea Villosa]
Barberry bark [Berberis vulgaris]
Bearsfoot [Polymnia uvedalia]
Tanners oak bark [Quercus robur]
Milk thistle herb [Silybum marianum]

ABOUT THE AUTHOR

Andreas Moritz is a medical intuitive, a practitioner of Ayurveda, Iridology, Shiatsu and Vibrational Medicine, a writer and an artist. Born in Southwest Germany in 1954, Andreas had to deal with several severe illnesses from an early age, which compelled him to study diet, nutrition and various methods of natural healing while still a child.

By the age of 20, Andreas had completed his training in Iridology – the diagnostic science of eye interpretation – and Dietetics. In 1981, he began studying Ayurvedic Medicine in India and completed his training as a qualified practitioner of Ayurveda in New Zealand in 1991. Rather than being satisfied with merely treating the symptoms of illness, Andreas has dedicated his life's work to understanding and treating the root causes of illness. As a result of this holistic approach, he has had astounding success with cases of terminal disease where conventional methods of healing proved futile.

Since 1988, he has been practicing the Japanese healing art of Shiatsu, which has given him profound insights into the energy system of the body. In addition, he devoted eight years of active research into consciousness and its important role in the field of mind/body medicine.

Andreas Moritz is the author of *The Amazing Liver & Gallbladder Flush* (formerly, *The Amazing Liver Cleanse*), *Timeless Secrets of Health and Rejuvenation* (formerly, *The Key to Health and Rejuvenation*), *Living Without Judgment* (formerly, *Freedom from Judgment*) and *It's Time to Come Alive* (formerly, *It's Time to Wake Up*). During his extensive travels throughout the world he has consulted with heads of state and members of government in Europe, Asia, and Africa, and has lectured widely on the subject of health, mind/body medicine and spirituality. His popular *Timeless Secrets of Health and Rejuvenation* workshops assist people in taking responsibility for their own health and well being. Andreas runs a free forum "Ask Andreas Moritz" on the popular health website Curezone.com (5 million readers and increasing). He also has his own column, "Ask Andreas," in the U.K. health magazine *Namaste*.

After taking up residency in the United States in 1998, Andreas has been involved in developing a new innovative system of healing – *Ener-Chi Art* – which targets the very root causes of many chronic illnesses. Ener-Chi Art consists of a series of light ray-encoded oil paintings that can instantly restore vital energy flow (Chi) in the organs and systems of the body. Andreas is also the founder of *Sacred Santèmony – Divine Chanting for Every Occasion*, a powerful system of specially generated frequencies of sound that can transform deep-seated fears, allergies, traumas and mental/emotional blocks into useful opportunities of growth and inspiration within a matter of moments.

Other Books and Products by the Author

The Amazing Liver & Gallbladder Flush

A Powerful Do It Yourself Tool to Optimize your Health and Wellbeing

In this revised edition of his best selling book, *The Amazing Liver Cleanse*, Andreas Moritz addresses the most common but rarely recognized cause of illness – gallstones congesting the liver. Twenty million Americans suffer from attacks of gallstones every year. In many cases, treatment merely consists of removing the gallbladder, at the cost of \$5 billion a year. But this purely symptom-oriented approach does not eliminate the cause of the illness, and in many cases, sets the stage for even more serious conditions. Most adults living in the industrialized world, and especially those suffering a chronic illness such as heart disease, arthritis, MS, cancer, or diabetes, have hundreds if not thousands of gallstones (mainly clumps of hardened bile) blocking the bile ducts of their liver.

This book provides a thorough understanding of what causes gallstones in the liver and gallbladder and why these stones can be held responsible for the most common diseases so prevalent in the world today. It provides the reader with the knowledge needed to recognize the stones and gives the necessary, do-it-yourself instructions to painlessly remove them in the comfort of one's home. It also gives practical guidelines on how to prevent new gallstones from being formed. The widespread success of *The Amazing Liver & Gallbladder Flush* is a testimony to the power and effectiveness of the cleanse itself. The liver cleanse has led to extraordinary improvements in health and wellness among thousands of people who have already given themselves the precious gift of a strong, clean, revitalized liver.

Lifting the Veil of Duality – Your Guide to Living without Judgment

“Do you know that there is a place inside you -- hidden beneath the appearance of thoughts, feelings and emotions – that does not know the difference between good and evil, right and wrong, light and dark? From that place you embrace the opposite values of life as *One*. In this sacred place you are at peace with yourself and at peace with your world.” *Andreas Moritz*

In *Lifting the Veil of Duality*, Andreas Moritz poignantly exposes the illusion of duality. He outlines a simple way to remove every limitation that you have imposed upon yourself during the course of living duality. You will be prompted to see yourself and the world through a new lens – the lens of clarity, discernment and non-judgment. And you will find out that mistakes, accidents, coincidences, negativity, deception, injustice, wars, crime and terrorism all have a deeper purpose and meaning in the larger scheme of things. So naturally, much of what you will read may conflict with the beliefs you currently hold. Yet you are not asked to change your beliefs or opinions. Instead you are asked to have *an open mind*, for only an open mind can enjoy freedom from judgment.

Our personal views and worldviews are currently challenged by a crisis of identity. Some are being shattered altogether. The collapse of our current World Order forces humanity to deal with the most basic

issues of existence. You can no longer avoid taking responsibility for the things that happen to you. When you *do* accept responsibility, you also empower and heal yourself.

Lifting the Veil of Duality shows you how you create or subdue your ability to fulfill your desires. Furthermore, you will find intriguing explanations about the mystery of time, the truth and illusion of reincarnation, the misleading value of prayer, what makes relationships work and why so often they don't. Find out why injustice is an illusion that has managed to haunt us throughout the ages. Learn about our original separation from the Source of life and what this means with regard to the current waves of instability and fear so many of us are experiencing.

Discover how to identify the angels living amongst us and why we all have light-bodies. You will have the opportunity to find the ultimate God within you and discover why a God seen as separate from yourself keeps you from being in your Divine Power and happiness. In addition, you can find out how to heal yourself at a moment's notice. Read all about the "New Medicine" and the destiny of the old medicine, the old economy, the old religion and the old world.

It's Time to Come Alive!

Start Using the Amazing Healing Powers of Your Body, Mind and Spirit Today!

In this book, the author brings to light man's deep inner need for spiritual wisdom in life and helps the reader develop a new sense of reality that is based on love, power and compassion. He describes our relationship with the natural world in detail and discusses how we can harness its tremendous powers for our personal and mankind's benefit. *It's Time to Come Alive* challenges some of our most commonly held beliefs and offers a way out of the emotional restrictions and physical limitations we have created in our lives.

Topics include: What shapes our Destiny; using the power of intention; secrets of defying the aging process; doubting - the cause of failure; opening the heart; material wealth and spiritual wealth; fatigue – the major cause of stress; methods of emotional transformation; techniques of primordial healing; how to increase the health of the five senses; developing spiritual wisdom; the major causes of today's earth changes; entry into the new world; twelve gateways to heaven on earth; and many more.

**All books are available as paperback copies and electronic books
through the Ener-Chi Wellness Center.**

Telephone Consultations

For a Personal Telephone Consultation with Andreas Moritz:

1. Call or send an email with your name, phone number, address, digital picture (if you have one) of your face and any other relevant information to:

E-mail: appointment@ener-chi.com

Telephone: 1-615-676-9961 or 864-848-6410 (USA)

2. Set up an appointment for the length of time you choose to spend with him. A comprehensive consultation lasts 2 hours or more. Shorter consultations deal with all the questions you may have and the information that is relevant to your specific health issue(s).

Fee (2005): \$85 for 1/2 hour, \$170 for one hour, \$255 for 1 1/2 hours, and \$340 for 2 hours

Note: A comprehensive Tele-consultation lasts 2 hours or longer. For this type of consultation you will receive a 20-page package of guidelines and sent to you via U.S. mail to make the necessary changes and adjustments that will help you eliminate the causes of past and potential illness, and take your health in your hands. Shorter consultations deal with all the questions you may have and the information that is relevant to your specific health issue(s). If you have a digital camera, please take a snapshot of your face (preferably without makeup) and email it to Andreas before your appointment with him. This can greatly assist Andreas in assessing your health status.

Sacred Santémomy

To arrange for a personal Sacred Santémomy session (see chapter 7 for details) with Andreas Moritz, please follow the same directions as given for Telephone Consultations. Effective January, 2005 the fee is \$85.

To order Ener-chi Art pictures, Ionized Stones, and other products
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