

EAT WELL,
LIVE WELL!

With ENERGY, VITALITY
and FOCUS



Dr. Danielle J. Duperret, ND/PhD

EAT WELL, LIVE WELL!

with
Energy
Vitality and
Focus

Dr. Danielle J. Duperret, ND/PhD
Integrative Naturopathy and Holistic Life Coaching

Doctor	=	Teacher, Educator
Integrative	=	Using a Holistic Body-Mind-Soul-Spirit Approach
Quantum	=	All about Energy... "When You Change Your Energy, You Change Your Destiny!"
Naturopath	=	Working with the Power of Nature to Maintain/Restore Health, Wellness and Vitality
Therapeutic	=	Healing, Remedial, Restorative, Corrective, Reparative, Good, Health-Giving, Beneficial
Coach	=	Counselor, Trainer, Experienced and Trusted Advisor

Live with Passion, Purpose and Delight!

2

DISCLAIMER

This book is written for educational purposes only.

It is NOT intended to replace medical advice or to be a substitute for a physician. Always seek the advice of a physician or qualified health practitioner before beginning any diet and/or exercise program.

Having stated this, I like and agree with the approach Pete Egoscue takes in his excellent book *Pain Free*. He urges readers to take responsibility, i.e., to become Response-Able, as I like to spell it (meaning "having the ability to respond").

This is the way Pete writes his disclaimer:

"It has become obligatory for health books to carry a legal disclaimer. You've read them: 'The following material is not intended as a substitute for the advice of a physician....' And they go on to recommend that you consult a doctor before embarking on whatever program is being offered. They conclude with the author and publisher disclaiming any legal responsibility for adverse consequences. As I did in my first book, I will again urge readers who feel they need the disclaimer's protection and counsel to close these covers and leave the pages unread. My working principle as an author and exercise therapist is that the most important consultation is the one a person has with him- or herself. Health care starts with personal responsibility. Any disclaimer that suggests otherwise does a great disservice." Pete Egoscue, exercise therapist

AWARENESS + WILLINGNESS + TOOLS AND TECHNIQUES + ACTION = SUCCESS

Become aware AND willing. Be response-able (= having the ability to respond), because...

When You Change Your Energy... You Change Your Destiny!

LIVE WITH PASSION, PURPOSE and DELIGHT!

INTRODUCTION

What do we need to be ALIVE and WELL, with ENERGY, VITALITY and FOCUS? Air, water, food, movement, nature, healthy emotional and mental states, satisfying relationships and fulfilling spirituality. All these are important for a healthy balanced life.

First then, you need air to live. The air you breathe today is polluted, even in the high altitudes of the Alps. Unless you want to wear an anti-pollution mask, or stay in an insulated room, you do NOT have much of a choice. An in-home or business air filter may be an option.

You also need water to live. Once again, the water you drink is generally polluted and contains many toxins, such as pesticides, insecticides, residues of pharmaceutical prescriptions, chlorine, fluoride, etc. We'll talk about potential solutions in the pages that follow!

You need food to live. This is where **YOU HAVE A CHOICE!** This is what we are going to focus most of our attention on in this book.

Before exercising, relaxing, taking care of your emotional and mental states, pursuing a satisfying social/spiritual life, you need to be ALIVE and WELL. That can be accomplished by putting the right fuel into your body, i.e., HEALTHY and ENERGIZING FOODS, which means REAL and NATURAL FOODS.

Unfortunately, about 75 years ago, the food industry changed what food was. Nowadays, much of the food you ingest is "food" by name only, containing virtually no nutrients and often laden with a lot of toxins. Let's go back to REAL FOODS, which will give you ENERGY and VITALITY and allow you to FOCUS fully on your life. I don't know about you, but I want to enjoy a fun, vibrant and long life! The following insights have been tested and tried for many years on myself first, then on my family and clients. THEY WORK!

TABLE OF CONTENT

Disclaimer	p.	3
Introduction	p.	4
Table of Content	p.	5
How to Read This Book	p.	7
Chapter 1	Choose Life!	p.	8
Chapter 2	What's Wrong with Today's Human Fuel?	p.	10
Chapter 3	The Foundation	p.	16
Chapter 4	The Energy of Food	p.	18
Chapter 5	Is Food All That Important?	p.	23
Chapter 6	What do I Fuel my Body With?	p.	25
	1. Fluids - Water	p.	25
	2. Salt for Health and Vitality	p.	29
	3. Fats for Energy and Longevity	p.	32
	4. Vegetables	p.	44
	5. Sweeteners: Beware!	p.	48
	6. Meats	p.	51
	7. Dairy and Eggs	p.	54
	8. Fruits for the Young	p.	56
	9. Nuts	p.	59
	10. Grains/Cereals	p.	61
	11. Legumes	p.	66
	12. Seaweeds	p.	68
	13. Mushrooms	p.	70
	14. Condiments	p.	74
	15. New Superfoods for Longevity	p.	76
	16. Supplements	p.	92
	17. Keys at a Glance	p.	95

Chapter 7	Diseases Don't "Just Happen"	p.	97
Chapter 8	Health, Toxins and Cleanses	p.	102
Chapter 9	Movements, Nature and Connections	p.	121
	1. How Old Are You?	p.	121
	2. Muscle Loss = Vitality Loss	p.	122
	3. E-motion	p.	128
	4. Grounding	p.	129
	5. Sunshine	p.	131
	6. Sleep, Rest and Relaxation	p.	135
	7. We are Social Creatures	p.	139
Chapter 10	The Kaizen Way to Success	p.	140
Chapter 11	10 Commandments	p.	142
Chapter 12	Leptin and Weight Control	p.	149
Chapter 13	5 Pillars of Health	p.	164
Chapter 14	Stress, Adaptability and Exhaustion	p.	166
Chapter 15	Where Do I Go from Here?	p.	171
Chapter 16	A Word About Food Sensitivities	p.	173
Chapter 17	Poly-ticks!	p.	175
Chapter 18	Congruence: Your Vote Counts	p.	184
Chapter 19	A Word About the "Jabs"	p.	186
ADDENDUM	p.	189
RESOURCE	p.	192
ABOUT	p.	194
CONTACT	p.	196

HOW TO READ THIS BOOK

Obviously, it would be better if you were to read this book from cover to cover. However, if your time is limited, there may be a faster way for you to go through it, while maintaining the benefits, as suggested below.

1. Read about *The Foundation*, starting on page 16.
2. Read about *The Energy of Food*, starting on page 18.
3. Turn to the *Keys at a Glance*, starting on page 95.
4. Read the *10 Commandments to Healthy Eating*, starting on page 149.
5. It's important to know that *Diseases Don't Just Happen*, starting on page 97.
6. Learn about the *Kaizen Way to Success*, starting on page 140.
7. **Congruence** is important, starting on page 184.

After that, you can decide to read the book from cover to cover or choose one of the chapters that interests you the most.

Obviously, reading about healthy eating for ENERGY, VITALITY and FOCUS is NOT enough. You do NOT learn to swim by reading a book; you need to get in the water and practice... practice... practice. It's the same with food.

Give yourself time, and change your habits one step at a time, unless faced with a catastrophic illness, in which case you need to super-accelerate the process. Generally, it is a better idea to use a step-by-step approach, so as to NOT meet resistance AND have fun in the process.

1 change/month = 12 changes/year. 1 change/week = 52 changes/ year. Where will you be in 10 years?

Chapter 1

CHOOSE LIFE!

Nobody puts vinegar in their car or the wrong type of fuel in their plane. The car would not start and the plane would crash.



Why then do you fuel your body, the most important vehicle of your life, the one that takes you from conception to death, and which cannot be replaced, with junk or garbage fuel? Your body is amazingly resilient, yet there is a limit to what it can correct and endure.

As Zig Ziglar once mentioned, he became fat by choice. Nobody eats “accidentally.” And ultimately, it **IS** a matter of choice. You may have been poorly instructed... You may have had poor examples... You may not have known... but now, you are holding this book in your hands, which could potentially lead you to BE ALIVE and WELL, with ENERGY, VITALITY and FOCUS.

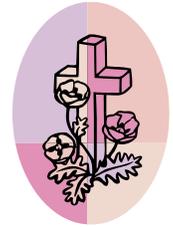


What fuel does a human body need to experience aliveness? NATURAL FOODS, mostly live foods, devoid of chemicals and minimally, if at all, processed.



We find this interesting paragraph and admonition in the Bible's Old Testament, (Deuteronomy 30:19), *“I have set before you life and death, blessings and curses. Now **CHOOSE LIFE**, so that you and your children may live.”*

Although this particular paragraph does not specifically refer to food, the paradigm is the same. You are AT A CROSSROAD. You can choose health promoting foods, or death promoting foods. You have a choice between living a healthy, vibrant lifestyle, or going down with one of the numerous degenerative diseases so prevalent nowadays.



The suggestion: ***"CHOOSE LIFE!"***

Let's examine what "choosing life" means when it comes to food and life style choices.

In this book, I have compiled suggestions which have worked wonders for me, for my children, my clients, and numerous other people, whose healthy lifestyles have been studied.

Then, it will be your turn to choose and to take responsibility or "Response-Ability," as I like to think about it, the ability to respond with the knowledge that you have.

Chapter 2

WHAT'S WRONG WITH TODAY'S HUMAN FUEL (FOOD)?

Let's take a look at a few examples.

Example 1 - Bread, a staple food in most countries of the world: it used to be made with unaltered whole grains that were milled into flour. Water, salt and sometimes yeast were added and voila! You had a healthy loaf of bread.

Below is an example of the "new" breads that have invaded the shelves of grocery stores. Let's read a label (2014) from *Sara Lee's Soft and Smooth Whole Grain White Bread*:

Enriched Bleached Flour [Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid], Water, Whole Grain [Whole Wheat Flour, Brown Rice Flour (Rice Flour, Rice Bran)], Wheat Gluten, Skim Milk, High Fructose Corn Syrup, Sugar, Yeast, Butter (Cream, Salt), Contains 2% or Less of Each of the Following: Calcium Sulfate, Salt, Dough Conditioners (May Contain One or More of the Following: Mono- and Diglycerides, Ethoxylated Mono- and Diglycerides, Sodium Stearoyl Lactylate, Calcium Peroxide, Datem, Ascorbic Acid, Azodicarbonamide, Enzymes), Guar Gum, Calcium Propionate (Preservative), Distilled Vinegar, Yeast Nutrients (Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate and /or Calcium Carbonate), Corn Starch, Vitamin D3, Soy Lecithin, Soy Flour.



This reads more like a science experiment (how do you feel being a guinea pig?), than a healthy loaf of bread meant to nourish your body and cells. What is not found on the label is the number of herbicides and pesticides used before harvesting said wheat and barley.

I just read (September 2015) that Azodicarbonamide is a chemical that destroys the natural flora of the digestive system, and that it is illegal to use in Europe and Australia... but not in the United States. So much of the strength of our immune system depends on the health of our gut flora. Why would one choose to destroy it, except for lack of information... or a death wish?

Keep it simple and natural! A healthy loaf of bread contains grains, such as GMO-free wheat, oat, barley, rye, millet, triticale, corn, rice and/or buckwheat. Some breads contain ancient grains, such as quinoa, kamut, teff, amaranth, and/or spelt. To make it a complete protein, lentils, soybeans and/or other beans are sometimes added, as well as nuts and seeds. Add salt, water and some starter, such as fermented apple or grape juice, and you have a very healthy loaf of bread.



I was fortunate to find such a bread at the Downtown Summerlin Farmers' Market in Las Vegas. It is made by a French Chef, exclusively for that market. I loved bread, but could not enjoy it any longer, as bread made my gut burn and my heart skip beats... except when I ate it in Switzerland and France during my trip of 2012. What was so different? I thought I was sensitive to gluten, but it may not be the case, as I have no reaction to the Downtown Summerlin Farmers' Market bread. It is made the ancient way, with GMO free flour and NO chemicals of any kind. I LOVE the different kinds of breads the Market offers as they taste like the breads I used to eat when I was growing up in Switzerland. My mom would cross the street every morning to get us fresh bread, which the baker had started baking in the wee hours of the morning.

Flourless breads, also known as sprouted grain breads, may be a healthier choice as the grains have been allowed to sprout, during which time part of the sugar found in the grain is processed. They are then mashed into a paste and mixed with other ingredients. "Live" bread refers to a bread made with sprouted grains and cooked at very low temperatures (below 118°F), thus preserving the enzymes, the part of the food that helps you to digest it.

However, there are recent studies which invalidate the above paragraph, as we shall see further in the "Grains" section.

Example 2 - Meat: proteins are healthy, aren't they? Once again, it all depends on your choice.



Regular commercial meat is less than ideal. The conditions in which most of the animals are raised are nothing short of torture. They don't have room to move; they are fed a diet totally inappropriate for their species, from almond husks or cardboard soaked in molasses to leftover entrails from other slaughtered animals. They are injected with hormones, antibiotics and more; artificial color and flavor, as well as preservatives, are then added before the meat makes its way to the shelves of your favorite grocery store.

There was an article written a few years ago about butchers in New York City. Many of them became vegetarians, as did their families, to stay away from the unhealthy meat they were preparing commercially. A tumor was simply ground and processed into... ground beef.



Bon Appétit!

Should you be a vegetarian? It's up to you.

Some people choose to become vegetarian or vegan on moral grounds, as they respect the sanctity of animal life. Depending on the research you base your beliefs on, human beings may require animal proteins to be healthy, although in small quantities. It seems that some people thrive on just plant food, while others need to consume animal proteins. Once again, your response-ability is to find out what kind of fuel your body needs to perform at its best. Your needs may also change with the seasons of your life.



What meat would be appropriate? Here are a few healthy choices:

- Organic turkeys and chickens which have been roaming free on a range
- Grass fed organic beef
- Bison
- Venison
- Organic lamb
- Wild fish

Example 3 - Fast Foods - Chicken McNugget:

Interesting that the article below should have arrived in my mailbox as I was preparing my first health program:

(Source: 25 Amazing Facts About Food, authored by Mike Adams and David Guterrez
http://www.naturalnews.com/032820_Chicken_McNuggets_ingredients.html#ixzz1U82n5uG



“Ever wonder what's really found in Chicken McNuggets? Some of the ingredients, it turns out, seem to belong more to an industrial factory of some kind, not a food retailer. According to the McDonald's Corporation, its famous Chicken McNuggets are made with ingredients including autolyzed yeast extract (which contain free glutamate, similar to MSG), sodium phosphates and sodium aluminum phosphate. But that's not the freaky part. According to McDonald's own website, Chicken McNuggets are also made with "hydrogenated soybean oil with TBHQ and citric acid added to preserve freshness" and "Dimethylpolysiloxane added as an antifoaming agent." (<http://nutrition.mcdonalds.com/nutritionexchange/ingredientslist.pdf>) – 2021: Oops, this link has disappeared.

At least two of these ingredients are artificially synthesized industrial chemicals. TBHQ, a petroleum derivative, is used as a stabilizer in perfumes, resins, varnishes and oil field chemicals. Laboratory studies have linked it to stomach tumors. "At higher doses, it has some negative health effects on lab animals, such as producing precursors to stomach tumors and damage to DNA. A number of studies have shown that prolonged exposure to high doses of TBHQ may be carcinogenic, especially for stomach tumors."

(<http://en.wikipedia.org/wiki/TBHQ>)

Dimethylpolysiloxane, a type of silicone, is used in caulks and sealants, as a filler for breast implants, and as key ingredient in Silly Putty. Says Wikipedia: "*PDMS is also used as a component in silicone grease and other silicone-based lubricants, as well as in defoaming agents, mold release agents, damping fluids, heat transfer fluids, polishes, cosmetics, hair conditioners and other applications. PDMS has also been used as a filler fluid in breast implants, although this practice has decreased somewhat, due to safety concerns. PDMS is used variously in the cosmetic and consumer product industry as well. For example, PDMS can be used in the treatment of head lice...*" (<http://en.wikipedia.org/wiki/Dimethylpolysiloxane>).

Note that the other ingredients are not any better. Because cotton is not regulated as a food crop, cottonseed oil may contain chemical pesticides that are banned in food production. It is also almost always genetically modified. Hydrogenated oils, of course, typically contain trans fats, the artificially produced fats that are unusable by the body and that studies have linked to a number of detrimental health problems. And autolyzed yeast extract is a chemical taste-enhancing ingredient containing free glutamate that manufacturers use as a friendlier-looking replacement for MSG, an abbreviation for Monosodium Glutamate.

And what about the chicken in Chicken McNuggets? It's factory-farmed chicken, not free-range chicken. It's the kind of chicken that's typically treated with vaccines and hormones while being fed conventional feed products that are medicated with pharmaceuticals and grown with pesticides.

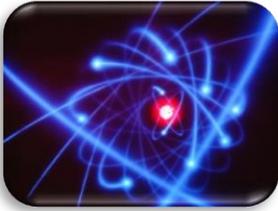
Yum!! Don't forget to ask for extra dipping sauce. We haven't even talked about what you'll find in there...

Learn more:

http://www.naturalnews.com/032820_Chicken_McNuggets_ingredients.html#ixzz1UD4fyvCc

Chapter 3

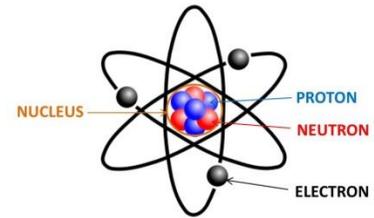
THE FOUNDATION



Everything is energy, from a star to a blade of grass, from rocks to food and ... you.

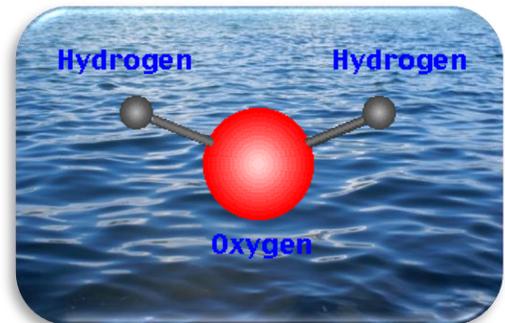
Everything is made of energy, vibrating at different frequencies.

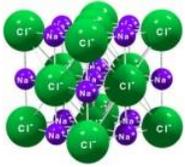
Remember the image of an atom from Chemistry 101? There is a nucleus in the center of the atom, made up of neutrons and protons. Around it, a swirl of electrons vibrating at different frequencies.



Most of these atoms do not like to be alone, so they look around and find other atoms, with which they have an affinity for, and they stick together, forming a molecule.

For example, one atom of oxygen and two atoms of hydrogen combine to form H_2O , a water molecule. Bodies of water are just a huge number of water molecules, vibrating together.





Atoms of Sodium (Na) combine with atoms of Chloride (Cl) to form NaCl, Sodium Chloride, also known as... salt.



Molecules link with other molecules and form cells. An amoeba for example is a single-cell animal, meaning it is comprised of only one cell, which is made



up of millions of atoms and molecules.

Under a master plan (the purpose of which is not part of the discussion of this book), groups of cells get together to form tissues and organs, such as heart, liver, pancreas, stomach, bones, muscles, brain, nerves, etc.



These groups of organs and tissues form a human being, with blood cells, bone cells, a heart, a brain and more... a human being... like YOU!

Every organ has its own unique frequency and it vibrates differently when it is healthy or sick... For example, a sick liver vibrates at a different frequency than a healthy one.



In the theater of your mind, imagine an organ, the liver for instance. It is made up of cells, which are made up of molecules, which are made up of atoms, which vibrate at different frequencies. You are made of vibrations.

Every thought has a frequency... Every mood has a frequency... Everything has a unique frequency, a unique "signature" as it is often called... and YOU are unique, with your own sets of frequencies, your own signature, just a little bit different from somebody else's, like a fingerprint.

Chapter 4

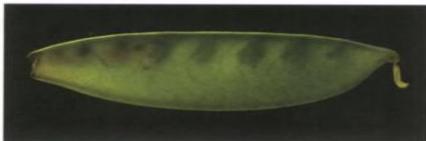
THE ENERGY OF FOOD

Everything is made of energy that vibrates, and these vibrations make a sound... which means that our cells, since they vibrate, make a sound as well, although so minute that we cannot hear it.

Lots of research is being conducted on sound therapy for healing. If we can get our cells (thus our organs) to vibrate at the proper frequency, our bodies will play a beautiful symphony, which is called health, VIBRANT HEALTH! Lots of research are being done on the role of sounds for healing and/or mitigating dis-eases.

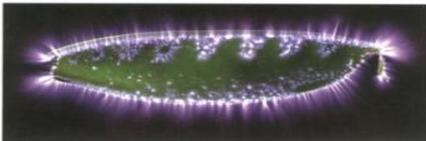
Vibrations also produce colors... everything emits a certain color. Kirlian photography demonstrates this.

Observe the picture of a pea, below:



Raw Organic Peapod

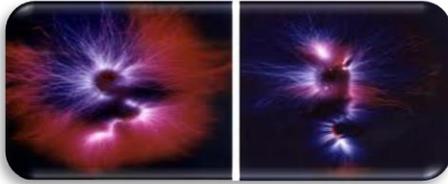
This picture was taken with a generic camera.



Raw Organic Peapod (Kirlian Image)

This picture - a Kirlian photograph - was taken with a special camera able to "see" the color/energy frequencies emitted by the pea.

Observe the Energy Given Off by Raw vs. Cooked Food



Raw Sprouts

Cooked Sprouts



Raw broccoli



Cooked Broccoli



Raw Cabbage

Cooked Cabbage

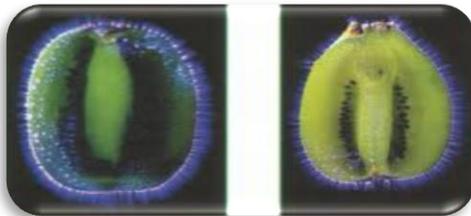


Raw Organic Tomato

Slightly Cooked Organic Tomato

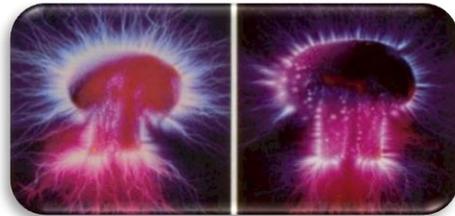


Observe the Energy Given Off by Organic and Commercial Food



Organic Kiwi

Commercial Kiwi



Organic Mushroom

Commercial Mushroom

Ask yourself these questions.

If I want to have more energy and vitality, should I:

1. Choose mostly raw or cooked foods?
2. Choose mostly organic or commercial/conventional foods?

GOING FURTHER

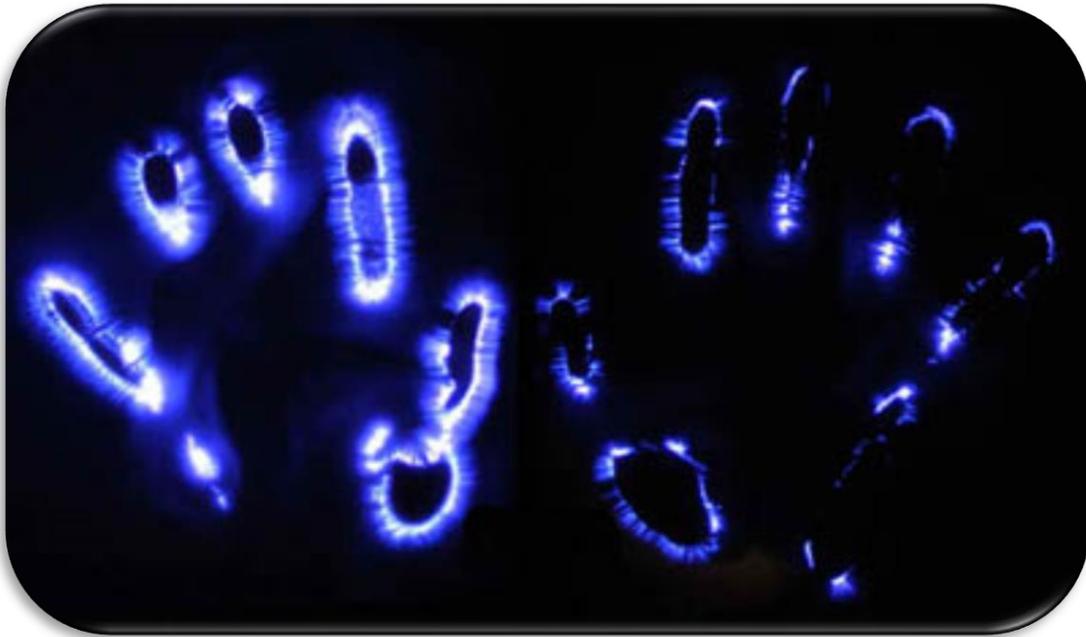


**An apple on the left... with somebody who took a bite out of it on the right.
Do you see the mingling of energies going through the apple?
Our energy mingles with other "things" and other people's energies as well.**

**Something to think about.
Who do you mingle with?
Observe the Results!**

HOW IS YOUR ENERGY... and WHY?

Can you guess?



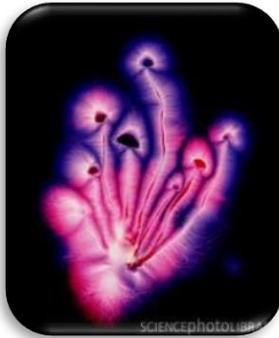
On the left is the Kirlian photograph of the hand of somebody who eats healthy foods.

On the right is the Kirlian photograph of the hand of somebody who eats junk food.

Who has more energy?

Everything and Everyone Is, Emits and Receives Energy

The "air" surrounding us is NOT empty... it's full of energies and frequencies



A plant



Energy between a client
and a therapist



A key



WiFi in staircase



Around a child
playing a guitar

Chapter 4

IS FOOD ALL THAT IMPORTANT?

YES, it is vitally important to eat nutritious foods that are full of energy *if* you want to experience VIBRANT HEALTH, ENERGY, VITALITY, FOCUS and LONGEVITY. Most people take better care of their car than of their body. They use the proper oil, the proper fuel, change the oil, take it to the garage for checkups and maintenance, etc... A car can be replaced, a body cannot. Remember, it is the vehicle that will take you from conception to death, and you only have one.



How do you take care of your body? Like a high-performance vehicle, or do you trash it like an old, junky car?



The proper fuel is not the end all. It is the first step. Spiritual, emotional and mental fitness are equally important. In this book, we focus principally on FOOD, which is vitally important if we want to stay ALIVE and WELL! When it comes to food, YOU have a choice as to what fuel you use!

We mentioned that we first need air, then water, then food to stay ALIVE. We will cross the other bridges – mental, emotional, spiritual – in another book/course to have an integrative, holistic, body-mind-soul-spirit approach to FEEL ALIVE and WELL, with ENERGY, VITALITY and FOCUS.

**Awareness + Willingness + Tools and Techniques + Action
= SUCCESS!**



It comes down to CHOOSE! Choose wisely! CHOOSE LIFE!

For ENERGY, VITALITY and FOCUS, choose Energy, Life-Giving Foods!

Chapter 5

WHAT DO I FUEL MY BODY WITH?

1. Let's Start with Fluids

You can live for quite some time without food, but not without fluids. What should you then drink?

Water, Water, Water! It's a good start, and a very important one! How much water should you drink?

Drink enough water so that your urine is a very pale yellow. It means that, depending on your activity, location and the season, you will have to adjust your water intake. It is NOT a “one size fits all, drink 8 cups of water a day.” Be response-able! Look at the chart below about urine color to find out if you drink enough water.

1		Good
2		Good
3		Fair
4		Dehydrated
5		Dehydrated
6		Very dehydrated
7		Severe dehydration

Gone are the days when living, bouncy water was available. Drink the best water you can find... and that is NOT tap water, which is often loaded with fluoride, chlorine and other toxic chemicals, flushed-down pharmaceuticals, etc. To date, the best source of water is from a spring. To check if one is available near where you live, go to <http://www.findaspring.com/>.



When I am not able to get to a live spring or when traveling, I like to alternate the types of water I drink. At home, I use a filtering system⁽¹⁾, and/or get water in glass jars from a reputable place. STAY AWAY FROM PLASTIC BOTTLES, as much as you can. They leach toxins into the water which mess up your endocrine/hormone system, and they are detrimental to the environment.



Teas hold a special place in my heart, probably from happy childhood and young adult memories. For some, tea drinking is a ritual or a ceremony. My parents used to drink a cup of tea together before retiring in the evening. As of 2021, they still do, in the Assisted Residence they live in now. I used to stop to visit my grandmother on my way home from school, and we enjoyed a cup of herbal tea together, either Linden or Verbena, with a few cookies.

I bought teas for my family when I traveled through Darjeeling in north eastern India, and Sri Lanka (Ceylon tea). The little glasses of tea I savored throughout Turkey were a treat to the senses. In Iran, I was given a piece of candy to keep in my mouth as I was served a cup of unsweetened tea, which I drank slowly to let it mix with the melting candy, all the while bargaining for a dress in a bartering session which lasted some 45 minutes. It was an experience, a whole ritual of communication.

Herbal teas come in many flavors: some have a light fruity taste, while others can be strong, spicy or pungent. Learn about herbs if you feel so inclined, and create your own blend. Herbal teas can relieve head and tummy aches, boost the immune system, help to sustain a fast and have many other health benefits... Try different flavors for the delight of your senses.





Coffee... a controversial subject! Some people say, "Avoid it; it will make you acidic and dehydrate you." Others think of coffee as medicine. New research seems to show that coffee might actually be good for you, in great moderation and at specific time during the digestive process.

My take? Observe and feel your reactions. Personally, I can enjoy a cup of coffee about once a month, with no side-effects. More than that and my heart speeds up, my adrenals crash and my joints hurt.

Coffee used to be drunk some two hours after a meal, to help its digestion. It seems to be the proper way to use it. The habit of jumping out of bed and getting a cup (or two or three or more) of coffee to "get started" is NOT a habit conducive to health!

In the USA, there is a kind of coffee which contains Ganoderma, or Reishi mushroom. Ganoderma Coffee is made with real coffee, thus tastes like coffee, yet the Reishi⁽²⁾, which is not detectable to your taste buds, helps to mitigate its potentially harmful effects. Check it out... I have no commercial interest in it. If interested, read the list of other ingredients as well, as some packages are better than others. Stay away from sugary ones.

Next, let's talk about **JUICING**. Drinking freshly juiced vegetables, especially green ones, as well as some fruits, is



one of the healthiest habits you can acquire. I bought my first juicer when I was 18 years old, when I was challenged with cancer, and have been juicing on and off ever since⁽³⁾. Freshly juiced green vegetables are one of the best alkalizing drinks you can

make or buy. In today's often stressful life, where pain from acidic bodies abound, it has become a must. Important: Choose a juicer you will use. Some are challenging to clean, and thus stay in the cupboard, out of sight!



Alcohol? Another controversial subject! Health oriented people are divided as to the consumption of wine and beer. If you choose to drink these beverages, check that they do not contain any additives, and that they are preferably from an organic source. Hard alcohol and cocktails are NOT health promoting beverages.



Wise Choices	Controversial	Poor Choices
<ul style="list-style-type: none"> • Spring/filtered water • Herbal teas • Organic white, green and some black teas • Freshly juiced/pressed green drinks • Freshly juiced vegetables • Freshly juiced fruits • Organic and/or Ganoderma Coffee • Coffee Substitutes like Tecino, Cafix, Roma... • *Organic wine and beer 	<ul style="list-style-type: none"> • Coffee • Black teas • Beer • Wine 	<ul style="list-style-type: none"> • Tap water • Most bottled water • Sodas • Pasteurized fruit and vegetable juices • Commercial teas • Commercial coffee • Cocktails • Hard alcohol • Commercial beer and wine

Health Key # 1:

Drink Water First Then Choose Herbal Teas and Fresh Green Drinks

Eliminate ALL Sodas and Drinks That Contains High Fructose Corn Syrup (HFCS), Artificial Anything (Including Sweeteners) or Is Pasteurized!

2. Salt for Health and Vitality... The Easiest Habit to Change

Many people believe that salt is harmful to the human body. The truth is that we can't live without salt (NaCl or sodium chloride). The body makes hydrochloric acid (HCl) from salt. HCl is an essential digestive fluid. All red-blooded animals must have a continued supply of salt to maintain a healthy and vigorous body.

Our bodies are electrical, and electricity is better conducted in salty water. Good communications between cells require a salty environment. Body fluids are salted. Check it out: taste one of your tears...

When salt is withheld, weakness and sickness follow. Since salt is necessary to maintain a healthy body, the question is, "Why are so many people with heart disease put on a salt reduced diet?" The problem with salt is NOT the salt itself but the over-consumption of it, and the kind of salt chosen.

About 50 years ago, the major producing companies in the United States began to dry their salt in huge kilns, where temperatures reached some 1200 degrees Fahrenheit. At high temperature, the structure of salt changes. Very basic and fundamental changes take place, and these changes affect the human body adversely. It was during these times that heart disease, arthritis and other chemical related diseases began to increase at an alarming rate. It is not the only reason, but part of it.

Also, treated salt is usually chemically bleached and accompanied by an anti-caking agent which is not health friendly.

Salt that has been heated and treated, with additives added, may be harmful to the animal and human body, causing severe health problems.

As mentioned, salt is important; in the theater of your mind... imagine healthy, natural salt dissolving in your body to help your cells communicate better.

Salt, in its natural, authentic and unrefined state, contains from 60 to 86 trace minerals, which our bodies need in order to function properly. Non-denatured salt is usually pink (Himalayan) or grey (Celtic Salt). There are also some white (unrefined sea salt), red and even black salts.



A good and quite affordable salt in the USA is Real Salt, mined in Utah. The list of minerals and trace minerals it contains is quite impressive.

Real Salt® Elemental Analysis



Element	PPM	%	mg per Serving	Element	PPM	%	mg per Serving
Chloride	600,700	60.070000%	840.9800	Lanthanum	0.16	0.000016%	0.0002
Sodium	379,000	37.900000%	530.6000	Lithium	0.74	0.000074%	0.0010
Calcium	4,970	0.497000%	6.9580	Lutetium	0.071	0.000007%	0.0001
Sulfur	2,600	0.260000%	3.6400	Manganese	3.04	0.000304%	0.0043
Silicon	1,361	0.136100%	1.9054	Molybdenum	0.082	0.000008%	0.0001
Potassium	1,030	0.103000%	1.4420	Nickel	0.073	0.000007%	0.0001
Magnesium	915	0.091500%	1.2810	Niobium	0.114	0.000011%	0.0002
Iron	522	0.052200%	0.7308	Phosphorous	89.10	0.008910%	0.1247
Aluminum	139	0.013900%	0.1946	Praseodymium	0.11	0.000011%	0.0002
Antimony	1.08	0.000108%	0.0015	Rubidium	3.77	0.000377%	0.0053
Barium	16.2	0.001620%	0.0227	Ruthenium	0.065	0.000007%	0.0001
Bismuth	0.092	0.000009%	0.0001	Samarium	1.44	0.000144%	0.0020
Boron	1.07	0.000107%	0.0015	Scandium	0.18	0.000018%	0.0003
Bromine	20.6	0.002060%	0.0288	Selenium	0.239	0.000024%	0.0003
Cadmium	0.276	0.000028%	0.0004	Silver	0.297	0.000030%	0.0004
Carbon	206	0.020600%	0.2884	Strontium	52.8	0.005280%	0.0739
Cerium	0.763	0.000076%	0.0011	Tantalum	0.970	0.000097%	0.0014
Cesium	7.210	0.000721%	0.0101	Tellurium	0.171	0.000017%	0.0002
Chromium	0.161	0.000016%	0.0002	Thallium	0.085	0.000009%	0.0001
Cobalt	0.061	0.000006%	0.0001	Thorium	0.150	0.000015%	0.0002
Copper	0.279	0.000028%	0.0004	Thulium	0.070	0.000007%	0.0001
Dysprosium	0.209	0.000021%	0.0003	Tin	0.125	0.000013%	0.0002
Erbium	1.34	0.000134%	0.0019	Titanium	20.7	0.002070%	0.0290
Fluoride	13.8	0.001380%	0.0193	Tungsten	0.115	0.000012%	0.0002
Gadolinium	0.61	0.000061%	0.0009	Vanadium	0.183	0.000018%	0.0003
Gallium	2.36	0.000236%	0.0033	Ytterbium	0.073	0.000007%	0.0001
Germanium	0.27	0.000027%	0.0004	Yttrium	0.042	0.000004%	0.0001
Gold	0.006	0.0000006%	0.0000	Zinc	0.931	0.000093%	0.0013
Indium	0.37	0.000037%	0.0005	Zirconium	1.370	0.000137%	0.0019
Iodine	19.6	0.001960%	0.0274	Moisture (H ₂ O)	Average	0.600000%	

When working with clients, it is usually the first step that I recommend they start with: switch from commercially treated salt to unrefined, untreated, life-enhancing salt. Obviously, check with your doctor if you have a health challenge, and are on a salt-restricted diet.

Healthy, unrefined salt is not that much more expensive than regular table salt, and it offers many health benefits, as well as many valuable life-giving minerals. It does not change the taste of food much, and usually enhances the flavor of food.

Wise Choices	Poor Choices
<ul style="list-style-type: none">• Real Salt• Himalayan Salt• Celtic Salt• Unrefined Marine Salt• Black, Red... Salts	<ul style="list-style-type: none">• Commercial table salt

Health Key # 2:

Use Unrefined, Real Salt for Health and Energy!

Eliminate Regular Commercial Table Salt!

3. Fats... for energy and longevity

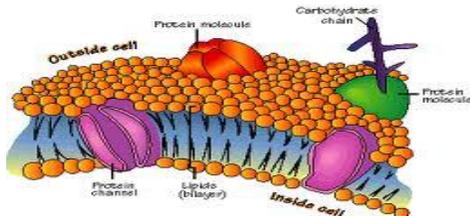
Fats and their crucial importance are coming to light.

As with many food subjects, opinions differ, or should we say, complement each other. I will focus on the research and publications of Brian Peskin, Dr. Otto Warburg, MD, and Dr. Joseph Mercola, DO.

Let's first look at a cell: it is a living life-giving factory. When your cells are healthy... so are you!

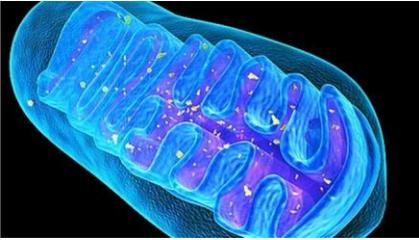


Mitochondria
We'll talk about them later



According to Dr. Bruce Lipton, besides being the cell's gatekeeper, the cell membrane is the *brain* of the cell. You can see on the diagram on the left that this cell membrane has two layers of little orange balls representing lipids, or fats.

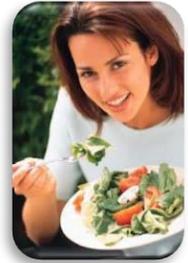
This double-layer fatty cell membrane is of utmost importance. Research shows that it may be a major key to health and longevity. If it is healthy, it allows nutrients to enter the cell and waste to be expelled. If unhealthy, it blocks these receptors. Think about it! When nutrients cannot get in and waste cannot get out, it leads to a VERY toxic environment.



In this life-giving factory called a cell, we find the **mitochondria** (10,000-100,000 per cell), specialized structures where energy called **ATP** (Adenosine TriPhosphate) is manufactured and stored. ATP can be compared to a rechargeable battery or a bank account. A charged ATP

battery or bank account means that there is energy and power to spend.

In order to do anything, from flexing muscles to thinking, your immediate source of energy is ATP. **No ATP = No Energy!** When you eat, many complex chemical reactions occur. In essence, **when you eat (healthy), you recharge your ATP batteries** or "energy bank account."



ATP Energy is FUNDAMENTAL

According to Peskin and Warburg, the most fundamental issue to human life is the making of energy inside each cell of the body, by converting oxygen and fuel (fats and sugars) into ATP energy. Just as gasoline engines need ample oxygen to produce horsepower from fuel, your cellular mitochondria need oxygen to power up the cell as well. You have trillions of cells which need oxygen to power up your life!

A vital key to this energy process is having an adequate amount of oxygen *inside* the cell. Just as a fire cannot continue to burn without ample oxygen, energy production is unavoidably restricted if there isn't an adequate amount of oxygen. When energy production is inadequate to meet cellular needs, many cell operations do not proceed normally, allowing disease to occur.

Cellular Oxygen Level

Percent of Optimum Level



The above concept is the scientific logic behind why Brian Peskin says that Cancer, Parkinson's, Alzheimer's, Cardiovascular Disease and other diseases are either directly caused by or greatly accelerated when cellular oxygen levels are less than optimum. **Ample Cellular Oxygen is the MASTER KEY** for avoiding many of life's most devastating health challenges. And, because most people don't understand how to keep cellular oxygen high, **millions of people have suffered and are currently suffering** the consequences of inadequate cellular oxygen.

- 48 hours of a 35% reduction of cellular oxygen pushes a cell into *cancer*!
- Cancer, Parkinson's, Alzheimer's, chronic fatigue, etc., are ALL associated with a reduction in cellular oxygen!

Still according to Brian Peskin:

- Cell Membrane Permeability to Oxygen is the **Key** to Cellular Oxygen Levels.
- **Oxygen Friendly Oils** are the Key to Cell Membrane Permeability to Oxygen.
- Oxygen friendly oils are oils that **attract, hold and release oxygen easily**.

BREATHING WILL NOT DO IT!



The amount of oxygen in one's cells is **NOT merely a function of breathing**, aerobic exercise and/or oxygen supplementation. All of these will put increased amounts of oxygen into the blood, but each of us is already taking 17,000 breaths (2,600 gallons of air) per day meaning we most likely have ample oxygen in our blood. **The challenge is to ensure that the oxygen goes from the blood THROUGH THE CELLULAR MEMBRANES into the cells.**

Whether the oxygen goes through or not is determined by **the health of the cell membrane, and this is largely determined by the kinds of oils we eat.**

Denatured Oils = One of the Greatest Causes of Disease on Earth

Do NOT get deceived by the words "natural" or "pure." These words do NOT mean anything when it comes to food processing. Grocery store oils are “denatured” (turned into oxygen barrier oils) in the pursuit of **SHELF-LIFE**. The main goal of modern food oil processing is greater profits through longer shelf life. Oxygen is the prime obstacle in regard to increasing shelf life. Our modern food processing tactics seek to take away the ability of an oil to hold oxygen as oxygen is what causes these oils to go rancid. The process of preparing oils for the supermarket tends to destroy oils’ ability to function properly in the body in terms of oxygen transport. Here are the various steps taking place with the majority of consumer oils:



- Start with Seeds, Beans, Nuts, Fish or Krill
- Wash
- Squash or Mash
- Soak in solvent (hydrocarbon solvent)
- Remove Solids (boil off at approximately 300° F.
- Mix with Water to Separate Solids
- Spin to Remove Solids
- Add alkali (like lye or drain cleaner) and mix well
- Spin to remove more particles
- Bleach at 230° F.
- Filter
- Steam treat at 450° F. and vacuum
- Chill and filter again

- Add preservatives and antifoam agent (silicone)
- Package

A Ranking of a Few Common Oils for Their Relative Ability to Transport Oxygen into Cells (from best to neutral to bad)

1. Linolenic to alpha Linolenic oils)
2. Organic, Cold-Pressed Flax Seed oil
3. Organic, Cold-Pressed Pumpkin Seed Oil
4. Organic, Cold-Pressed Evening Primrose Oil
5. Organic, Cold-Pressed Safflower Oil
6. Organic, Cold-Pressed Sunflower Oil
7. Organic, Cold-Pressed Hemp Seed Oil
8. Organic, Cold-Pressed Walnut Oil
9. Organic, Cold-Pressed Almond Oil
10. Organic, Cold-Pressed Sesame Seed Oil
11. Coconut Oil
12. Rice Bran Oil
13. Olive Oil
14. Saturated Oils (Dairy, Animal, Poultry)
15. Standard Grocery Oils - Corn, Soybean & Canola
16. Omega 3/6 Supplements
17. Shortening, Ghee
18. Fish Oil & Krill Oil
19. Hydrogenated or partially hydrogenated oils



The above ranking concerns the ability of oils/fats to transport oxygen to cells, according to Brian Peskin. However, there are other factors which need to be taken into consideration for maximal health. Let's talk about Omega-3 and Omega-6 fatty acids.

According to Dr. Mercola, "Most people in the western world are:

1. Consuming far too many Omega-6 fatty acids and not enough Omega-3 fatty acids. The ideal ratio of Omega-3 to Omega-6 is 1:1. The typical western diet is between 1:20 and 1:50.
2. The typical Westerner is consuming far too many **PolyUnsaturated Fats** (PUFAs) altogether, which is a problem in and of itself.

So, most people consume the wrong kind of these highly beneficial fats, in the wrong amount, and in the wrong ratio. Both Omega-3 and Omega-6 fatty acids are PUFAs and they're both essential to your health, but when omega-6 is consumed *in excess*, it becomes problematic.

As a group, when consumed in the wrong ratios, they tend to stimulate inflammatory processes in your body, rather than inhibit them. You need some inflammation to protect yourself from infections and trauma, and PUFAs help you mount these defenses.

However, too many PUFAs contribute to chronic inflammation, which causes all sorts of problems over the long-term. Inflammation is at the source of just about every chronic disease we see today. Consumption of polyunsaturated fats in the U.S. has gone from about 13 grams per day to nearly 40 grams per day over the past century (see figure below)."

Let's address an old myth, which is still prevalent today, saying that saturated fats increase your risk of heart disease and heart attacks. New research has shown that this is simply NOT true.

The "new" truth is that saturated fats:

- from animal and vegetable sources provide a concentrated source of energy in your diet, and provide the building blocks for cell membranes and a variety of hormones and hormone-like substances
- as part of your meal, slow down its absorption, so that you can go longer without feeling hungry
- act as carriers for important fat-soluble vitamins A, D, E and K
- are needed for the conversion of carotene to vitamin A, for mineral absorption, and for a host of other biological processes
- are a preferred fuel for your heart, and are also used as a source of fuel during energy expenditure
- are useful antiviral agents (caprylic acid)
- are effective as an anti-caries, anti-plaque and anti-fungal agent (lauric acid)
- are useful to lower cholesterol levels (palmitic and stearic acids)
- are modulators of genetic regulation; prevent cancer (butyric acid)
- play a key role in cardiovascular health
- are required for calcium to be effectively incorporated into bone
- have been shown to protect the liver from alcohol and medications

Moreover:

- The fat content of lung surfactant is 100 percent saturated fatty acids
- Your brain is principally made of fat and cholesterol
- A diet that skimps on healthy saturated fats robs your brain of the raw materials it needs to function optimally
- Certain saturated fats, particularly those found in butter, coconut oil, and palm oil, function directly as signaling messengers that influence metabolism, including such critical jobs as the appropriate release of insulin
- Saturated fats found in butter and coconut oil (myristic acid and lauric acid) play key roles in immune health

EVERYBODY concerned with health agrees on the following: **Eliminate ALL trans-fats**, i.e., hydrogenated or partially hydrogenated fats like margarine. They do NOT belong in a human body! Chemically speaking, they are closer to plastic than food.

What should you cook with? Healthy butter (organic, from grass-fed animals is best), avocado oil, or extra virgin coconut oil. What should you use on salads? Cold pressed organic oils. There are many different kinds of extra virgin olive oils, so diversify and tantalize your gustatory buds with regular, atypical and exotically flavored olive oils. Make sure these oils are of high quality from a reliable source, as many "extra virgin olive oils" only have the label to their name, but not the content.

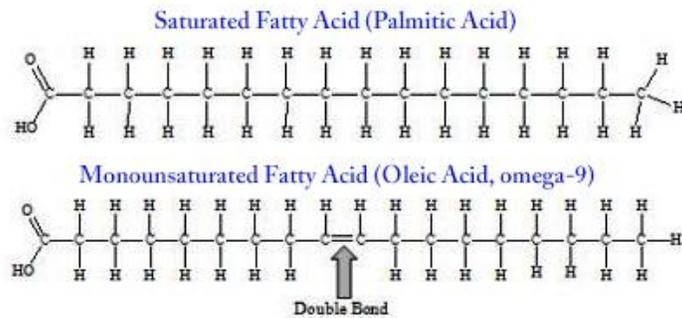


Most oils on the market have been heavily sprayed with pesticides, herbicides and fungicides before being chemically extracted. Does that sound natural to you? It does not to me.

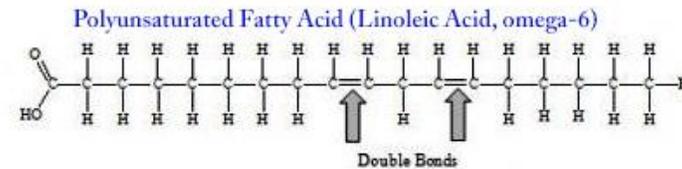
Oils are important for your "machinery" to function well, so choose wisely. I agree that healthy oils are more expensive... but they are worth the price because of their importance in your health, well-being and longevity.

To better understand the words "saturated," "monounsaturated" and "polyunsaturated," as well as what hydrogenated oils, Omega-3, Omega-6 and Omega-9 are, look at the diagrams below, which are followed by a brief explanation.

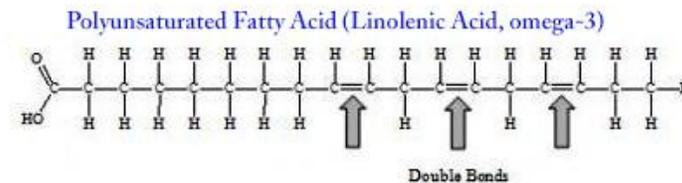
Group 1



Group 2



Group 3



Group 4

H stands for Hydrogen atom **C** stands for Carbon atom **O** stands for Oxygen atom.

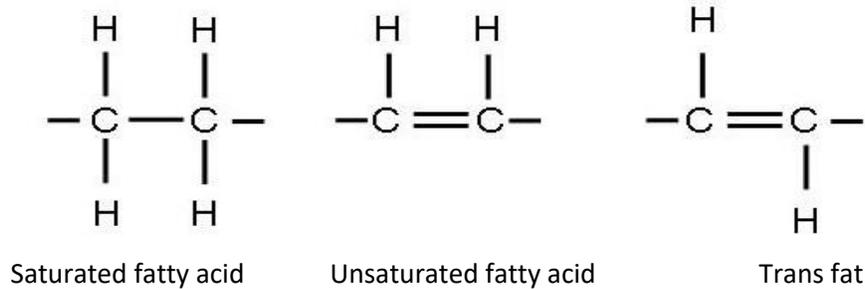
Group 1 shows the chemical composition of palmitic acid, a saturated fat. You will notice that it is made up of 16 atoms of carbon, all linked to hydrogen or oxygen atoms. You will find this composition in palm oil and animals fats, such as butter, cheese, milk and the fat in meat.

Group 2 shows the chemical composition of oleic acid, the most abundant of the long chain monounsaturated fatty acids. You will notice that it is composed of 18 atoms of carbon and that one atom of carbon is linked to another with a double bond (follow the arrow). These two atoms of carbon are found in the middle of the chain and there are 9 carbon atoms after the double bond. We call these Omega-9 fatty acids. Olive oil is made up of 55% to 80% of oleic acids. You can also find this configuration in other vegetable oils, such as grape seed oil, or in some animal oils. Their color is usually pale yellow or yellow-brown.

Group 3 shows the chemical composition of linoleic acid, a polyunsaturated essential fatty acid (meaning it is one that the body cannot produce, so we have to get it from our food). It is of utmost importance in the building of the cellular membrane. You will notice that it is made up of 18 carbon atoms, with two groups being linked together by double bonds (follow the arrows). From the right, you will count 6 carbon atoms before the first double bond. We call these Omega-6 fatty acids. They are found in sunflower, hemp, grape seed, safflower, borage and primrose oils.

Group 4 shows the chemical composition of linolenic acid, a polyunsaturated fatty acid which is found in some vegetable oils and in fish oil. It oxidizes very quickly (becomes rancid). Our body can metabolize this fatty acid. You will again notice that it is made up of 18 carbon atoms, but that this time, there will be 3 double bonds (follow the arrow). You will be able to count 3 carbon atoms from the right, before the first double bond. We call these Omega-3 fatty acids.

The following diagram shows how hydrogen molecules are placed in fatty acids.



Trans fats, also called hydrogenated fats or partially hydrogenated fats, transform liquid fatty acids into solid ones, allowing for a longer shelf life

Trans fats must be avoided. They raise bad cholesterol levels and lower good cholesterol levels (good cholesterol, HDL, cleans up the arteries; bad cholesterol, LDL, clogs them up). Avoid consuming margarine and hydrogenated or partially hydrogenated oils, which are found in most pastries or ready-made meals. **Read the labels of all packaged foods, especially prepared foods.** Even if it says "natural", "pure" or "healthy", **READ THE LABEL.** These are *marketing words*

which mean NOTHING! Most of them will contain hydrogenated or partially hydrogenated oils as well as high fructose corn syrup, not counting coloring agents and preservatives. Do NOT buy or consume!



<p style="text-align: center;">Wise Choices</p> <p style="text-align: center;">Organic</p>	<p style="text-align: center;">Poor Choices</p>
<ul style="list-style-type: none"> • Healthy Organic Cold Pressed Vegetable and Nut Oils • Extra Virgin Coconut/Olive Oil • Organic (raw) butter (from grass-fed cows or goats) • Hemp butter • Avocados • Ghee from organic raw grass-fed animals • Fats from organic grass-fed beef, bison, elk, 	<ul style="list-style-type: none"> • Hydrogenated or Partially Hydrogenated Oils • Commercial oils (corn, canola, soy...) • Processed oils • Margarine • Shortenings • Lard

Health Key # 3:

Oil your machinery wisely! Keep your ATP batteries charged!

Absolutely and totally eliminate hydrogenated or partially hydrogenated products.

4. Vegetables... for a healthy lifestyle

For most people, vegetables should be the staple food. Try an assortment of them and prepare your plate with a variety of colors and textures.

Green leafy vegetables are the most health promoting vegetables. Chop them up into small pieces to digest them better... or juice them.



Should you eat starchy vegetables, i.e., the root kind, like potatoes, carrots, celeriac, etc.? This depends on your metabolism and state of health. For some, it will be a delight, which will enhance your mood. For others, your energy will plummet and your mood will sink. Test them. Be response-able!

Did you know that once upon a time, there were some 4000 different kinds of potatoes? Many are still available in South America. It is sad that our choices are so limited in the western world.

Do I need to mention that French fries and ketchup do NOT, I repeat, do NOT count as vegetables! Whoever got that fancy idea?



Eat your vegetables raw with healthy dips, mixed in salads, steamed or lightly sautéed.

Prepare vegetables from different parts of the world, or go to ethnic restaurants and markets to check what is available and how it is prepared. Check your reactions: some people are very sensitive to these new vegetables.



Grow your own vegetable garden; if you do not have a yard, kitchen gardens are now sprouting all over the place... Buy vegetables at a Farmers' Market in season...



Organic is always better... Frozen is acceptable... Avoid the canned variety, except for tomatoes!

Below are a few of the most common ones:

<p style="text-align: center;">Wise Choices Organic is Best</p>	<p style="text-align: center;">Poor Choices</p>
<p style="text-align: center;">Fresh and in season is best</p> <ul style="list-style-type: none"> • Arugula, Artichoke, Asparagus, Aubergine, Avocado • Beets, Beans, Broccoli, Brussels Sprouts • Carrots, Chards, Cabbage, Cauliflower, Celeriac, Celery, Corn, Cucumber, Collards, Chicory • Dandelion • Endive, Eggplant, Escarole, Edamame • Fennel, Fiddlehead • Greens • Jerusalem Artichoke, Jicama • Kale, Kohlrabi • Lettuce, Leek • Mustard and Mesclun Greens, Mushrooms, Mizuna • Olives, Okra, Onions • Potato, Peas, Peppers, Pumpkins, Parsnip, Purslane • Romaine, Radicchio, Radish, Rutabaga • Squash, Shallots, Spinach, Sweet Potato, Scallions • Tomato, Turnips, Tomatillos • Watercress, Witloof • Yam, Yardlong beans • Zucchini 	<p>Canned</p>

Health Key # 4:

Vegetables should be THE staple food in your diet, especially the GREEN ones.

Fresh, organic and in season is best.

Eat them raw, steamed or lightly sautéed.

Experiment with colors, textures and spices.

Juice them, especially the green variety.

Eliminate canned and overcooked vegetables.

Made it fun and appealing for children (and even adults)



5. Sweeteners: BEWARE!

Sweeteners are the worst culprits of ill-health in our society, which is addicted to sugar and artificial sweeteners. Eliminating sugars from your food is probably the hardest step you will take to transform your life-style. Sugar is ADDICTIVE. It is believed that it is MORE addictive than cocaine and heroin, and just as bad for your health and well-being.



Your body, and especially your brain, needs sugar, or more exactly, glucose. But and this is a big BUT, not all sugars are created equal and you certainly don't need as much as is commonly used in the typical Western diet. Your body recognizes natural unrefined sugars as foods. It does NOT know what to do with the artificial sweeteners that have invaded the market in recent years.

Now, new research also shows that you do NOT need to fuel your brain with glucose. The body can manufacture it from fats and proteins which are healthier and not addictive. We'll talk more about that in *Chapter 10: Leptin and Weight Control*, starting on page 149.

Let's go back to artificial sweeteners. To your body, these artificial sweeteners are poisons. Your body does not recognize them as "friendly," and they can trigger all kinds of symptoms, from abdominal pain to weight gain. The FDA (Food and Drug Administration) lists 92 symptoms, including death from consuming NutraSweet a.k.a. Aspartame. One should wonder why it is still on the market! Splenda/Sucralose may even be worse.



Not only do these artificial sweeteners cause 92 symptoms, which eventually lead to diseases, they interfere with the ability of your brain to broadcast and receive information, which is crucial to your wellbeing. Although

they are a "0" calorie food, they will eventually lead to weight gain, as they disrupt the integrity of the hypothalamus, the body's master computer. Once gained, that weight will be challenging to lose.

What sweetener should you then use? The answer, once again, is simple: the closest to nature as possible. Below you will find a list of healthy sweeteners and a list of unhealthy ones. Keep in mind that you don't need to add much in way of sweeteners in your diet. Quantity is important, even with good sugars.

<p style="text-align: center;">Wise Choices Choose Organic!</p>	<p style="text-align: center;">Poor Choices</p>
<ul style="list-style-type: none"> • Stevia • Coconut Sugar • Coconut Nectar • Raw Unfiltered Honey • Blackstrap Molasses • Rice Syrup • Date Sugar • Maple Syrup • Raw Organic Agave Nectar • Unpasteurized, freshly squeezed fruit juices • Sucanat • Turbinado Sugar 	<ul style="list-style-type: none"> • Artificial sweeteners (Aspartame, NutraSweet, Equal, Splenda...) • Corn Syrup • High Fructose Corn Syrup • Commercial Honey (may not even be honey at all; often mixed with High Fructose Corn Syrup) • Commercial Agave Nectar • Brown Sugar • White Sugar • Pasteurized fruit juices

Health Key # 5:

Choose Sweeteners Wisely and Use Parsimoniously!

Eliminate ALL artificial sweeteners and HFCS from your diet!



6. Meats



I will not go into the controversy as to whether you should eat meat or not. In the end, it depends on your metabolic type, blood type and personal belief, thus it is a personal choice.

Some American Indian tribes believed that it was better to kill animals (humanely) rather than eat plants, which are vibrating at too high a frequency for human consumption. Some Aborigine tribes in Australia use mind transmission or telepathy when they need food. They ask an animal to please sacrifice itself. They use all parts of the animal, in a respectful manner.

If you do not like the idea of killing animals for food consumption, superfoods are available nowadays, which can be used in the place of animal proteins. It is not quite the same, but adequate for most people.

However, you may need animal proteins during some seasons of your life, while being perfectly fine without meat during other seasons. I used to be a raw vegan for a while but that had to stop when I was under a lot of stress, living in terror and running for my life. My kidney meridian had grown cold and I could have died continuing on that lifestyle. I had to eat cooked, hot and spicy foods, to re-balance that meridian.

Later on, I learned that if I wanted to enjoy optimal health, I had to eat some meat, as my blood type was O and I had a “protein” metabolic type.

I find that it's easy for me to live on raw vegetables in summer, and that I need more meat and cooked vegetables during the colder part of the year. Raw vegetables tend to be cleansing while cooked vegetables tend to be more nourishing.

Once again, observe yourself and be response-able.

One of my goals in life is to be healthy. "I am healthy!" is a powerful statement. Saying "I am" in a sentence is energetically powerful, thus BEWARE what follows "I am..."! Being healthy does not mean being vegetarian, vegan, raw foodist, breatharian, or meat eater. It simply means HEALTHY, whatever is best for you at this time of your life. No need to fall into a virtue signaling contest.

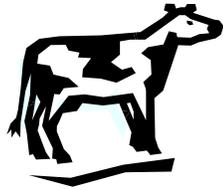
If I had kept the idea "I am a raw-foodist and will never again eat cooked food," I may not have survived.

That being said, there are wiser choices when it comes to proteins. Meat laden with chemicals is obviously not a healthy choice. Check the table below, and make healthy choices!

You probably heard about the inhumane conditions in which animals-for-food are living and dying. It's the furthest from a natural environment. They are kept in cramped quarters where they can hardly move. They are given food which is unnatural to their digestive system. They are pumped with antibiotics and hormones and then are painfully butchered. It's an ugly situation. Torture!

You now understand about energy and the energy of food. Why would you want to eat meat from an animal that has been tortured? What do you think its energy might be? What will be transmitted to you?

Shellfish, pork, ostrich and fish without scales belong in the "Poor Choices" side, as they leave more residues in your body. Just as some kinds of wood in a fireplace burn cleaner than others, so it is with meat. Some are digested easily, others leave toxins, burdening the body.



Wise Choices Organic Meats	Poor Choices
<ul style="list-style-type: none">• Free range chicken, turkey, duck• Venison - deer, elk, antelope• Grass-fed beef, bison, goat• Wild caught fish, with scales (beware of Fukushima radiation pollution in some parts of the ocean)• Smoked/dried meats with no preservative	<ul style="list-style-type: none">• Chickens raised in tight coops• Turkey raised in tight coops• Pork, boar, lard, ham• Commercial beef• Ostrich• Kangaroo• Farm-raised fish, shellfish• Processed cold cuts

Health Key # 4:

**If you choose to eat meat, choose organic and naturally raised animals
from the "Wise Choices" List**

**Eliminate processed meats, pork, farm-raised fish, and
commercial beef, chicken and turkey**

7. Dairy and Eggs

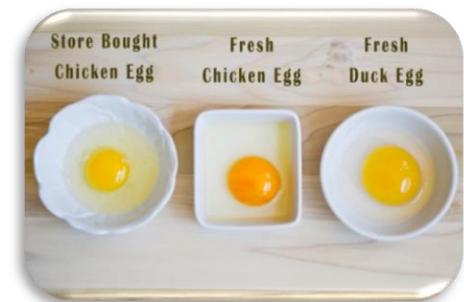
I have put dairy and eggs in the same category because, although they are animal products, you do not have to kill the animal (yes, I realize some eggs are fertilized, so technically, it could be called an abortion). I remember somebody teasing me about that when I was a vegetarian, and ate eggs.



Once again, my suggestion: be response-able! How do you feel after using dairy products like drinking a glass of milk, eating ice-cream, cheese or yogurt? If you are fine... you may not react to dairy. Some people have a gene which allows them to digest dairy products quite fine. For others, it wrecks havoc in their digestive, immune and/or respiratory systems. It has a tendency to acidify the body, so beware.

How do you feel after eating eggs? It is on the list of foods that can cause allergies. Chickens are NOT vegetarian. The idea of getting eggs from chicken that have been fed a "vegetarian diet" does not make sense. They like to peck and scratch and eat bugs. "Pastured raised" is better than "Cage Free," as the latter may simply mean that the hens have some 3 square feet to move around. That's not enough to make a hen happy. Think again about the energy that you are going to eat. Happy hens have energy with higher frequencies, therefore that energy will be transferred to you.

My children and I used to live on a mini-farm, with ducks, geese and rabbits (as pets). We came to truly enjoy duck and geese eggs. Have you tried them? The Farmers' Market in Las Vegas often has duck eggs. Delicious although a bit pricier.



Some ducks lay as many eggs as chickens - for those of you who would like to raise a few ducks - and some city ordinances now allow people to have ducks. They have an endearing personality and are so much fun to watch... an added benefit.

Choose the healthy kind of dairy and eggs if you decide you are fine with them. It's quite simple... choose organic raw dairy from grass-fed cows if possible (raw is not available in some states) and eggs from healthy and happy hens.

<p style="text-align: center;">Wise Choices</p> <p style="text-align: center;">Organic</p>	<p style="text-align: center;">Poor Choices</p>
<ul style="list-style-type: none"> • Whole milk from pasture-raised cows • European butter is more easily digested • Try different cheeses from different countries - choose raw cheeses • Kefir and yogurt (unsweetened) are usually more digestible than milk • Goat/ewe products are usually of better quality and more easily digested • Eggs from pastured raised hens 	<ul style="list-style-type: none"> • Pasteurized milk/cream/dairy • Homogenized milk/cream/dairy • Low-fat or no-fat milk/cream/dairy • Colored cheeses • Processed cheeses • Yogurt with sugars and artificial color/flavor • Commercial eggs

Health Key # 7:

If you choose to consume dairy, buy organic raw products.

If you choose to consume eggs, get eggs from healthy and happy hens.

Eliminate homogenized, pasteurized, and processed dairy.

Stay away from regular, commercial eggs.

8. Fruits for the Young

Fruits are good for you, right? Well, yes and no.

They are easy to digest and they help your body detoxify. Unfortunately, many fruits today are hybrids. They have been “modified” to be bigger, and taste sweeter, as people tend to enjoy sweet things better.



What fruits are healthier to consume depends on your blood type, your metabolic type and your age.

Type O blood is the one benefitting the least from fruits, as is the protein metabolic type. After about the age of 40-45, fruits may trigger what Dr. Gundry calls “killer genes,” which hasten your way to the grave.

Summary: eat fruits in moderation, in season, from organic orchards, with heirloom varieties being the best. Berries have many antioxidants (they keep you from "rusting" too early) and have a low glycemic index (meaning the sugar in them will take a longer time to digest and will not spike your insulin), making them one of the best fruits to consume.

As an example, below is a chart with some of the fruits recommended or to be avoided from Dr. D’Adamo’s *Eat Right for Your Blood Type*. Dr. D’Adamo spent years doing research on how different blood types react to different foods.

Use it as a starting point and not as gospel. The human body is quite complex; the only way to get to the “perfect” balance is by trial and error. Books and classes can help shorten the time it takes to define what is best, but in the end, YOU are the expert on reaching your ideal state of health.

In order to “know” how your body reacts to a certain food, experiment. Don’t eat a specific fruit for three to four weeks, then eat it again. You will notice how, or if, it affects you. Then, be response-able: make the appropriate choice.

	Blood Type O	Blood Type A	Blood Type B	Blood Type AB
Beneficial	Figs Plums Prunes Cherries	Most fruits are good for this type, especially Pineapple Grapefruit Cherries Apricots and Berries	Eat fruits liberally, especially Pineapple Bananas Grapes Cranberries Plums	Does not do well with most tropical fruits, except Pineapple. Cherries Cranberries Figs Grapes Kiwis Lemons, Plums
Avoid	Strawberries Oranges Tangerines Melon Rhubarb	Bananas Coconuts Mangoes Cantaloupe Oranges Papayas Plantain Rhubarb Tangerines	Persimmons Pomegranates Rhubarb Star fruit Prickly pear	Bananas Guava Mangoes Oranges Persimmons Pomegranates Prickly Pears Rhubarb Starfruit



Health Key # 8: Moderation!

Eat fruits according to your blood and metabolic types.

Reduce your consumption of fruits after the age of 40-45.

Eat fruits fresh, organic, in season, from local orchards.

Dried and frozen are OK.

Freshly squeezed juices are OK in moderation (add equal amounts of water).

Eliminate canned fruits... and fruits pies!

Stay away from canned and pasteurized fruit juices.

(They lack nutrients and have too high a sugar content)

9. Nuts

Although not correct botanically, any large, oily kernel found within a shell and used in food may be regarded as a nut for culinary purposes.

The "nut family" comprises edible seeds such as almonds, pecans, walnuts, hazelnuts, Brazil nuts, Macadamia nuts, pine nuts and pistachios. Peanuts and cashews are NOT considered part of this family, but are part of the legume family.



Rich in proteins and healthy fats, nuts are often found on the list of snacks, as they provide an excellent source of energy. They can be eaten raw (soaked overnight is best), sprouted, roasted or even cooked.

Caveat 1: they are one of the most common food allergens, so be response-able, and watch whether or not your body reacts to them.

Caveat 2: Phytic acid, which produces an enzyme and mineral absorption blocking effect, is present in the coatings of seeds and nuts. Soaking nuts for 6 to 12 hours eliminates this problem.

Caveat 3: Most nuts and seeds are rich in Omega-6 fatty acids and can upset your balance of Omega-3 to Omega-6, thus may aggravate potential inflammation. Be sure to stay balanced.

One of the biggest nutritional **myths** of all times is that eating foods high in healthy fats will make you fat. A small handful (1/8 to 1/4 cup) of soaked or sprouted organic nuts offers one of the most nutritious and health-promoting snacks available. Nuts can also help decrease your body-mass index, your weight and your waist circumference.

Health Key # 9:

Unless you have allergic reactions to nuts, enjoy a small snack of soaked or sprouted organic nuts as a high energy pick-me-up.

Stay away from canned salted nuts.

A bit of trivia: sometimes, you can tell what part of your body some food would be good for. Greek children in days gone by used to learn that. If you cut a very thin slice of carrot, you can see an eye. An avocado has the shape of a womb. Broccoli looks like bronchi. What do walnuts look like? The two sides of the brain. Walnuts are a brain-food.



10. Grains / Cereals

Grains - wheat, rice, corn, oats, barley, etc. - are the staple food in most countries of the world, since the agricultural revolution.

YET... most human beings do NOT digest/process grains in a favorable manner. Many people suffer from health challenges due to the consumption or over-consumption of grain products.



Wheat for instance, with its high gluten content, countless re-engineering and refining, is considered to be one of the most likely culprits of IBS (Inflammatory Bowel Syndrome), ulcerative colitis, Crohn's and Celiac Diseases, as well as precursor to many others, such as obesity, high blood pressure, cancer, depression, ADD/ADHD, and Alzheimer's disease. Gluten sensitivity may be at the root of many neurological- and psychiatric conditions as well.

Chronic inflammatory and degenerative conditions are endemic to grain-consuming populations.

Although eating sprouted bread became part of a health movement, it is now being questioned. "Not only do sprouted whole wheat contain the highest amounts of wheat lectin, sprouted grains also contain benzoxazinoids (BAs)—a surprisingly toxic component!" from a series of articles on the website Green Med. <http://www.greenmedinfo.com/>

Each grain of wheat contains about one microgram of Wheat Germ Agglutinin (WGA). Even in small quantities, WGA can have profoundly adverse effects. It may be pro-inflammatory, immunotoxic, cardiotoxic and neurotoxic.

Continuing with Green Med Info:

“WGA can pass through the blood brain barrier (BBB) through a process called ‘adsorptive endocytosis’ ... WGA may attach to the protective coating on the nerves known as the myelin sheath and is capable of inhibiting nerve growth factor which is important for the growth, maintenance, and survival of certain target neurons.”

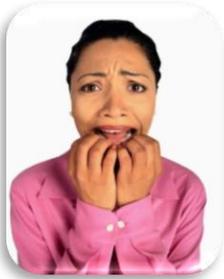
Within the same articles, we find that other foods in the Western diet have properties similar to wheat. Because they contain "chitin binding lectins", substances akin to wheat lectin (WGA), these foods therefore are functionally similar to wheat. Chitin-binding lectin containing foods include:

- Potato
- Tomato
- Barley
- Rye
- Rice



Be Response-able... Observe your own reactions and choose accordingly.

Dr. Mercola points out that, "Unfortunately, there's a large body of evidence indicating that whole grains, and whole wheat in particular (yes even organic), can contribute to significant health problems—both physical and mental. This evidence, however, has not registered with the U.S. Department of Health and Human Services, the U.S. Department of Agriculture (USDA), or the Food and Drug Administration (FDA)—the first two of which developed the dietary guideline to consume three or more ounces of whole grain products per day."



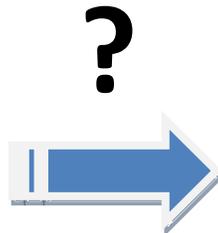
Continuing with Dr. Mercola's research and observations, "Most people fail to realize that your gut is quite literally your second brain, and actually has the ability to significantly influence your:

- Mind
- Mood
- Behavior

Wheat germ agglutinin (WGA) can damage both your gut and your brain in various ways. But damage to your gut can also, by virtue of the gut-brain connection, alter your mind, mood and behavior all by itself... Anxiety and depression are actually part of the signs and symptoms of celiac disease, for example.



When you begin to review the evidence stacked up against whole grains, it becomes rather self-evident that our reliance on wheat and other grains may be one of the primary culprits for the poor health of so many."



Recounting my personal experience, I used to buy over 100 lbs. of wheat berries a month to bake what I called "healthy breads, cakes and cookies" for my family.

I had all the "health" equipment to mill the grain and prepare loaves after loaves of delicious tasting breads of different shape, size and texture. I taught my children to bake.



Unfortunately, it turns out that my children and I have Type O blood, which most strongly reacts to wheat/gluten products. Unknowingly, I destroyed my intestinal tract and experienced problems with my heart's electrical system. Likewise, some of my children experienced health challenges directly linked to the consumption of wheat⁽⁴⁾.



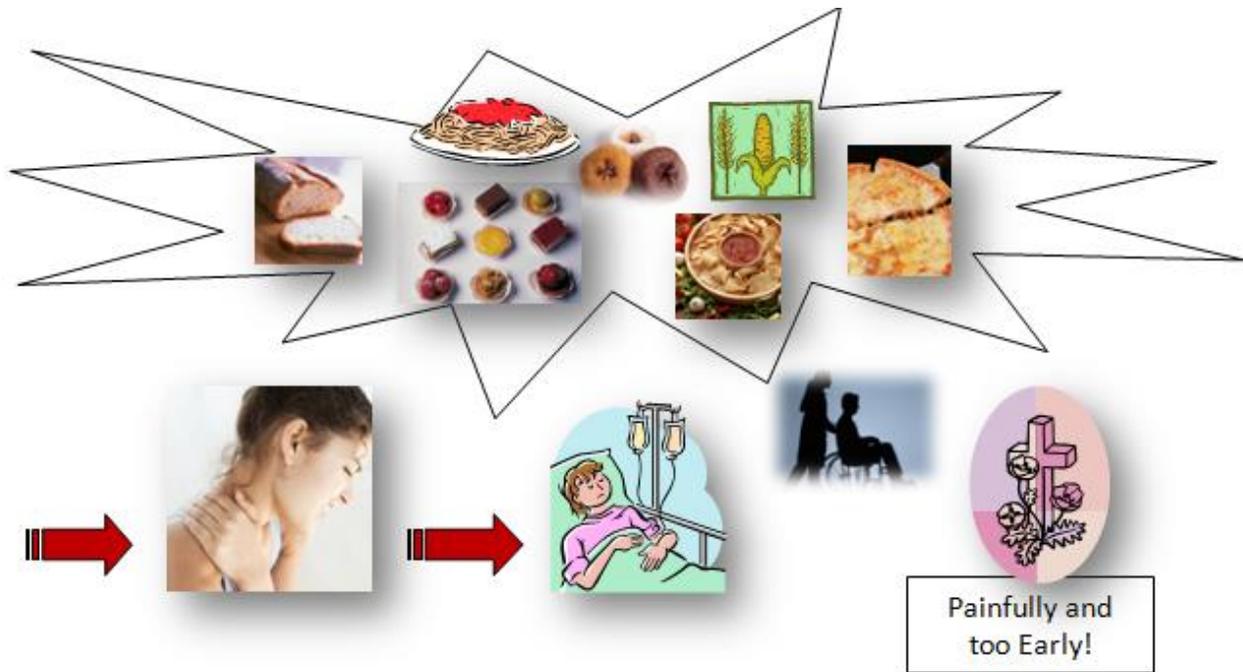
How do you know? One way is to use the heart test described in Dr. Hass's *False Fat Diet*. Check your heart rate before eating... and 15-30 minutes after eating. If your heart rate goes up (without changing your activity), you may be sensitive to it.



Another way to check whether you have a reaction or not is to stop consuming wheat (or rice, corn, etc.) for three to four weeks, then eat it again. Observe how your body reacts to it. Do you suddenly have pains in your joints or feel congested? Is your vision altered? Does your heart rate increase or slow down? Do you feel sluggish or sleepy? Brain fog? Pain in your gut?

If that is the case, stop consuming one or all grains for three months, then introduce it/them back slowly, if you still wish to eat them. Use a rotation diet. Don't eat one kind more than once every four days, in limited quantity. Unless you have a very strong sensitivity to it, it may be okay for you to eat grains once in a while.

Health Key # 10: GRAINS - CAUTION!!! BEWARE!!!



Wild Rice and Quinoa are NOT Grains, they are Herbs, therefore do not fall into the grain category.

11. Legumes

The most common legumes are peas, beans, lentils, carob, soy, cashews and peanuts. They are encouraged in some diets (like the South Beach Diet). They belong to the carbohydrate family and have a low glycemic index, which means their starch is broken down and absorbed very slowly.



Considered a good source of fiber, an inexpensive and dense source of proteins (although not a complete protein as they lack some amino acids), they are often neglected in typical Western diets, yet are an important part of traditional diets around the world.

Some people love them... some people don't. Some people digest them well... some people don't. How does *your* body react to them?



Wise Choices - if you digest them well	Poor Choices
<ul style="list-style-type: none"> • Adzuki Beans • Black Beans • Black-eyed peas • Broad Beans (Fava Beans) • Butter Beans • Calico Beans • Cannellini Beans • Carob • Cashews • Chickpeas (Garbanzo Beans) • Edamame • Great Northern Beans • Italian Beans • Kidney Beans • Lentils • Lima Beans • Mung Beans • Navy Beans • Peanuts • Pinto Beans • Soy Beans, including black soy beans • Split Peas • White Beans 	<ul style="list-style-type: none"> • Sweetened and canned beans • Beware of Tofu and other Soya Products... Not as healthy as it first appeared; they are now linked to hormonal challenges (fermented Soy Bean products are ok)

Health Key # 11:

Legumes: if you and your body like them... eat them.

Stay away from the canned and sweetened kinds.

12. Seaweeds

Edible seaweeds are red, green and brown algae that can be eaten and used in the preparation of food.

Unlike land-based plant foods, they contain a complete protein. Usually high in fiber, they also contain sodium, potassium, magnesium, copper and zinc and high amounts of iodine. You will find vitamins A, B, C, E and K in most of them. Seaweeds have been part of the diet in China, Japan and Korea for millenniums. You will also find seaweeds in some traditional European countries, such as Iceland, Norway, France, Ireland, and parts of England.



Here are some ideas about the most common seaweeds, gleaned from different internet sites:

1. **Nori** is a popular type of seaweed. It has a meaty and sweet flavor and can be found in many types of sushi. If you enjoy sushi restaurants, you may have eaten Nori. It is often wrapped around rice, as is the case of California rolls. It can also be found in miso soup and salads. Nori has the highest amount of protein compared to the other types of seaweeds.
2. Another type of seaweed is **Hijiki**. When dried, it resembles black noodles. It can be used in stews, casseroles, teas, salads, salad dressings and even in burgers when well chopped.
3. **Dulse** is one form of seaweed that you will find in Ireland, Canada and in the Northern part of Europe. It has a hand-like shape. Its flavor is salty and a bit spicy. It can be chewy. Dulse is used in soups, salads, and stir-fried dishes. Dulse is very high in vitamins B6 and B12.

4. **Sea lettuce** is seaweed that looks like lettuce and has a strong odor. It is fragile and tears into pieces easily. Sea lettuce is often used in salads and soups. Sea lettuce is very high in iron.
5. Another type of seaweed is **Kombu**. It has a bacon-like taste when roasted and is full of nutrients.
6. **Wakame** has a darker green or brown color. It works very well in soups, stews and casseroles. Some people also put it in rice while it is cooking. Wakame has the highest amount of calcium.

If you decide to integrate seaweeds into your diet, start slowly and use them initially with moderation.



Health Key # 12:

Include seaweeds in your meals to boost nutrient content.

Beware if you have iodine restrictions.

13. Mushrooms

They bring back fond memories of my childhood, as I used to go pick fresh mushrooms in the forest with my dad and grand-fathers.

Many physicians, naturopaths and health advocates recommend the consumption of mushrooms. What are they good for?



Low in calories and carbohydrates, high in fiber, vitamin B2 (Riboflavin), B3 (Niacin), B5 (Pantothenate) and D, as well as in copper and selenium, they are most well-known for their immune-boosting and anti-oxidant properties. One in particular, ergothioneine, is a master anti-oxidant unique to mushrooms.

According to Dr. Seneff, *"It is one of the only antioxidants identified so far that our cells use as a transport system to actively take ergothioneine across the cell membrane into the cell, to the points of oxidative stress."* It means that it has a very specific role in protecting your DNA from oxidative damage that makes you grow old.

Studies show that consuming a variety of different mushrooms of different species elicit a very broad-based immune response. If mushrooms are not on your list of favorites, supplements in the form of capsules are available.

Allergies to mushrooms are rare, but some people do find them hard to digest.

No known toxicities or resistance build-up are associated with mushrooms. Your body will simply use what it needs and expel the rest. One of the most famous medicinal mushrooms is Reishi, revered as "the mushroom of immortality" by the Chinese, who typically take it every day.



Cultivated white or "button" mushrooms found on supermarket shelves throughout the United States (Portobellos and Crimini mushrooms are of the same species) contain natural carcinogens. Just how dangerous these natural toxins are is unknown, according to Dr. Andrew Weil. His favorite varieties are more exotic, and found below:



- **Shiitake:** These meaty and flavorful mushrooms contain a substance called eritadenine, which encourages body tissues to absorb cholesterol and lower the amount circulating in the blood. Shiitakes also have antiviral and anticancer effects. Dried shiitakes, available at Asian grocery stores, are also effective. Fresh ones are readily available thanks to domestic cultivation. (To prepare, remove stems or slice fresh ones thinly; they are often tough.)
- **Cordyceps:** A Chinese mushroom used as a tonic and restorative, it is also known for improving athletic performance. You can buy whole, dried cordyceps in health food stores and add them to soups and stews, or drink tea made from powdered cordyceps. You can also get cordyceps in liquid or capsule form. To treat general weakness, it is recommended to take cordyceps once or twice a day, following the dosage advice on the product. For health maintenance, take it once or twice a week.
- **Enoki:** Slender white mushrooms that need only brief cooking and have a very mild taste. They are good in soups and salads. Enoki mushrooms have significant anticancer and immune-enhancing effects.

- **Maitake:** This delicious Japanese mushroom is also called "hen of the woods" because it grows in big clusters that resemble the fluffed tail feathers of a nesting hen. You should be able to find it dried or fresh in Japanese markets, gourmet foods stores, or upscale supermarkets. Maitake has anticancer, antiviral, and immune-system enhancing effects and may also help control both high blood pressure and blood sugar levels.
- **Reishi:** Strictly a medicinal mushroom, not a culinary one, Reishi is woody, hard, and bitter. Like Maitake and other related mushrooms species, Reishi can improve immune function and inhibit the growth of some malignant tumors. It also shows significant anti-inflammatory effects, reduces allergic responsiveness, and protects the liver. You can buy dried, ground mushrooms and use them to make tea if you don't mind the bitterness. Otherwise, buy Reishi tablets, liquid extracts or capsules, which are available in health food stores and follow the recommended dosage. Take Reishi every day for at least two months to see what it can do for you.



Wise Choices	Not So Wise Choices
<ul style="list-style-type: none"> • Shiitake • Cordyceps • Enoki • Maitake • Oysters • Reishi • Chanterelles • Morels • Porcinis 	<ul style="list-style-type: none"> • White Buttons • Brown Buttons • Crimini Mushrooms • Portobellos • Poisonous ones! Can be deadly! 

Health Key # 13:

Include mushrooms in some meals or as supplements

to boost your immune system.

Restrict the consumption of “button” mushrooms,

and totally avoid poisonous ones.



14. Condiments

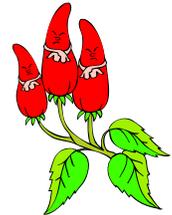


According to Wikipedia, "a condiment is an edible substance, such as sauce or seasoning, added to food to impart a particular flavor, to enhance its flavor, or in some cultures, to complement the dish."



Examples of condiments are salt (see the section on salt, page 29), pepper, chutney, ketchup, chili sauce, mustard, olive oil (see the section on oil, page 32), pickle, relish, vinegar, mayonnaise, wasabi, and a variety of single herbs or blended herbs from different countries, such as "Italian Herbs," "Mexican Herbs," "Herbes de Provence," "Greek Herbs," etc.

Herbs have many medicinal properties. It is not the goal of this book to enter into a treatise on herbs, but it is highly recommended that you become familiar with the wild herbs available in the part of the world you live in, as they offer additional health benefits for ailments typical of the region.



Wise Choices	Poor Choices
<ul style="list-style-type: none">• Herbs• Herbal blends• Healthy salt• Healthy oils	<ul style="list-style-type: none">• Any condiment with sugar• Any condiment with HFCS - (High Fructose Corn Syrup)• Any condiment with artificial anything• Any condiment with MSG (Mono Sodium Glutamate)

Health Key # 14:

Flavor your food with healthy salts and oils, herbs and herbal blends.

Stay away from condiments that include sugar, HFCS or artificial anything.

15. Superfoods for Health and Longevity

What are Superfoods? Foods that are

NUTRIENT RICH - CALORY POOR



82-year-old man

According to the latest research, Superfoods are what will lead you to longevity IN GOOD HEALTH! Who wants to live a long life when it becomes painful to even move? Who wants to live a long life when one's memory fades?



86-year-old woman

Today, there is an abundance of local, fresh, organic produce available almost anywhere. Focusing especially on green leafy vegetables and wild berries is a good start.

We also have what most of us call "weeds" growing around... they are packed with nutrients. One of the best introductions to "edible weeds" is Markus Rothkranz's DVD series, *Free Food and Medicine - Wild Edible Plants in Your Area*.



<http://MarkusRothkranz.com>

Then, we have more exotic Superfoods which have invaded most markets and grocery stores nowadays, or which are available for sale on the internet.

Listed below are a few examples.

a) Green Superfoods



Green Superfoods are known to have one of the highest, if not the highest, concentration of nutrients which are easily digestible, as well as vitamins, minerals, fat burning compounds, proteins, healthy bacteria and phytochemicals (compounds that occur naturally in plants, responsible for color - deep purple in blueberries for example, and smell for garlic - that may have a significant nutritional value when derived from whole foods).

Research shows that consuming green Superfoods, which are rich in chlorophyll (the pigment that gives the green color to plants, which has a molecular structure similar to human blood) increases the production of hemoglobin in the blood. More hemoglobin means more oxygen-rich blood, leading to more energy and less toxicity. Here are good choices:

- **Wheat grass** - Wheat grass is the sprouted grass of a wheat seed. Because it has been sprouted, it no longer contains gluten or other common allergic agents, like the whole berry. Wheat grass is super alkalizing and is excellent for promoting healthy blood. It normalizes the thyroid gland to stimulate metabolism. It thus assists digestion and promotes weight loss thanks to its high enzyme content and cleansing effect.



- **Barley grass** - Barley grass has 11 times more calcium than cows' milk, 5 times more iron than spinach and 7 times more Vitamin C and bio-flavonoids than orange juice. It contains significant amounts of Vitamin B12 which is very important in a vegetarian diet. Barley grass juice has anti-viral activities and neutralizes heavy metals such as mercury in the blood.



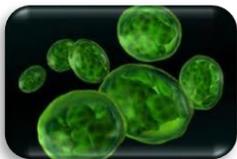
- **Wild blue-green algae** - Its power is immense. Wild blue-green algae are phyto-planktons and contain virtually every nutrient. With a 60% protein content and a more complete amino acid profile than beef or soy beans, it also contains one of the best-known food sources of beta carotene, B vitamins and chlorophyll. It has been shown to improve brain function and memory, strengthen the immune system and help with viruses, colds and flu.



- **Spirulina** - Spirulina is a cultivated micro-alga which has been consumed for thousands of years by the indigenous peoples in Mexico and Africa. It is one of the highest known protein sources on Earth and contains 70% complete protein, towering over steak which consists of only 25% protein once cooked. Studies have shown that Spirulina can help control blood sugar levels and cravings thus making it a key food for diabetics. It can be used to assist in weight loss and as a general nutritional supplement.



- **Chlorella** - Chlorella is a fresh water alga and like its other algae cousins contains a complete protein profile, all the B vitamins, vitamin C and E and many minerals. It is amazing for the immune system and for reducing cholesterol and preventing the hardening of the arteries, a precursor to heart attacks and strokes.



- **Green leafy vegetables** - Green leafy vegetables are readily available and highly nutritious. Unfortunately, most people do not eat enough of them. Studies continuously confirm that populations that eat a diet high in green leafy vegetables run a far lower risk of heart disease and cancer. Fresh raw green leafy vegetables contain high doses of chlorophyll, easily digestible proteins, enzymes and a wide range of vitamins and minerals. These particular vegetables act as mini-transfusions for the blood, a health tonic for the brain and immune system and a cleanser of the kidneys. Try any of the following: rocket, spinach, dandelion greens, kale, watercress, parsley, lettuce, endive, chicory, broccoli sprouts and mustard sprouts.



b) Bee Products



Some people have allergies to bee products so, once again, be Response-able!

- **RAW, ORGANIC HONEY**, eaten in small quantity only, as it is quite high in calories, has anti-bacterial, anti-viral, anti-fungal substances and is an anti-oxidant - *"A Spoonful a Day Keeps Free Radicals at Bay."* Make sure it is **raw and organic!**
- **POLLEN** is one of the richest known sources of vitamins, minerals, proteins amino acids, hormones, enzymes and fats, and has a significant quantity of natural antibiotics. Most of the known vitamins in pollen exist in perfect proportion, which further enhances their value. Bee pollen contains up to 59 different trace minerals, and all minerals found in pollen are present in a highly digestible form. Pythagoras, Hippocrates, Pliny and Virgil all referred to pollen's substantial rejuvenating power, as well as its ability to retard aging.

Bee pollen has a dramatic effect upon mental perception during athletic performances. The I.Q.'s of children have been boosted during documented clinical tests, and resistance to stress has been significantly increased in both animals and humans. If you want to know more about the amazing and wonderful properties of Bee Pollen, go to: <http://www.alternativescentral.com/beepollen.htm>

- **PROPOLIS** has natural germicidal properties, proven antibiotic and antiseptic properties and may also have antiviral and anti-inflammatory effects. Propolis contains 500 more bioflavonoids (vitamin P) than is found in oranges.

Except for vitamin K, Propolis has all the known vitamins. Of the fourteen minerals required by the body, Propolis contains them all with the exception of sulfur. Synthetic antibiotics carry with them side effect; Propolis, sometimes called Nature's Penicillin is a natural antibiotic, with no such side effects. Propolis has also been shown to fight bacterial strains that have become resistant to synthetic antibiotics.

- **ROYAL JELLY** has anti-oxidant, anti-inflammatory, immune system modulator properties. It protects the liver and helps to heal the skin while controlling blood sugar and cholesterol. It also contains acetylcholine, a substance that allows messages to travel from one nerve to another in the brain, thus it enhances brain function.



c) Coconut Products

- **COCONUT WATER:**

Have you ever drunk the water from a freshly opened coconut? It is refreshing, hydrating and energizing. My grand-children loved it as babies, and still do now, when I prepare a morning smoothie with fresh coconuts.



Coconut water is the fluid that's found in the cavity of the coconut when you crack it open. It contains no fat and is very low in calories (about 50 calories for one cup), most of them from natural sugars. In addition to water and sugar, coconut water contains some minerals such as potassium and magnesium, and became prized as a sports drink to replace electrolytes lost during strenuous exercise. Compared to a sports drink made with refined sugars, artificial flavoring and food colorings, coconut water represents a solid upgrade.

Zico, a brand of bottled coconut water, states, "For more than 4,000 years, coconut water has been revered as a natural source of nutrition, wellness, beauty and hydration. In times of famine and war, coconut water has been used as an intravenous fluid and saved many lives. It's the only natural substance that can be safely injected into the human blood stream. Now modern science has validated its effectiveness." I would not try to inject myself with it, but I thought it was an interesting bit of trivia.

- **COCONUT OIL:**

Taunted almost as an elixir, coconut oil has been used in many countries for generations. The benefits of coconut oil can be attributed to the presence of lauric, capric and caprylic



acids, with properties such as antimicrobial, antioxidant, antifungal, antibacterial, soothing, etc. Coconut oil is known for boosting the absorption of vitamins and minerals and is now used in weight reduction programs. It contains short and medium-chain fatty acids that help in taking off excessive weight. It is easy to digest and helps in the healthy functioning of the thyroid and enzymatic systems. Further, it increases the body's metabolism by removing stress on the pancreas, thereby burning out more energy and helping obese and overweight people reduce their weight.

To learn more on the astounding health properties of coconuts, the list of which is too long to enumerate here, check the interesting articles found on the Coconut Research Center site: <http://www.coconutresearchcenter.org/>

d) Exotic Superfoods

- **RAW CACAO** - It is believed that cacao has the world's highest concentration of anti-oxidants, meaning it helps you stay young by scavenging free radicals, which cause you to "rust," i.e., age early. Beware however: not all cacao has this high form of anti-oxidant properties. This superfood needs to be processed at temperatures lower than 40°C; check that you get raw, organic cacao, in powder, nibs or whole bean form. Processed commercial chocolate or cocoa powder is NOT the same! Cacao is high in magnesium and iron. This bit of trivia from http://www.foodmatters.tv/Health_Resources/Super_Fruits_and_Nuts:





"One small 28 gram serving of raw cacao beans gives 314% of the recommended daily allowance of iron. And if that is not enough, raw cacao beans have an antioxidant (ORAC) score of 95,500. To put that into perspective, that is 14 times more flavonoids (antioxidants) than red wine and 21 times more than green tea."

- **MACA** - Also known as Peruvian Ginseng, the powder from this root is an adaptogen that has been cultivated for over 2000 years and which was used by Inca warriors to



gain strength and endurance. Maca provides fatty acids, calcium, phosphorus, vitamin B12, B1, B2, C and more. It supports the nervous, digestive and reproductive systems, helps to reduce adrenal stress, bringing bodies back into balance, improves libido and fertility and is used by bodybuilders who want a natural



alternative to anabolic steroids.

For a SUPERFOOD TRAIL MIX, add cacao nibs to these three Superfood Berries:

- **GOJI BERRIES** - Originally from Tibet, this plant has made its way into our grocery stores... and our gardens, as it is very resistant to climate and temperature changes.



Goji berries are another anti-oxidant rich superfood, providing iron, magnesium, potassium, copper, calcium, vitamin B1, B2, B6, C and E, healthy fatty acids and proteins. It supports the immune system, tones the body and has anti-aging properties.



- **GOLDEN BERRIES** - also called Incan Berries, are full of amazing health benefits. Some holistic practitioners even advise eating golden berries in lieu of a multivitamin as they are high in vitamins A, C, B1, B2, B6, B12 (a difficult vitamin to get on a vegan diet) and bioflavonoid or vitamin P. Vitamin P contains antiviral, anti-carcinogenic, anti-inflammatory, antihistamine and antioxidant qualities.



- **MULBERRIES** - Another anti-oxidant rich fruit, mulberries grow on trees in Turkey, where I got to pick and taste them fresh. Dried, they are often found as part of a trail mix and are an excellent source of iron, calcium, vitamin C and resveratrol (the benefits of resveratrol include: fighting inflammation, revitalizing nerve cells, reducing buildup of plaque in arteries, lowering LDL cholesterol levels, maintaining healthy weight, supporting longevity and anti-aging, promoting brain and kidney health by protecting against oxidative stress, and fighting liver disease by reducing amount of fat produced in the liver).



e) "Old Fashioned" Superfoods

- **Organ Meat, the Superfood of the Animal World...** I know, I know... most people cringe when hearing about eating liver, heart, brain, etc. Nonetheless, they are Superfoods known to our ancestors and used by many tribes around the world. Here is what Dr. Mercola has to say:

"The consumption of organ meats has fallen out of favor in the West, which may be a mixed blessing. Liver, kidney, heart and other animal organs from organically raised, grass-fed animals, are some of the most nutrient-rich foods you can eat.

Unfortunately, that's *not* how most animals-for-food are raised these days. In today's world of high calorie/high carbohydrate but *low nutrient foods*, most people would benefit greatly from adding these superfoods back into their diet.

However, I advise against eating organ meats from animals raised in confined animal feeding operations (CAFOs). The diets, veterinary drugs and living conditions of such animals are not likely to result in healthy organs, so be sure to find out where the organs came from, should you decide to pick some up at your local grocer.

Many traditional cultures and their medicine men—including Native Americans—believe that eating the organs from a healthy animal supports the organs of the eater.

For example, a traditional way of treating a person with a weak heart was to feed the person the heart of a healthy animal. Similarly, eating the brains of a healthy animal was believed to support clear thinking, and animal kidneys were fed to people suffering from urinary maladies.

There are countless reports about the success of these types of traditional practices. We can thank Dr. Weston A. Price for an enormous body of research about the health benefits of traditional diets.

Organ meat is a nutritional powerhouse, loaded with vitamins, minerals, amino acids and other compounds vital to your health. Liver in particular is packed with nutrients, which is why predatory animals eat it first and why it has been so highly prized throughout history.

Unfortunately, organ meats have been unfairly demonized in the West thanks to some persistent dietary myths, including beliefs that animal fat and cholesterol are bad for your health. Nothing could be farther from the truth!

Dr. Price, who studied this extensively, found that native cultures who maintained traditional diets—whole foods from plants and animals—had excellent teeth and were free of the chronic diseases plaguing society today. They experienced very little cancer, heart disease, diabetes, mental illness, or even birth defects. But why? What accounts for such drastic health differences?

Organ meats offer a rich *mélange* of nutrients your body needs for optimal function, in concentrations hard to find anywhere else. The most significant ones are outlined in the following table.

Liver is the most commonly consumed organ meat in the US—and for good reason: it's one of the most nutrient-dense foods in existence. Liver is held sacred by many African tribes, and practically every cuisine has liver specialties. It simply contains more nutrients, gram for gram, than any other food:

- Liver is nature's most concentrated source of vitamin A (retinol)
- It contains an abundant, highly usable form of iron
- Three ounces of beef liver contains almost three times as much choline as one egg
- Liver is one of the best sources of copper, folic acid, cholesterol, and purines
- It also contains a mysterious "anti-fatigue factor," making it a favorite among athletes

The liver is often described as an organ that "filters" your blood of toxins, which may seem concerning in terms of eating it. In reality, laboratory analysis has proven that liver is actually completely safe for consumption and has no higher concentration of toxins than the rest of the body. This is due to the fact that your liver is not really a "filter," but more of a chemical processing plant, rendering toxins inert and shuttling

them out of your body. If your liver contains large amounts of toxins, so do you! And the same goes for the animals you consume. What this means is, the cleaner the animal whose organs you are consuming, the cleaner your food will be, whether it's a steak or an organ.

High-quality protein	B complex, including B12 and folate (folic acid)	Minerals, including a highly bioavailable form of iron
Fats (especially omega-3 fats)	Choline (another B vitamin, important for cell membranes, brain and nerve function, heart health, and prevention of birth defects)	Trace minerals such as copper, zinc and chromium
Cholesterol	CoQ10 (essential for energy production and cardiac function; potent antioxidant; animal hearts offer the highest levels of coQ10)	Vitamin D
Vitamin E (circulation, tissue repair, healing, deactivation of free radicals, slowing aging)	Pre-formed vitamin A (retinol)	An unidentified "anti-fatigue factor"
Purine (nitrogen containing compounds serving as precursors to DNA and RNA)	Vitamin K2	Amino acids

Full article link: <http://articles.mercola.com/sites/articles/archive/2013/12/30/eating-organ-meats.aspx>

- **Bone Broth...** Once more, we turn to Dr. Mercola:

"Bone broth has a long history of medicinal use. It's known to be warm, soothing, and nourishing for body, mind, and soul...

Physicians harkening as far back as Hippocrates have associated bone broth with gut healing. And while the importance of gut health is just now starting to fill our medical journals, this knowledge is far from new.

In fact, you could say modern medicine is just now *rediscovering* how the gut influences health and disease.

Many of our modern diseases appear to be rooted in an unbalanced mix of microorganisms in your digestive system, courtesy of a diet that is too high in sugars and too low in healthful fats and beneficial bacteria.

Digestive problems and joint problems, in particular, can be successfully addressed using bone broth. But as noted by Dr. Kaayla Daniel, vice president of the Weston A. Price Foundation and coauthor (with Sally Fallon Morell) of the book, *Nourishing Broth*, bone broth is a foundational component of a healing diet regardless of what ails you.

Leaky gut is the root of many health problems, especially allergies, autoimmune disorders, and many neurological disorders. The collagen found in bone broth acts like a soothing balm to heal and seal your gut lining, and broth is a foundational component of the Gut and Psychology Syndrome (GAPS) diet, developed by Russian neurologist Dr. Natasha Campbell-McBride.

The GAPS diet is often used to treat children with autism and other disorders rooted in gut dysfunction, but just about anyone with suboptimal gut health can benefit from it.

Bone broth is also a staple remedy for acute illnesses such as cold and flu. While there aren't many studies done on soup, one study did find that chicken soup opened up the airways better than hot water. Processed, canned soups will not work as well as the homemade version made from slow-cooked bone broth. If combating a cold, make the soup hot and spicy with plenty of pepper.

The spices will trigger a sudden release of watery fluids in your mouth, throat, and lungs, which will help thin down the respiratory mucus so it's easier to expel. Bone broth contains a variety of valuable nutrients in a form your body can easily absorb and use. This includes but is not limited to:

Calcium, phosphorus, and other minerals	Components of collagen and cartilage
Silicon and other trace minerals	Components of bone and bone marrow
Glucosamine and chondroitin sulfate	The "conditionally essential" amino acids proline, glycine, and glutamine

These nutrients account for many of the healing benefits of bone broth, which include the following:

1. **Reduces joint pain and inflammation**, courtesy of chondroitin sulfate, glucosamine, and other compounds extracted from the boiled down cartilage and collagen.
2. **Inhibits infection** caused by cold and flu viruses etc.

Indeed, Dr. Daniel reports chicken soup — known as "Jewish penicillin"—has been revered for its medicinal qualities at least since Moses Maimonides in the 12th century. Recent studies on cartilage, which is found abundantly in homemade broth, shows that it supports the immune system in a variety of ways; it's a potent normalizer, true biological response modifier, activator of macrophages, activator of Natural Killer (NK) cells, rouser of B lymphocytes and releaser of Colony Stimulating Factor.

3. **Fights inflammation:** Amino acids such as glycine, proline, and arginine all have anti-inflammatory effects. Arginine, for example, has been found to be particularly beneficial for the treatment of sepsis (whole-body inflammation). Glycine also has calming effects, which may help you sleep better.
4. **Promotes strong, healthy bones:** Dr. Daniel reports bone broth contains surprisingly low amounts of calcium, magnesium and other trace minerals, but she says "it plays an important role in healthy bone formation because of its abundant collagen. Collagen fibrils provide the latticework for mineral deposition and are the keys to the building of strong and flexible bones."
5. **Promotes healthy hair and nail growth,** thanks to the gelatin in the broth. Dr. Daniel reports that by feeding collagen fibrils, broth can even eliminate cellulite too."

Here is the link to the full article: <http://articles.mercola.com/sites/articles/archive/2014/11/23/nourishing-bone-broth.aspx>

- **Fermented Products for a Healthy Gut**

Your gut is considered to be your second brain. It produces more serotonin, known to have a beneficial influence on your mood, than your brain does. It is home of countless bacteria, good and bad. These bacteria outnumber the cells of your body by about 10 to one, if not more. Maintaining the ideal balance between good and bad bacteria is the foundation of good health, physical, mental and emotional.

Up-to-date research shows that most diseases originate in the digestive system, whether they are physical or mental. Once the gut lining is healed and your digestive system works properly, many of the symptoms of these diseases simply disappear.

Healthy fermented products:

- Homemade fermented yoghurt or kefir from full fat, organic, raw milk from grass-fed cows (the best, but difficult to find) or buy the best organic yoghurt you can find
- Homemade or store-bought fermented vegetables, such as organic sauerkraut or traditionally fermented olives, with NO chemical anything in them

Fermented Foods



Pickled Vegetables



Sauerkraut



Cheese



Yogurt

Health Key # 15:

STAY YOUNG AND STRONG - ENJOY SUPERFOODS DAILY!

16. Supplements

I have NOT focused my studies on supplements. I was born and raised in Switzerland where, as children, we did not take supplements, save for some Vitamin C and Fish liver oil during the winter months.

There are supplements and supplements. Stay away from synthetic vitamins, minerals and some "extracts." Use whole foods and superfoods as your "supplements."

A whole food supplement is simply one which uses the whole plant/fruit (instead of an extract), in a highly compressed form. I encourage my clients to find one that tastes good to them. Most health food stores will have 1-serving packets available in several brands. Taste a few different samples then buy the one you like in larger quantity. You may also want to change the brand you use, so that your body does not develop a sensitivity to it.

Although I was against taking supplements for many years - I was growing my own organic fruits and vegetables in a semi-wilderness area - I have changed my mind on that subject.

Most fruits and vegetables nowadays have nutritional values way below what they used to contain and we are truly starving for nutrients. I live in a city now, where a "wilderness garden" is not available. I noticed an improvement in my energy level, fitness, immune response and memory when I started to take whole food supplements and healthy, balanced Omega fatty acids.

If health food stores are not readily available, check my website (<https://hha-usa.com>) or my Facebook Group page <https://www.facebook.com/groups/drDanielleStephBystepholisticHealth/>, where I will be posting links from time to time about where to get the best products on the market.

Always read the labels as, from time to time, some companies may add less than optimal ingredients.

What do I take for supplements?

DAILY:

- Once or twice a day: a serving of compressed whole foods (right now, my favorite is Amazing Grass Chocolate Infusion), and I like to have a second brand on hand as an alternative;
- A source of Omega-3 oils: fish/krill oil or a combination of mixed vegan oils. My favorite flavor was the Barlean's Essential Woman Omega Swirl Supplement, Chocolate-Raspberry, but it is no longer available. Other flavors can be found though. Available at health food stores or <http://www.barleans.com/omega-swirl.asp>;
- In winter, I drink a quart of nettle tea almost daily; it cleanses the blood;
- Pre- and probiotics are almost a necessity nowadays;
- Magnesium.

OCCASIONALLY:

- In periods of intense activity or stress, I add some magnesium citrate and Vitamin C from a whole plant source, as well as some Holy Basil/Tulsi teas;
- When people start feeling sick around me, I boost my immune system with a combination of different plants, powdered mushrooms and/or complex homeopathic remedies;
- I sometimes add enzymes before and/or after a meal, when going out to eat less than nutritionally optimized restaurant meals... and I enjoy my food;
- I use arnica cream and homeopathic remedies if I sprain a joint;
- I use proteolytic enzymes if/when I experience some kind of inflammation;
- During the SARS-CoV-2 challenge, I added daily Quercetin and Zinc, and doubled up on Vitamin C.

My studies and research have been on staying healthy using whole foods and superfoods. I have limited knowledge of individual vitamin and mineral type supplements for specific ailments, which is a science of its own. I am fortunate to know people who have such background, whom I can consult when I need specific information.

I eat whole, organic food (a large percentage of which is in its raw state), include superfoods, a blend of Omega 3-6-9 oils and/or fish oil capsules and herbal teas. That's it! This seems to provide my body-mind all I need to be and stay healthy and at peak states.

Wise Choices	Poor Choices
<ul style="list-style-type: none">• Whole food supplements• Balanced Omega 3• Immune booster as needed• Specific supplements as needed	<ul style="list-style-type: none">• Synthetic supplements• Anything that contains HFCS, artificial coloring/flavoring, preservatives, etc...

Health Key # 16:

SUPPLEMENT WISELY WITH NATURAL WHOLE COMPRESSED FOODS!



STAY AWAY FROM SYNTHETIC VITAMINS/MINERALS



Keys at a Glance

- Health Key # 1:** Drink Water First Then Choose Herbal Teas and Fresh Green Drinks
Eliminate ALL Sodas and Every Drink That Contains High Fructose Corn Syrup (HFCS), Artificial Anything or is Pasteurized!
- Health Key # 2:** Use Unrefined, Real Salt for Health and Energy!
Eliminate Regular Table Salt!
- Health Key # 3:** Oil your machinery wisely!
Absolutely and totally eliminate hydrogenated or partially hydrogenated products.
- Health Key # 4:** Vegetables should be THE staple in your diet, especially the GREEN ones. Fresh is best, organic and in season. Eat them raw, steamed or lightly sautéed.
Eliminate canned and overcooked vegetables.
- Health Key # 5:** Choose Sweeteners Wisely and Use Parsimoniously!
Eliminate ALL artificial sweeteners and HFCS from your diet!
- Health Key # 6:** If you choose to eat meat, choose organic and naturally raised animals from the “Wise Choice List.”
Eliminate processed meats, pork, farm-raised fish, and commercial beef, chicken and turkey.
- Health Key # 7:** If you choose to consume dairy, buy organic raw products
If you choose to consume eggs, get eggs from healthy and happy hens.
Eliminate homogenized, pasteurized, and processed dairy and commercial eggs.

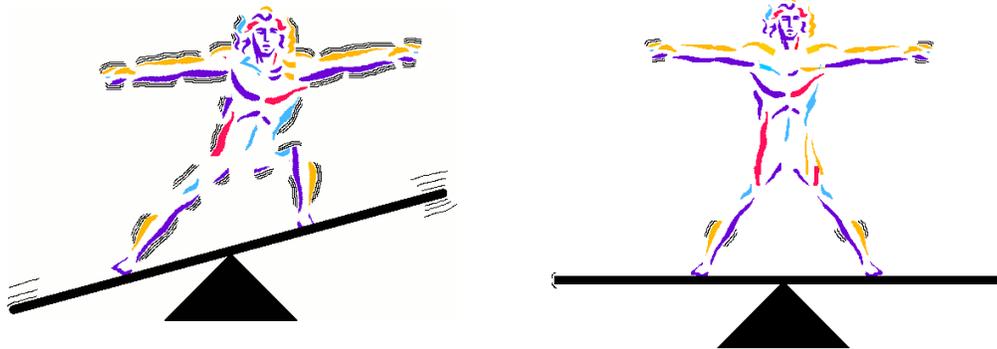
- Health Key # 8:** Moderation! Eat fruits according to your blood and metabolic types.
Reduce your consumption of fruits after the age of 35-40.
Eat fruits fresh, organic, in season, from local orchards.
Dried and frozen are OK. Freshly squeezed juices are OK in moderation.
Eliminate canned fruits... and fruits pies! Forget pasteurized fruit juices; they lack nutrients and have too high a sugar content.
- Health Key # 9:** Unless you have allergic reactions to nuts, enjoy a small snack of soaked or sprouted organic nuts as a high energy pick-me-up.
Stay away from canned salted nuts, devoid of much nutrients.
- Health Key # 10:** GRAINS/CEREALS: For optimal health, do NOT consume.
CAUTION!!! BEWARE!!!
- Health Key # 11:** Legumes: if you and your body like them... eat them.
Stay away from the canned and sweetened kinds.
- Health Key # 12:** Include seaweeds in your meals to boost nutrient content.
Beware if you have iodine restrictions.
- Health Key # 13:** Include mushrooms in some meals or as supplements to boost your immune system.
Restrict the consumption of “button” mushrooms, and totally avoid poisonous ones.
- Health Key # 14:** Flavor your food with healthy salts and oils, herbs and herbal blends.
Stay away from condiments that include sugar or artificial anything.
- Health Key # 15:** STAY YOUNG AND STRONG - ENJOY SUPERFOODS DAILY!
- Health Key # 16:** SUPPLEMENT WISELY WITH NATURAL WHOLE COMPRESSED FOODS!
STAY AWAY FROM SYNTHETIC VITAMINS/MINERALS.

Chapter 7

DISEASES DON'T "JUST HAPPEN"!

Homeostasis means that your body has a built-in mechanism to stay healthy: physically, mentally, emotionally, and spiritually. According to scientific research, the human body is designed to live for 120-150 years **IN PERFECT HEALTH** – that is, with proper care.

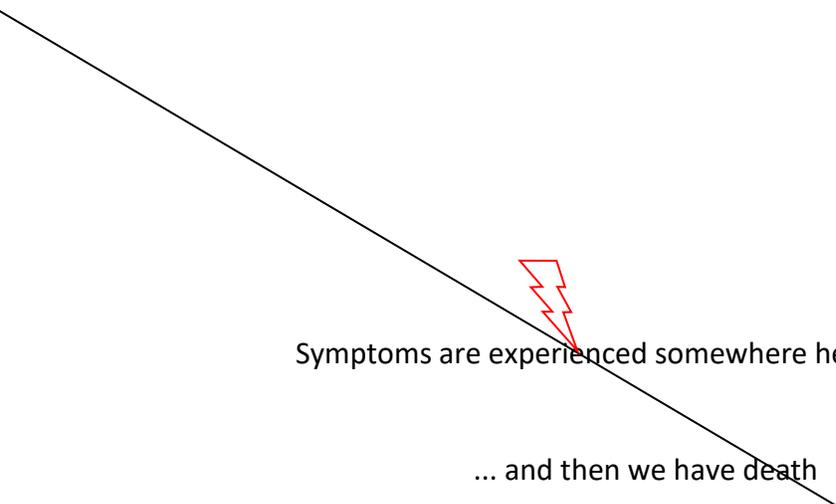
Homeostasis means it is constantly seeking a balance. It is the property of a system in which variables are regulated so that internal conditions remain stable and relatively constant. We do get imbalanced, but then a new equilibrium takes place. The human body is beautifully designed and can be maintained "trouble-free."



It can take years from an initial trauma to the development of medical disturbances. However, there are signs along the way that “something is not quite right”.

When a warning light flashes in your car, you don't "just put a band-aid" over it; you correct the **CAUSE** of the problem! Use the same common-sense approach with your body. It is the only one you have. To perform with optimal vitality, take care of it as you take care of your car: tune-ups (energy balancing), detailing (cleansing), and proper fuel (nutrition),

Optimal Health is at the top of the line...



Symptoms are experienced somewhere here...

... and then we have death

Where are you on this continuum?

Look at the following chart and find where you stand.

BioEnergetic Toxicology

From Apex Energetics "FuturePlex Homeopathic BioTherapy"
Professional's Reference Guide - Adapted by Dr. Danielle J. Duperret, ND/PhD

ACUTE SYMPTOMS "HEALTH" – Phase 1-4				CHRONIC SYMPTOMS "DISEASE" – Phase 5-8			
HOMEOSTASIS		TERRAIN DISTURBANCES		SUBCLINICAL		CLINICAL	
		ENERGETIC		BIOCHEMICAL		HISTOLOGICAL	
1. ELIMINATION PHASE	2. ACUTE REACTION PHASE	3. BIO-ACCUMULATION PHASE	4. COMPENSATION PHASE	5. DE-COMPENSATION PHASE	6. DEGENERATION PHASE I	7. DEGENERATION PHASE II	8. AUTO-IMMUNE/ NEOPLASTIC PHASE
The body is the ultimate detoxification machine. It normally neutralizes the toxins in the organs and tissues and eliminates them via feces, urine, sweat, menstrual flow, discharge from nose, ears, wounds, etc.	When the body does not succeed in removing all toxins by normal elimination channels, it will try to get rid of accumulated toxins by acute reactions such as fevers, vomiting, diarrhea, inflammation, flu, eczema, etc.	Here the body's elimination processes fail to remove the disturbance. Bio-accumulation of toxins is the result. This will lead to chronic cellular stress: benign tumors, gout, liver, kidney, and pancreas irritation, etc.	This phase begins immediately after deposits of a toxin in or around the cell structure. In certain cases, it may even start earlier, depending on the nature and location of the disturbance. This phase can last many years, depending on the body's compensatory capability.	The body at this stage can no longer compensate for the toxicity and disturbance. It will express failing adaptation and compensation by symptoms such as fatigue, acne, headaches, chronic inflammation, PMS, allergies, susceptibility to infections, etc.	This is the result of the body's inability to effectively neutralize or eliminate the disturbance. This phase is the beginning of biochemical and histological changes indicative of cell damage. This can result in osteoarthritis, emphysema, premature aging, memory loss, etc.	This is characterized by emotional and physical changes as the body reacts to degeneration and suppressive therapy. In this phase symptoms become unbearable for most patients. This is marked by dramatic increase in use of symptomatic remedies, often accompanied by depression and increasing mental anguish.	Depending on the genetics and the strength of the immune system, the development of malignancy can start sooner or later. Auto-immune reactions may also develop, due to further weakening of the immune system. The responses of the body have become rigid and more difficult to influence by therapy.

If you find yourself in the grey area, you will need to work with a medical doctor. Trying to "self-medicate" may be hazardous to your health at this stage. Ideally, find a medical doctor trained in holistic health, who practices integrative, collaborative and/or functional medicine.

We live in a toxic world. We breathe toxic air, drink polluted water, ingest chemically manufactured foods, are bathed in electromagnetic waves, etc. In order to stay healthy, we need to periodically cleanse our organism of all the toxicities which accumulate and wreak havoc in our health. Look at the diagram **Sources of Toxic Disturbances** on the following page, and notice the many areas in which toxicity can be found. We will focus on physical detoxication in this book.

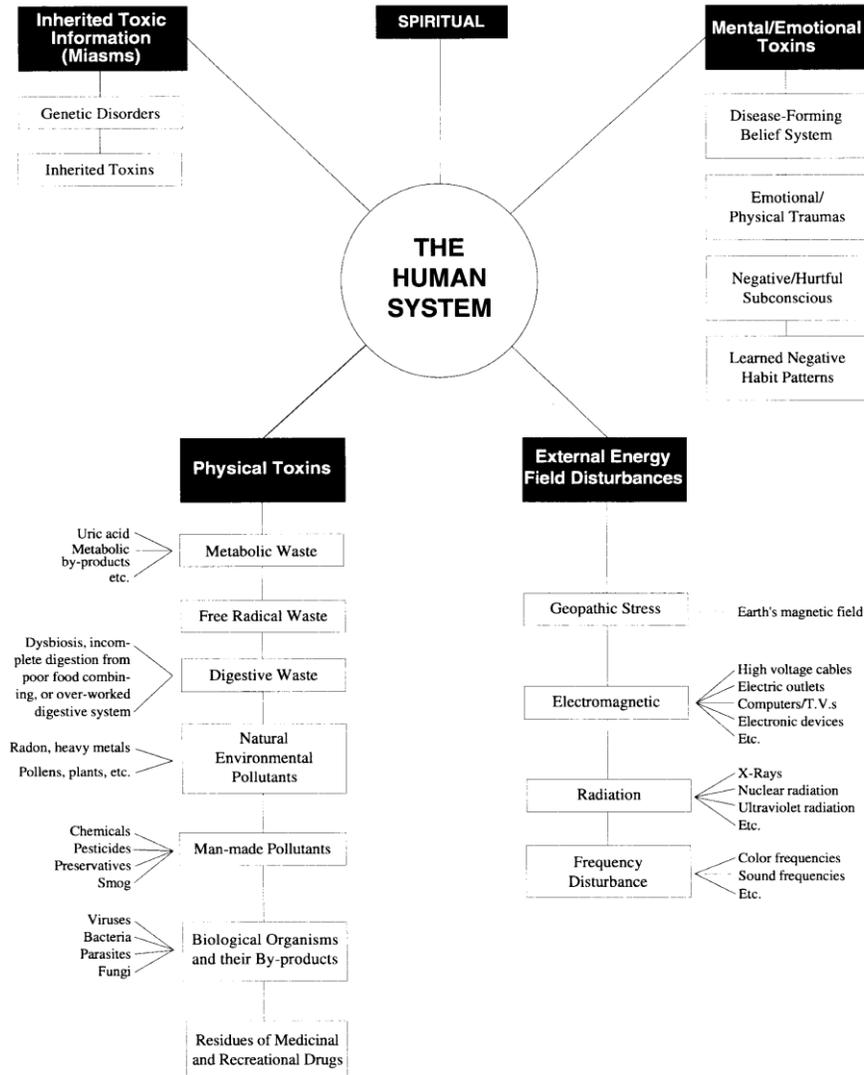
It has become a necessity to detox periodically. I recommend doing at least 2 detox programs a year. If you don't... your body will do it for you at the least opportune moment. Symptoms of detox vary. If done properly, you may not have any. If your body decides to do it for you, you may experience symptoms of colds, runny nose, headaches, diarrhea, tummy pain, flu, etc....

The next chapter will give you an overview on the detox process.



From Apex Energetics "FuturePlex Homeopathic BioTherapy" Professional's Reference Guide

SOURCES OF TOXIC DISTURBANCE



Toxic disturbances can originate from many sources. This diagram shows some of the known sources that have been found to cause energetic and biochemical disturbances in the human system.

Chapter 8

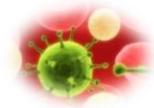
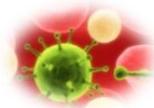
HEALTH, TOXINS AND CLEANSES

What is "Health"?

A State of Optimal Well-Being,
when a person is physically, mentally and emotionally sound,
feels vibrant, happy and optimistic,
and when the organs are functioning at maximal efficiency,
NATURALLY.

What are "Toxins"?

Substances or "energies" which produce physical, energetic, emotional and psychological imbalances in an individual.



We read much about the need for detoxification or cleansing nowadays. Health food stores, and even some supermarkets, have shelves of products for cleansing.

I repeat: we live in a toxic world. We breathe toxic air, drink polluted water, ingest chemically manufactured foods, are bathed in electromagnetic waves, etc. In order to stay healthy, we need to periodically cleanse our organism, our physical body, of all the toxicity which accumulates and wreaks havoc to our health.

What do we need to cleanse from? Toxins are substances or "energies" which produce physical, energetic, emotional and psychological imbalances in an individual.

Let's look at the diagram found on page 101.

On the upper left, we find **Inherited Toxic Information**, also called "Miasms." Some people are born with limbs missing, are of short stature, blind, deaf and/or mute or suffer from mental disorders. There are no quick solutions to these challenges, at least not yet.

There are also so-called "inherited genes" which supposedly and potentially trigger cancer, obesity or diabetes later on in life. However, these genes do NOT have to be triggered. Choices can be made. By monitoring our lifestyle, especially nutrition, we can by-pass what could cause a potential crisis. It is believed that **only 5% of these "genetic" disorders can be attributed to "faulty" genes**. 95% of these degenerative diseases are directly linked to lifestyle choices.



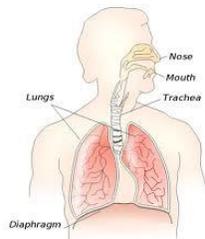
The new science of Epigenetics (how your environment and your choices can influence your genetic code) also demonstrates that our minds are powerful enough to trigger or stop the onset and progression of a dis-ease.

Let's move to the lower left quadrant of the diagram on page 101, where we find **Physical Toxins**. These are the toxins targeted by most cleanses/detoxification programs, on which we will also focus.

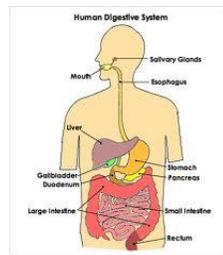
A healthy human body has a remarkable capacity to neutralize and excrete toxins. When exposed to harmful substances, enzymes and other molecules rally to prevent the cells from being damaged.

There are four major detoxification systems in the body:

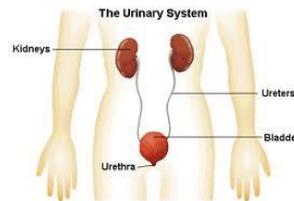
Respiratory



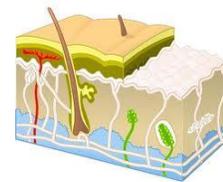
Digestive



Urinary



Dermal



When under stress, the body's capacity to detoxify is impaired. Moreover, the amount of toxins we are daily exposed to has increased over the past few decades. These systems thus become overloaded and toxic substances start to accumulate in and around the cells causing several problems:

- the cells are poisoned
- toxins accumulate in the extracellular fluids
 - which slows down the uptake and release of cell metabolites (waste), and
 - which interferes with intercellular communication processes.

CAVEAT!

If detoxification is attempted too soon, meaning before the elimination organs are ready, toxins may move from one organ to the other. This phenomenon is known as the



TOXIC PING PONG EFFECT



It is as if you were to use a duster in a very dusty house; you would stir a cloud of dust, which would just resettle somewhere else. The Toxic Ping Pong Effect can also be found when the body is under too much stress and is not able to handle the excess toxins being released from the different organs.

To avoid this Toxic Ping Pong Effect, it is especially important to support the cells and the enzymatic functions, as well as the filtering organs, such as kidneys, lungs, liver, lymphatic and connective tissues.

Committing to the following will assist in the detoxification process:

- Drink plenty of pure water
- Eliminate junk food/fast food
- Eliminate stimulants
- Eat simply, with an attitude of gratitude, until satisfied
- Exercise/move daily, starting slowly and building up
- Eat more vegetables, especially the green ones
- Decrease refined food
- Decrease intake of dairy
- Make the decision to eat healthier and to nourish/nurture your BodyMind

A "**Healing Crisis**" can happen when you do a cleanse, especially if the process happens too fast. You may experience symptoms of a cold or flu: congestion, stuffy nose, diarrhea, nausea, dizziness, headache, etc.

We will talk more about ways to palliate this Healing Crisis in the Homeopathic Detoxification section. Let's now look at the "Why, When, What and How" of cleansing/detoxifying. Different people choose different routes. Find the one best suited to your needs and unique make-up.

Detox - Why?

Simply put... to keep your BodyMind clean and healthy, functioning optimally until the day you die. You keep your car and your house in good shape, why not your body?

As mentioned, nowadays, it is unrealistic to believe that toxins do not affect us. Let's take a few examples taken from my research and experience on myself and with my clients.



Are your **eyes** getting tired? Do you believe that eventually, you will need to wear glasses? After all, isn't that normal when "growing old?" Most people cannot read small prints after a certain age and reading glasses are prescribed to palliate the problem.

Notice that I said "most" people, NOT "all" people. I would suggest that, according to your own unique make-up, one of your weak links may be the muscles of your eyes. As toxins lodge around the muscle cells, these become less able to move and adapt. What would happen if toxins were released? It has been my experience that people start being able to read small prints again. I would add that eyes are also particularly sensitive to emotional toxins, and that these need to be addressed as well. Of course, not all eye problems are linked to toxins... but many are. Why not detox and see (pun intended) what happens?

Many people suffer from **joint pains**. Depending on your blood and metabolic types, and the food you eat, toxins may deposit in your joints, causing stiffness, deformities, aches and pains. I am a Type O Blood and a Protein Metabolic Type. I am thus most familiar with foods affecting that particular make-up. I have noticed that pork, coffee and sugar severely affect my joints. Do I want to take medication to suppress the pain... or stay away from the culprits? It's a choice, isn't it?



One of the greatest sources of pleasure and satisfaction is a **healthy sex life**. Toxins have a tendency to curb this pleasure at a "certain age", as the accumulation of toxins means less blood flow in the genital area. Of course, there are "little blue pills" which may - or may not - work, but these come with potentially serious side-effects. Cleanses and detoxification have often proven to work miracles for people's sex life. Isn't it worth experiencing a few days of potential moderate discomfort during a cure of detoxication... to reap healthy, sexy benefits?

Detox - When?

1. When you are ready. I would suggest that you first become familiar with what a healthy lifestyle means. Imagine shifting your lifestyle toward Vibrant Health. Start taking some incremental steps. A tiny step is better than no step at all.

2. I suggest seasonal cleanses, at least twice a year, at the onset of the spring and fall seasons, like spring and fall cleaning.



3. A good habit is to cleanse one day a week, as a regular maintenance process. Replace a couple of meals with vegetable juices, for example. You take care of your home or car. If you did not, they would get dusty, cluttered, dirty and bugs would move in. Why not give the same care to your body?

4. Another good habit is to restrict your food intake before and after a "party." You can then choose to enjoy whatever your heart, stomach and emotions desire during the party.



5. Whenever you don't feel quite well, and people around you are getting sick. A clean body has a high functioning immune system.

6. Whenever you are under stress or have a high work load, SIMPLIFY. A strong and clean body resists



stress much better than one which has to deal with the extra charge of processing heavy foods. Be selective though about the kind of cleanse/fast you decide on when you are under stress; you do NOT want to overload your system and generate more stress.



Detox - What?

- **Worms...** domestic animals (horses, cats, dogs...) often get de-wormed once or twice a year. What makes you think that you are immune to the invasion of these parasites?

No... they are NOT so cute.



This is more realistic:

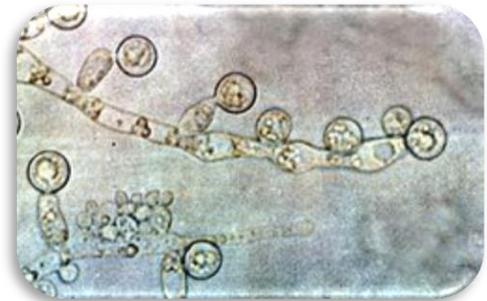


They initially may cause this...

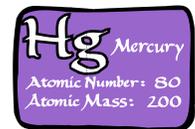


... and then many other health challenges.

- **Candida**, a type of fungus or yeast which grows filamentous cells that can infiltrate your whole body, is a normal part of the human flora (skin, gastrointestinal and genitourinary tracts). However, its overgrowth, especially of the species *Candida Albicans*, can cause health challenges such as fatigue, weakness, irritability and weight gain. It is now also linked to the onset of major chronic and catastrophic illnesses.



- **Heavy or Toxic Metals:** Mercury, Lead, Cadmium, Arsenic and radio-active metals are usually the metals that are referred to when we talk about detoxing "Heavy Metals."



They are poisonous to the human body, have no biological role and are not essential minerals.

Not all metals are toxic. For instance, minerals and trace minerals are necessary for the proper functioning of the body. Some elements are toxic in one state, Chromium VI for example (carcinogen), yet it is an essential trace mineral in another state, Chromium III.

- **Insecticides and Pesticides:** The body is amazingly resilient and does a great job at removing the poisonous substances that it encounters. However, nowadays, unless one lives in a pristine environment and only eats organically grown produce, it is almost impossible for the body to keep up with all the pollutants we breathe or ingest. Our planet is immersed in a toxic environment. Over 75,000 chemicals are produced in North America and 20,000 cannot be naturally eliminated by our bodies. Out of the 75,000 chemicals in our toxic environment, 3,000 go into the food supply. Even if you thoroughly wash your produce, an accumulation of insecticides and pesticides is likely to occur and it's imperative to cleanse these undesirable substances.



- **Prescription or over-the-counter drugs...** they stay in the body for a very long time. I remember attending a workshop on CranioSacral therapy many years ago. As a therapist was working on releasing blockages in the bones of my skull, I started to feel nauseous, dizzy and drowsy, with memories of a surgery flashing in my mind, surgery which happened some twenty-five years prior to the workshop. I was detoxing residuals of the anesthetics they used.



One of our instructors, in his sixties, mentioned that he had released a strong chlorine scent when a therapist was working on his nose. The memories that flashed through his mind were of his father playing with him in a pool when he was a toddler, and where he had inhaled chlorinated water.

- **Fat Cells:** Toxins are attracted to and stored in fat cells, especially in what is known as "belly fat." There are specific ways to detox these fat cells.



- **Allergens:** wheat, dairy, corn, soy, nuts, sugars, etc... these also cling to your body, wreaking havoc to your health. They too can be removed.

These are the major toxins to focus on. Let's now move onto the "How?"

Detox - How?

There may be as many ways to detox and cleanse as there are people doing it. There are potentially dangerous ways, and some simple and safe ones. You can start by skipping just one meal a day, then move on to skipping more meals or replacing them with juices for a few days. Some people do cleanses that last 40 days or more.

1. Slowly move toward a healthier lifestyle

Add healthier choices. Slowly, switch to organic foods. Include salads and raw foods to your meals. Ideally, for health and longevity, organically grown raw foods should make between 50-75% of your meals. As your food choices move towards healthier alternatives, your body will start releasing toxins.

The plate of salad in the picture on the right was served in a Swiss restaurant in the Alps. It had been freshly gathered, from the garden the owners kept in their backyard; the egg was from healthy hens pecking around.



2. Skip a meal

I do not mean to simply run from one errand to another and forget to eat. I mean to consciously skip a meal, with the intention of cleansing and releasing toxins. You can either simply consciously drink a glass of good water with a slice of lemon or lime, or drink a freshly prepared green drink. Spend this time in a natural environment. Listen to sounds of nature. Breathe deeply. Relax...



3. 1-3 Day "Cleanse"

Some people do well with drinking water only and not eating. Drinking water only does not suit me for more than one day⁽⁵⁾. I become weak and shaky. My personal preference for the 1-3 Day Cleanse is to:

1. Replace a couple of meals the first day with water and lemon juice.
2. Make one green drink with vegetables such as cucumber, celery, kale, parsley, spinach, a little cabbage, garlic, adding lemon and ginger for taste. Sometimes, I even put a pinch of cayenne pepper.
3. The second and third days, I usually have water and lemon juice in the morning, and vegetable juices for lunch and dinner. Wheat grass is excellent; start slowly, as it has a very powerful detoxifying effect. You could feel nauseous.



4. **Danger! Take It Seriously!**

Before moving on to more serious and specific detoxifications, a word of caution. Unless you know your body well, it is advisable that you be under the care of a healthcare practitioner or integrative medical doctor who is familiar with cleanses.

I have done several different cleanses that lasted 3 weeks or more. As a naturopath, I try different methods to observe my reactions. I would not suggest that my clients do something that I cannot handle myself.

One of the cleanses I did seem to be fabulous; I had done a thorough research about it. It was very specific as to the supplements and herbs to take, and led to a thorough cleanse of the digestive tract. It did NOT suit me at all, and **it took me a long time to recover**. Why am I sharing this? So that you understand that **a cleanse CAN BE DANGEROUS**.

A friend of mine died a few years ago, after she decided to do a cleanse on her own. She had done this Master Cleanse before... many years before. She now was much older, and weaker. She had osteoarthritis and was often suffering in much pain.

Remember the ping-pong effect we talked about? Toxins get released and deposit somewhere else. I warned her... She was a therapist and thought she could handle it. The first three days were amazing. She felt great. On the fifth day, I received a phone call from her daughter. My friend had so much joint pain that she was taken to the hospital by ambulance. I spoke to her a few days later, just before she passed away. She said they were loading her with medication, but that it was not even helping. I know she was not ready to die; she still had so many projects for her life.



I was asked to present a class on detoxification at a health food store. The event planner wanted me to talk about something other than the Master Cleanse, so popular at the time, as a friend of hers ended up in the hospital, following that specific cleanse. I am not saying that the Master Cleanse is a bad one. I am saying that cleansing is a serious matter; not everybody reacts the same way, and it is better to start slowly and make incremental progress.



CLEANSING/DETOXIFYING IS TO BE TAKEN SERIOUSLY!

It can be a matter of life and death!



5. My Favorite Way

I am very sensitive, so I had to find a way to cleanse and detoxify that did not weaken me or affect me negatively. Fasting and cleansing diets are often impractical in today's faced-paced society. Moreover, short fasts do not remove deep seated toxins. After many years, I turned to homeopathic cleanses.

Homeopathic preparations have been recognized as one of the most effective, as well as safe methods to stimulate the body to detoxify. These preparations encourage the release of toxins without the possibility of creating further toxicity, organ stress, or burden on the body, which are sometimes associated with nutritional or herbal ingredients.

Homeopathic preparations can be chosen to cleanse specific organs (kidney, liver, lungs, colon...) or to target specific toxins, such as heavy metals, chemicals, pesticides, fungi, parasites, residues of medicinal or recreational drugs, etc.

Homeopathic preparations stimulate the detoxification organs and act as soon as the drops/tablets come in contact with the area under the tongue, without having to be broken down.

It is important to make the detoxification process as comfortable as possible. During any cleansing program, the body's energy is redirected to the cellular level. In order to avoid feeling sluggish and fatigued, specific homeopathic preparations are used to provide pure energy on a cellular level. Moreover, remedies can be targeted to provide energetic support and regeneration of fatigued organs.

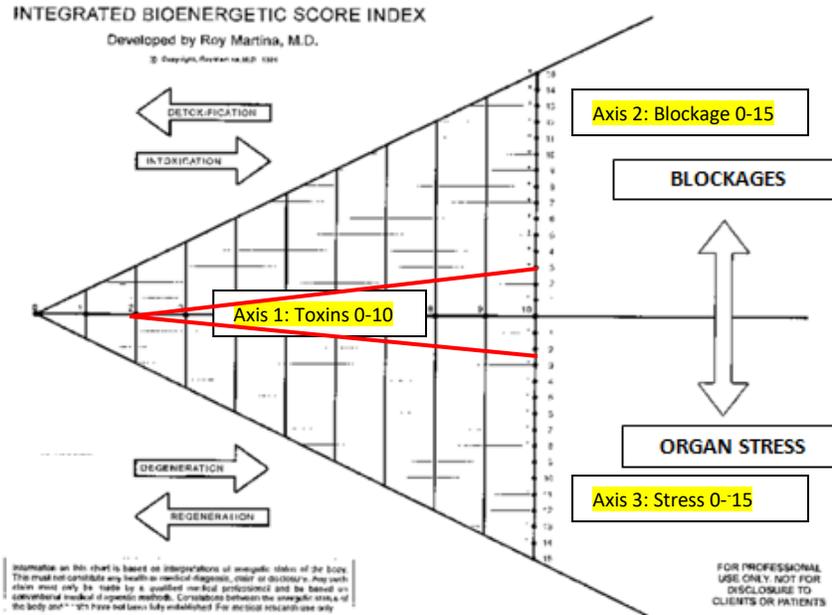
Homeopathic remedies target the BodyMind, and help release emotional toxins as well as physical ones.

Emotions are meant to be expressed and resolved, not suppressed. When suppression happens, the emotional/mental toxins disrupt the body's energy field. Specific homeopathic preparations have been developed to target these energy interferences.

Let me give you an example of the way a detox with homeopathic preparations works.

I studied Homotoxicology (the study of the influence of homotoxins - homo = human being, toxin = poison - on the human organism) with Drs. Roy Martina, MD, Steven Stiteler, DHom/DOM and Dennis Greenlee, DC, a fabulous trio. A client is tested using kinesiology (muscle testing) on three axes, to get an IBS-Score (Integrated BioEnergetic Score):

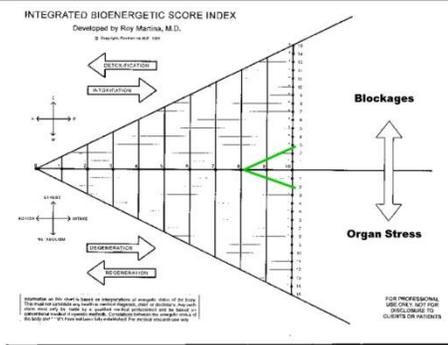
- 1) Axis 1: Toxins, from 1 to 10
- 2) Axis 2: Blockages, from 1 to 15
- 3) Axis 3: Organ stress, from 1-15



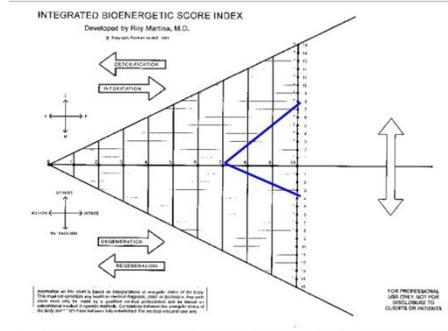
The ideal is Toxin Level "2" or below - Blockage Level "2" or below - Organ Stress "2" or below.

By joining the point on the Blockage scale to the point on the Toxic scale, and the point on the Organ Stress Scale to the point on the Toxic scale, you will form a triangle. It should be long and narrow, as seen in red!

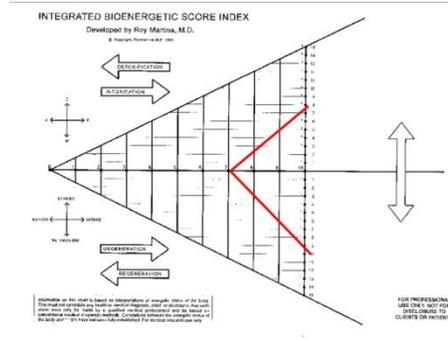
Now let's take some real client examples (names have been changed to respect privacy).



Let's say Mary has a high toxic level "8", but her blockage and organ stress levels are low "2-3". She is ready to detox, and will not suffer much negative effects. The practitioner will now check further which organs need to be cleansed first, and what toxins are the most burdensome. Homeopathic preparations and a specific lifestyle will be suggested... and she will be on her way to a safe and thorough detoxification program.



Now, let's take James. James has a toxic level of "6". His blockage level is an "8", while his organ stress is a "4". Is James ready for a detoxification program? No, he is NOT. First, the blockages need to be removed, so that the toxins will find a way out of the body, instead of becoming stuck somewhere else, wreaking havoc with his health. Once the level of blockage is at a "2" or below, a gentle cleanse can be started, while supporting the fatigued organs.



Laura has a high level of toxins, "7". She also has a high level of blockages, "8." The most troublesome of all, her organ stress is a "-10." Is Laura ready for a cleanse? Absolutely NOT. The burden put on weakened organs could lead to serious complications. The first order of priority is to re-energize weak organs. Once the stress is lowered, Laura will be ready to remove blockages. Once organs are strengthened and channels are opened, she will be ready for a gentle detox program.

It makes sense, doesn't it? **You do NOT add a burden on a weak body.** It first needs to be strong and the channels of detoxification need to be open, which is something most cleansing programs do not mention.

Homeopathic preparations take the whole BodyMind into consideration; they are gentle, progressive and work in-depth. Once ready, a thorough cleanse can be done in 10 days. A longer and very gentle one takes about 8 months⁽⁶⁾.



6. Let's now address the specific toxins mentioned in "Detox - What?"

- **Worms:** Don't squirm... we all have them and they are disgusting, robbing us of many nutrients, as well as influencing our thinking. How do we get rid of them (a process which has to be repeated periodically)?
 - My favorite is a mixture of powdered herbs specially designed to get rid of parasites. It has to be taken more than once, to destroy the larvae. [Markus Rothkranz](#) has a good product for this type of challenge.
 - There are specific foods which help to get rid of parasites, like pumpkin seeds on an empty stomach... but this has not proven very successful with me;
 - Black walnut and wormwood teas are helpful, although not very good-tasting;
 - Homeopathic preparations: so far, I found that they will dislodge the worms and get rid of them, but you may experience anal discomfort and itching if you have intestinal parasites.

- **Candida:** most people suffer from an overgrowth of Candida Albicans. If you have a tendency to be bloated, experience anxiety, foggy brain, etc... Candida may be a suspect. What to do?
 - The same powder that works for parasites can help clear Candida. Check <http://markusrothkranz.com>

- Sugars, including fruits, as well as dairy products and especially cheeses, seem to be a favorite food of Candida; abstain if Candida is a problem!
- Pau D'Arco tea helps to keep Candida in check
- There are many products available in health food stores for Candida. Check them out

- **Heavy Metals** are used in many aspects of our modern culture: in manufacturing, agriculture, pharmaceutical, medical and dental industries, power plants and residential areas. Most people living in the western world have toxic levels of heavy metals in their body, leading to a myriad of health challenges. What to do?
 - Chelation therapy, which is the administration of chelating agents that remove heavy metals from the body, has a long history of use in clinical toxicology. Poison centers around the world are using this form of metal detoxification. It has to be done in a medical facility, as most of these chelating agents must be administered intravenously or intramuscularly
 - Charconite: Scroll through Markus Rothkranz's website again – <http://markusrothkranz.com>
 - Some herbs, such as a combination of cilantro and cracked-cell chlorella, are known to bind with and remove heavy metals from the body
 - Homeopathic preparations can assist in the detoxification of heavy metals
 - Certain electro-magnetic devices neutralize heavy metals, which are then excreted by the body

- **Pesticides, insecticides** and general environmental pollutants
 - Charconite: Scroll through Markus Rothkranz's website again
 - Homeopathic preparations

- **Drugs** (prescription, over-the-counter or recreational)
 - Charconite: Scroll through Markus Rothkranz's website again
 - Homeopathic preparations

- **Fat Cells** usually contain a lot of environmental toxins, heavy metals, leftover drugs (prescription, over-the-counter or recreational), etc. Consider using Charconite and/or homeopathic preparations in combination with Niacin/infra-red saunas.
 - A combination of Niacin (Vitamin B3) and infra-red saunas seems to yield the best results. It has to be done in a facility offering the treatment
 - Charconite: Scroll through Markus Rothkranz's website again
 - Homeopathic preparations

- **Allergens** - any substance that causes an allergy can remain in the body for a long time. It needs to be removed, and the body desensitized. How?
 - Homeopathic preparations can target specific allergens, such as pollens, animal dander, grains, dairy, and other food sensitivities.

I have become very enthusiastic about energy devices. I acquired my first one in 2002, which was quite expensive, and for the use of professional health practitioners. Nowadays, several smaller and easier to use versions are on the market for lay people as well, and they do a remarkable job at removing the above-mentioned toxins. Contact me if you would like more information, as new ones are popping up quite fast these days (2021) – <https://hha-usa.com/calendar>

Chapter 9

MOVEMENT, NATURE AND CONNECTIONS

1. How Old Are You?



It is easy to find out your chronological age: it starts at birth. Everybody who has a birth certificate can calculate his or her chronological age. Your chronological age cannot be altered.



However, a birth certificate does by no means show your biological age, i.e., your level of youth or decay. How young/old do you feel? How young/old do you look? How young/old are your organs? How young/old are your muscles? Did you know that your **muscles can slow down and even resist the aging process**? Let's talk about them.

Research shows that **muscle aging does not necessarily follow chronological age**, although muscles seem to start their downhill trend during the third decade of life. Most people growing older will begin losing muscle strength, endurance and size in their thirties.

This does not need to be, at least not at the fast pace we observe the degradation of our society today. We have lost connection with the inner wisdom that allows us to age gracefully, keeping in good health. You already know about the vital importance of the food you eat. The higher its vibration, the more energy it will give you, your organs and your life in general.

Food, exercise, rest, sunshine, nature... all have the potential to trigger gene activity which will enhance your later years. In this chapter, we will concentrate on muscles and movements.

Why are muscles so important to determine your biological age? Simply because the health of your muscles determines the health of your metabolism, which is how your body turns food into energy.

2. Muscle Loss = Metabolism Loss = Vitality Loss Free Radicals Rust Your Muscles

As your muscles become weaker and atrophy, so does your metabolism: it becomes weaker and weaker. The foods you once were able to digest easily now stay in your stomach longer. They may even give you heartburn and indigestion. As you cannot digest foods properly, you cannot absorb the nutrients needed to feed your cells. Your body thus gets weaker and becomes even less capable of processing the foods you eat, which potentially leads to a myriad of catastrophic or degenerative diseases. In fact, according to some studies, muscle degradation is considered to be the main culprit in the epidemic of diabetes, obesity and cardiovascular problems the western world is experiencing today.



What are free radicals? Using a simple metaphor, free radicals are what turns your body into a rusty piece of machinery.

Free radicals are violent characters, atoms who lack electrons; they react to that condition by stealing electrons from peaceful molecules, turning them into raging free radicals which then start stealing electrons so *they* can regain their balance. It leads to a chain reaction that eventually destroys cells and tissues.

Free radicals damage muscles in three ways:

- by a loss in mitochondria (the ATP-energy factory within a cell we talked about on page 33)
- by a loss of nerve wiring and
- by a loss of muscle fibers.

This chain reaction leads to a loss of metabolic action, with fatigue... weakness... insulin resistance... excessive weight... degeneration... and finally, death (usually an early and painful one).



Take heart! The good news is that it is not impossible to turn the situation around, and to regain control. Muscle wasting does NOT have to be part of your life. You were NOT designed to rust or waste away. It is today's lifestyle that is to blame... and lifestyle is a choice, a CHOICE YOU CAN MAKE.

1. Eat healthy foods which are full of energy and vibrate at high frequencies
2. Cleanse and Detox regularly
3. Supplement with antioxidants
4. MOVE!



Movements - Path to Optimal Health and Longevity

Paul Chek, in his excellent book *How to Move, Eat and Be Healthy*, separates movement into different categories.

1. Flexibility
2. Energizing Exercises
3. Core Conditioning
4. Fun-ctional Exercises

Paul Chek's book was the first one I read which explained why, although I have Blood Type O - the type that needs the most vigorous exercise regimen to stay healthy - I would collapse every time I started an intensive exercise program. During that particular period of my life, I was going through exhausting divorce procedures and I was... exhausted. Adding intense exercises to the stress I was experiencing crashed my adrenals, time and time again. It left me with no energy... like a car with no gas. I was overdoing it. There is a time for everything, and this was NOT the time for running a marathon.

I had to begin with energizing exercises and some core conditioning. Slowly but surely, I regained my strength. I added walking then bouncing on a trampoline. I took dance classes... I worked with weights. I oscillated for many years between having to slow down... then adding more strenuous exercises... then slowing down again. Know yourself and move accordingly! When I started swimming again, after a sickness that kept me bed-ridden for months, I could only swim one short lap of 10 yards. Now, I can swim a mile.

Chi Gung, Tai Chi and Pilates are awesome slow movement exercises which also energize the body-mind. Yoga is excellent as well, as long as you do not tie yourself into knots that you are not prepared for. Choose your trainer wisely. Some yoga instructors have years of study and



experience in this art, while others have just taken a short course before they started to teach. Beware and be wise.



The best exercise worldwide is... walking. Research shows that it has astounding benefits, although science has yet to explain exactly why it is such an awesome exercise. It is said that it recharges our electrical batteries, especially if we walk in nature... with bare feet, such as in the sand at the beach or on mossy grounds in the forest. Some people recommend to use as little "shoe" as possible to let your toes wiggle and your foot conform to the terrain. Here is what a minimalist shoe website has to say (to find out more, go to <https://birthdayshoes.com/>)

"What makes a good shoe should be grounded in the foot's natural, bare state. *Thus, a basic understanding of the naked foot is the simplest guide as to what the ideal shoe should be.* To wit: **shoes should allow your feet to move dynamically as they would barefoot.**

- **Shoes shouldn't support our feet** — the need for "arch support" for a healthy foot makes little sense given arches are innately strong structures. Supports may actually undermine the natural function of the arches in our feet!
- **Shoes should transmit "ground feel"** allowing you to feel the terrain *even if that means discomfort* — in fact, being able to feel the ground may be the most important facet of learning how to walk and run with low impact, reducing the chance of injury.
- **Shoes should have little to no impact on how you would move if barefoot** — shoes shouldn't change your natural bio-mechanics (and if you're accustomed to wearing conventional shoes, note that your barefooted bio-mechanics will need some reworking!).

- **Shoes should be light and keep your feet low to the ground!**

Why are minimalist/barefoot shoes so popular these days? Because these types of shoes let feet be feet, making for healthier and happier human beings. Our kids know what most of us have forgotten—barefooted (or close to it!) movement is fun whether it is running, walking, playing, or just a random trip to the grocery store."



Whether you choose to go minimalist or to wear shoes, the important aspect is to walk. Park your car a few yards away from the door of the grocery store... walk a set of stairs instead of taking the elevators.

It's NEVER too late!

A few years ago, I heard the testimony of a woman who was bed-ridden in a retirement home for elderly people. She was 82 years old, just waiting to die. Something stirred in her: she did not want to end her life like that. She started to sit in her bed then she stood for a few minutes beside her bed. Pretty soon, she was walking around her bed then down the hall. Ten years later, she was running the Boston marathon.

It is not her in the picture... just the photo of another 92-year young woman finishing a marathon.



What's *Your* excuse?



Have you heard of Nick Vujicic? He was born with no limbs. Did that stop him? No! He is healthy and he *moves*. He surfs, swims, goes fishing, plays golf, goes surfing, parachuting, and more. He is married to a gorgeous young lady, and the father of 4 very cute children. He has published several books and travels the world as a motivational speaker, inspiring young people to live without limits. He said, "I have the choice to be angry at God for what I don't have or be thankful for



what I do have."



3. E- Motion



Emotions are simply E-nergy in Motion. They are part of your journey on this planet and cannot be ignored. Whether you feel positive and elated, or sad and depressed, these emotions represent a frequency, an energy state you find yourself in. They are not right or wrong... they just are.



When it comes to your health, one of the worst things you can do is hide your emotions behind a mask. Emotions which are suppressed and concealed for any length of time lead to dis-eases. Wearing every emotion on your sleeve is not the right way to proceed either. Sometimes, timely repression is needed. However, E-processed, to flow through you, instead of motion... energy in motion... needs to be becoming stuck somewhere in your anatomy or emotions, the better you will feel. Sometimes, just allowing them to be and observing them without judgment will help to alleviate them.



After feeding your body what it is meant to eat and starting to move to rebuild your muscles, learning to deal with emotions is a crucial step if you want to experience a meaningful and fulfilling life. The F.R.E.E.D.O.M. Techniques (a cocktail of Tapping Techniques) I offer will help you deal, process and release unwanted and disempowering emotions such as fear, phobias, sadness, grief, addictions, regrets, guilt, resentment, etc., at your fingertips. For more information, check <https://hha-usa.com/freedom-techniques>

Emotions are healthy; they act as a mirror to show you what is going on in your subconscious mind. It is not so much what others do to you that is important, as it is how you react to the events and circumstances you find yourself in. Emotions are a powerful door through which you enter the realm of the subconscious mind, to dig out disempowering programming or beliefs whose time has come to be reviewed and released. Allow e-motions to flow *through* you!

4. Grounding



There is something about nature. Breathing the air of the ocean, walking bare feet on the sand at the beach, swimming in a lake or the sea, walking bare feet on mossy ground, listening to a waterfall or the gentle whispers of a brook, lying down in a meadow... nature soothes us, restores us, and balances our energies.



One of the techniques, used by a raw food advocate who travels a lot, is to stand bare feet on the bare ground immediately on arrival in a new place. He claims that it sets his energy to the time zone of that specific area, so he does not suffer from jet lag.

Your body vibrates at "natural" frequencies... in agreement with the Earth's frequencies. Our modern world, with all its technological advances, greatly disturbs that natural rhythm.

Your immune system functions optimally when your body has an adequate supply of electrons, which are easily and naturally obtained by barefoot contact with the Earth.

Research indicates that electrons from the Earth have antioxidant effects that can protect your body from inflammation and its many well-documented health consequences. For most of our evolutionary history, humans had continuous contact with the Earth. It is only recently that substances such as asphalt, wood, rugs, and plastics have separated us from this contact.



It is known that the Earth maintains a negative electrical potential on its surface. It is a natural source of electrons and subtle electrical fields, which are essential for proper functioning of immune systems, circulation,

synchronization of biorhythms and other physiological processes, and may actually be the most effective, essential, least expensive, and easiest way to obtain antioxidants.

When you ground to the electron-enriched earth, an improved balance of the sympathetic and parasympathetic nervous system occurs. When you are in direct contact with the ground (walking, sitting, or laying down on the earth's surface), the earth's electrons are conducted to your body, bringing it to the same electrical potential as the earth. Living in direct contact with the earth grounds your body, inducing favorable physiological and electrophysiological changes that promote optimal health.

Modern science has thoroughly documented the connection between inflammation and all of the chronic diseases, including the diseases of aging and the aging process itself. It is important to understand that inflammation is a condition that can be reduced or prevented by grounding your body to the Earth, the way virtually all of your ancestors have done for hundreds, if not thousands of generations."

The best is still to spend time in nature. Book a vacation by the beach or in the mountains... Breathe fresher air... Allow your skin to make direct contact with the Earth. If you cannot "go to nature," bring nature to you. Have at least a living plant nearby. Some plants are known to cleanse the air and absorb polluting agents. How about a pet, which could add unconditional love to your life?



Start a mini-garden, a few pots will do... Eat your home-prepared lunch in a park or a garden... Spend an afternoon or a weekend walking in nature... Lie down and relax on the ground... Listen to the birds and insects... Observe the colors of nature, learn about flowers and herbs... Enjoy the smells, fragrances and aromas of nature...

Restore and balance your natural frequencies!

5. Sunshine



The sun has gotten a bad rap lately. Is it really responsible for all the horrible skin cancer cases that the media talks about?

Let's put our thinking cap on for a minute. Who are the people getting cancer? Mostly office workers who spend their days in air-tight compartment with canned air, under fluorescent lights, and who eat fast, junk food. On the weekend, they spend the day at the beach, in full sun, with a "protective" layer of chemical cream called sunscreen.

Isn't it interesting that skin cancer cases have sky-rocketed since sunscreen was invented? Isn't it interesting that farmers who spend their days out in the open are not part of the same statistics? Isn't it interesting that people on the Equator who spend a lot of time outdoors do not belong in the same statistics?

- What was the amazing cure for tuberculosis Swiss sanatorium used? The sun!
- What makes plants and food grow? The sun!
- What prevents Seasonal Affective Disorder (SAD)? The sun!
- What gives us vitamin D to boost our immune system? The sun!
- What can improve your mood? The sun!

According to Dr. Mercola, "In the last few years, the evidence has been pouring in that sunlight fights cancer by producing vitamin D in your skin."

Of course, it does not mean that you need to sunbathe unprotected for hours at a time. However, it has been shown that being out in the sun daily does alleviate certain conditions and is a health promoting practice.

I used to get sunburns year after year. I would turn red, peel and turn red again, with intense discomfort and itching. A tan was not part of my life until I read the book *The Healing Sun*, by Richard Hobday. I followed the recommendations given and...

...since 2006, I have gotten a nice tan and NO sunburn. How did I do it? I practiced the same principles used in Swiss sanatoriums to cure tuberculosis, as described in *The Healing Sun*.

Early in the season, I go out in the sun in my bathing suit, early in the morning, as soon as the temperatures are warm enough not to shiver. In Las Vegas, it usually means that I began the suntanning process in February. The first day, I only stay out for 5 minutes, then I increase the time by 5 minutes until I stay 30 minutes lying on my back and 30 minutes lying on my belly. I read or listen to CDs during the process. Slowly, my skin takes a nice tan. Once the sun rays become more intense during the summer months, the tan that I built up protects me. I never got sunburnt since I started this practice. I don't use sunscreen, unless I find myself in extreme conditions, such as skiing or boating on a sunny day. Only then will I use a very healthy sunscreen.



Sungazing

The sun offers another advantage, known by a few people, called sungazing. Wikipedia defines it this way, "Sungazing is a practice that includes gazing at the sun for nourishment or as a spiritual practice." Wikipedia also warns, "Looking into the sun is dangerous, and can cause solar retinopathy and lead to permanent eye damage or blindness."

I learned about sungazing many years ago, during classes at a massage school I attended. The way we were taught was NOT correct. We were told to sun gaze during the day, for much too long, which *is* a dangerous practice. Several students complained that their eyes were hurting. Fortunately, none suffered lasting damages.

Since then, I have learned how to sungaze the proper way. It should ONLY be done when the sun is very low on the horizon, starting with 15 seconds and moving up to 5 minutes, while the sun is still in its orange hues, and is appearing or disappearing. It is wonderfully relaxing and energizing.

Breatharians go months without eating, just standing on bare ground and sungazing to nourish themselves. I enjoy food too much at this point, so have not tried that practice.

Here are some excerpts from a sungazing magazine:

"Also, there are many different sungazing practices from cultures around the globe, some of which are relatively recent and some are as old as the hills. There were some cultures where you could get imprisoned for staring at the sun (only certain priests were allowed) ... Yes, you may tap into higher spiritual realms as well as other time and space dimensions. Yes, you can live without food... If you chose to embark upon the journey of sungazing, please heed the advice that slow and steady wins the race... If the sun seems or feels too bright, well then, don't look. If you chose to partake, be very careful, take your time, be cautious, be humble and document your progress... You can damage your eyes from sungazing, just as you can burn your feet from walking on fire... We are all wired a bit differently; therefore, it is impossible to predict how each individual will process the suns brilliant light."

Glenda Green, in her book *Love Without End, Jesus Speaks* mentions this practice, "Find a place where you can watch the sun rise or set. Be careful not to look straight into the sun until it hits the cusp of the horizon or is filtered by the atmospheric densities at the Earth's edge. But once it is orange and comfortable to look at, you will find in its center an infinity point which will resonate with the infinity point in your own soul, and this will give you much nourishment and positive awareness even to the point of biological nourishment. It will actually assist in the manufacture of vitamins and the utilization of minerals."



How about multi-tasking?

- walk barefoot on a sandy beach = you get electrons from the Earth to balance your energies...
- walk with somebody = socialization promotes health... maybe love...
- walk while gazing at the sunrise or sunset - you will boost the manufacture of vitamins and absorption of minerals in your body...

6. Sleep, Rest and Relaxation

How many hours of sleep do you need? Is there a specific "magical" number? I don't believe so. What works for you? Presently, I need about 7 to 7.5 hours of sleep to feel rested and at my best. I used to require much more, and had to do with much less when raising my seven children.



Some people require 12 hours and others only 4 hours. One of my grandfathers functioned perfectly well on 4 hours. There were times during my life where I required as much as 10 hours.

A research was done on some of the habits of political figures. Some of these people woke up "at the crack of noon," as my children would say, after some 10 to 12 hours of sleep. Others slept only 4 hours. However, they all accomplished about the same amount of work and showed the same efficiency.

It was believed that people had to sleep or they would die, until a very special case came to the public's attention, several years ago. The article told the story of a soldier who had gotten shot in the head, in the "sleep" part of the brain. From then on, he could not sleep. Doctors told him he would die, in very short order. Thirty years later, he was still alive.

Research shows that the best time to sleep is between the hours of 10pm to 2am, during which time beneficial anti-aging hormones are released.

What is NOT beneficial, and actually quite detrimental, even leading to potential dis-eases, is shift work. The body has a rhythm which it follows; shift work upsets this rhythm every time there is a shift change.



The best rest would be in contact with the Earth. Short of that, using natural material such as bamboo or cotton sheets (1000-thread Egyptian cotton sheets are luxuriously soft), cotton covered wool, cotton or down comforters and pillows, will offer natural frequencies to surround yourself in for a restful and refreshing sleep.



Also, get rid of the noisy alarm clock. It stresses you as soon as you wake up. Learn to wake up naturally, or use beautiful music of your choice, or a soft light that becomes brighter... as the natural sunshine would do.



How about relaxation? Time-out from your busy schedule?



When I started to work in Switzerland, I was getting 4 weeks of vacation during my first year. It went up from there. People looked forward to spending time away from work and routine, going hiking in the mountains or enjoying aquatic sports at a lake or even at a beach in France or Italy, along the Mediterranean Sea.



I was shocked to find that people in the US only got one week of vacation, *after* they had worked a full year. Not only that, but some people did not even use that week, continuing to work right through, year after year.



It is necessary for the human body-mind to take a break from the routine, and to "recharge its batteries." Going somewhere different refreshes not only the spirit and the mind; the benefits get passed onto the physical body by giving a boost to the adrenal glands.



Research has shown that the idea of working 6 days and taking the 7th day off to rest is the most beneficial on/off schedule one could follow. Weekend getaways can be fun to.



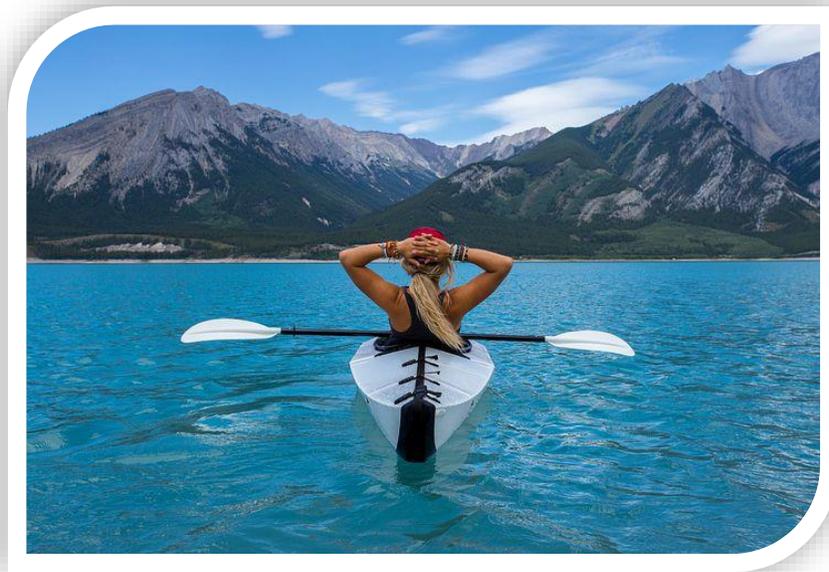
Finding a hobby that you enjoy is another way to take a mini vacation in your mind. Do you enjoy knitting? Solving puzzles? Board games? Hiking? Swimming? Reading? Singing? Dancing?



If, during your line of work, you spend a lot of time with people, you may want to find a hobby where you are spending quality time with yourself. On the other hand, if you spend a lot of time working alone, you may want to find hobbies that require you to be with other people.

If you spend a lot of time outside in your line of work, you may enjoy some homey things for a change of pace, like cooking, sewing, reading or working in your garage on some project. If, on the contrary, you spend most of your time in an office, you may want to change the pace by going hiking or kayaking.

For the best relaxation, choose something you enjoy that breaks the day-to-day pattern.



7. We Are Social Creatures

As social creatures, we need... socialization. Our energies mingle with other people's energies and, if we choose our social events carefully, will refresh and rejuvenate us.

Find ways to socialize positively and use socialization to recharge your batteries. I used to meet weekly with a group of French people to play Pétanque. It gave me the opportunity to speak French, to be outdoors and to enhance my focusing skills. Multi-tasking was an added benefit.



How about a barbeque with neighbors? A weekend trip on a bus tour to meet new people? Going to the Farmers' Market? A cultural event? An evening putting a puzzle together with friends?



Even having a pet to take care of could be considered socialization. Walking your dog, interacting with your cat, talking with your parrot... all have health benefits.



How will you socialize this week?

Chapter 10

THE KAIZEN WAY TO SUCCESS

Exercise may not sound like much fun to you, especially if it has not been part of your life for a long time. My answer? "It does NOT matter. Start **MOVING!**" I enjoy Dr. Robert Maurer's program, *One Small Step Can Change Your Life - the Kaizen Way to Success*.

Dr. Maurer suggests that in order to be successful, we have to start with tiny steps to condition our brain to enjoy success. Oftentimes, our attempts at success have been met with frustration and discouragement during our childhood. We may have been scorned by others, even by authorities like parents, teachers or religious figures. Our brains were distraught and need to be retrained and reconditioned to let go of fear and frustration and to enjoy challenges and success. In order to do that, you must start with steps as tiny as needed to make sure you **succeed** at them.



Are you a couch potato, spending much of your valuable life in front of a TV? Are you starting to realize the joy and fulfillment Vibrant Health could bring you? Where could you begin? How about squeezing a tennis ball for a few minutes... or even less than a minute for a start... while watching your favorite TV program?



It is better to start small, even very small, than to not start at all. Add a few steps or a few moves to your daily routine. Soon you will enjoy moving more until finally an exercise routine will become a cinch. As you move more, you will feel better, thus you will want to move even more. The domino or chain reaction does happen

both ways. Your life can cascade down... or up. As your muscles build up, your metabolism will improve, thus you will absorb more nutrients; your organs will work better and you will have more energy. Exercise will be part of your lifestyle, and your health will soar.

Below are a few examples of "very small steps" (they might sound silly, but they may give you ideas as we oftentimes get stuck looking for too big steps):

- Beat your eggs by hand instead of using an electric beater
- Open a can with a handheld opener instead of an electric one
- Knead bread by hand instead of using a bread machine (I used to hand knead 10 loaves a week)
- Use a basket for shopping, instead of a cart
- Walk to the TV to change the channels, instead of using the remote
- Hang your laundry out instead of putting it in the dryer (it will energize your clothes/sheets too)
- Grate cheese and vegetables by hand, instead of buying ready-made packages
- Park your car further away from the store and walk
- Walk a flight of stairs... then two... then three... instead of taking the elevator
- Set an alarm clock to remind you to stretch for a few minutes during the day
- How about gardening? Even a few small pots will be a good start.

It is often more motivating to work out while socializing. Walk or hike with a group. Go on a bicycle tour with teammates. Swim... kayak... ski... dance... **MOVE!** Use small steps with food habits as well.

Changing 1 habit a week makes 52 changes in a year!

Chapter 11

10 COMMANDMENTS

For Digesting Your Meals and Nourishing Your Soul

Should you eat vegetables or meat? Nothing *before* 11:00 am or nothing *after* 11:00 am? Fruits till noon, fruits alone or no fruit at all? Eat before you sleep or abstain? Alcohol or not? Supplements or not? Whatever your question is, you will find somebody who will agree with your line of thinking, and somebody who will disagree.

The world of nutrition is filled with contradictions... and so it should be. We are individuals, with individual needs. The “one size fits all” does not apply here. When facing a catastrophic illness, one person will find a cure by eating meat, a second by becoming vegan and a third by going into the wilderness to feed on weeds. Isn't this diversity wonderful?

When a survey was passed among well positioned people in the health and wellness movement a few years ago, the results showed that they all followed different lifestyles. Some drank wine, some did not. Some were vegan, some ate meat. Some took supplements, some did not. The only common denominator was that they all chose organic foods.

What is the best for you?

If you are confronted by a health challenge, follow these 10 easy steps then consider your own special needs regarding your eating habits. Be aware that your nutritional needs do not stay steady. They vary according to the seasons of your life and the challenges you are facing.

After I was diagnosed with skin cancer at age fifteen, I had surgery every six months. At eighteen, I sought another way, studied nutrition and turned to an almost raw food diet with some meat. I also cleansed my system. I did not go for surgery any longer. I am still alive. Later on, I became macrobiotic, then raw vegan, then vegetarian. The raw food diet would have killed me years later, if I had persisted in continuing it, when I faced another health challenge. I had to cook my food again, add strong spices and meat. It worked well at that time. I am changing again...

I already mentioned it: in order to be healthy, it is important to NOT take on an identity that could be harmful in the long run, such as "I am vegan," or "I am a vegetarian," or "No meal without meat." My motto is "I am healthy, happy and successful." Anything that does not fit that bill needs to be examined and changed. It does not matter whether I have to eat raw, or cook my food, be vegan or not. My goal is to be healthy so I can enjoy life to its fullest, and add my contribution to this planet. As life fluctuates, if "I am healthy" is to be true, I have to keep asking, "What do I need to do at this time in my life to reach or stay at the peak of health?"

My health quest led me through unexpected twists and turns, with many surprises. Each step gave me insights on how to take care of my body and my family's health. Later on, it allowed me to help clients restore or maintain their health.

Over the years, I studied many diets and lifestyles, for health and weight control. Some of these diets were passing fads, others were backed by strong and reliable research. Depending on the challenges facing you, the following might be choices you may want to consider.

What blood type are you? O, A, B or AB? Each type seems to get along better with certain foods and agglutinate with others, which makes you feel sluggish and lead to disease and/or leaky gut syndrome (holes in the intestinal wall, which leak large protein molecules in your system, wreaking havoc within it). The Blood Type approach seems to benefit the O blood type in particular.

What is your metabolic type? Should you eat more proteins and restrain the number of fruits, or eat carbohydrates with very little animal products? Should you reach a balance between the two in your diet? What proportions of fats should you ingest?

What did your ancestors eat?

Once the amounts of proteins, carbohydrates and fats are balanced to your unique chemistry, most of the cravings, if not all of them, will disappear. No more reaching out for one more cookie or one more chip! It will not be appealing.

If you are challenged with mood swings, brain chemistry typing can be helpful. Some people get into psychotic episodes or depression when they drink alcohol, others when they eat sugar, others still when they drink coffee. What triggers your mood? What balances it?

How about allergies or food sensitivities? Are you reacting to anything in particular?

Do you need to do a “cleanse” and remove accumulated toxins? Before going on a fast though, it is advisable to check if your drainage channels are opened. Blocked intestines, liver, kidneys or skin can lead to worse problems during and after a detox program if not taken care of prior to starting.

Is your body strong enough to weather a cleanse? Do you need to energize before? I remember an herbal detox program I put myself through many years ago, without the knowledge I now have; it took me close to a year to

recover from it. If you are weak and your adrenals are challenged, it is probably better to wait for a less stressful time before attempting to detox or do it very progressively while rebuilding weak energy. In certain circumstances, a detox can be fatal. Be sure to read about *Health, Toxins and Cleanses* starting on page 102.

Besides cleansing physical toxins, have you thought about detoxifying your mind and your spirit of toxic habits and beliefs? It may even be more crucial than worrying about pesticides and herbicides.

Enjoying life is part of a good program. As someone mentioned one day “It’s better to eat a hardy meat and potatoes dish in a good crowd, then a carrot alone in your room.” Happy relaxed company gets the parasympathetic nervous system going, which is what is needed to digest a meal properly.

Enjoy Life, enjoy Food, and follow the 10 simple steps below, which are applicable to all, sick or well, without distinction of diet or much alteration to lifestyle. Happy Eating!

1. EAT WITH AN ATTITUDE OF GRATITUDE

Better yet, LIVE with an attitude of gratitude! I know of a CEO who wears a timing device, which nudges him to think about something to be thankful for every 12 minutes! Be thankful for the food you eat. Imagine that its nutrients are feeding and nourishing every cell of your body to give you the vitality and strength you need along the day.

2. ENJOY FOOD IN A RELAXING ENVIRONMENT

Your metabolism does not function properly under stress. Digestion happens in the parasympathetic mode, i.e., in a relaxed mood. Eating "on the run", while arguing, listening to or watching the news, slows down your digestion and



metabolism. If you want to nourish your body, enjoy pleasant music with natural or relaxing sounds. Let the problems of the day fade away. Share good news, humor and positive events.

3. CHEW YOUR FOOD WELL

The digestion of carbohydrates starts in the mouth, when the food is mixed with saliva. Smaller pieces of food are processed more easily by the stomach.

4. ORGANIC, SEASONAL and NUTRIENT DENSE IS OPTIMAL

Eating simple foods, that are grown organically, mostly locally, and which are allowed to ripen naturally, provide the most benefits to the body. Check superfoods (i.e., foods which are calorie poor and nutrient dense) at your local health food store. Learn about nourishing herbs and weeds.

5. EAT A VARIETY OF COLORS, TEXTURES, AND TASTES

This will provide you with the nutrients your body-mind needs, without having to juggle daily requirements. It will nourish the part of you that needs beauty and harmony. Prepare food in a way that delights your taste buds, your eyesight and your kinesthetic self: Red, yellow, green, white; crunchy, smooth, soft, hard... Allow yourself to be creative! In Ayurvedic Medicine, 6 tastes are recognized: Sweet, sour, bitter, salty, spicy, and pungent. In the US, sweet and salty are what we expect. We may overeat salty or sweet snacks, not realizing that our body is still hungry, yearning for the full spectrum of tastes, colors and textures.



6. NOURISH YOUR ETHNIC/ANCESTRAL BACKGROUND

There is an ancestral program running within us. Whether emotional or physical, it cries for attention. Part of my ancestry is Greek... and I felt especially satisfied after eating some bread containing Kalamata olives, grown in Greece. Part of my background is Swiss... and bread and cheese on a mountain top is very nourishing to me. What is your ancestry? Nourish that part, and notice what happens.



7. NOURISH THE CHILD WITHIN

HAVE FUN! Go back to happy childhood memories or dreams (or if you don't have any, imagine happy times). Allow yourself to be a kid. We have a lot of social obligations, yet research shows the importance of play time. Play... you will be less likely to stuff down food to fulfill a lack. Go fly a kite or build a castle in the sand.



8. EMOTION = E-nergy in MOTION



Allow emotions to move. Process them. Stuffing them down with food leads to allergies. Observe them: are you angry, sad, frustrated? How is it to feel that way? Where is the feeling located in your body? What is it about? Observe, release...

9. NOURISH YOUR SOCIAL NEEDS

Food cannot take the place of hugs, physical contacts or the intimacy we crave. If you do not have a significant other, find a good massage therapist, treat yourself to a SPA, do some contact sports, find a circle of friends who like to hug. Meaningful social activities, where people work and play together, and where you are allowed to drop your mask (your un-authentic self), are important. Towns which have a community spirit have less health problems. Find your "community".



10. NOURISH YOUR MIND AND SPIRIT



Not only do we need food for our physical body, we also need to feed our mind with uplifting, positive material. Set time aside each day to meditate on positive, motivational books or articles, or to listen to motivational speakers. Feed your spirit. If rituals such as taking communion, praying, breathing or meditating work for you, take the time to practice them. If walking in nature fulfills that need, go for it. Nothing can replace the peace provided by feeling connected to a Higher Power.

Chapter 12

LEPTIN AND WEIGHT CONTROL

Balanced levels of the hormone leptin are what allows young people's bodies to regulate fat storage properly and therefore stay skinny (unless they get their leptin levels imbalanced with a poor diet).



Optimal health is the result of optimal intracellular communication. Accurate leptin communication to the brain is paramount to your health. Leptin communication controls the amount of fat stored in your body, the energy level that you have to work or play, and ultimately your overall health.

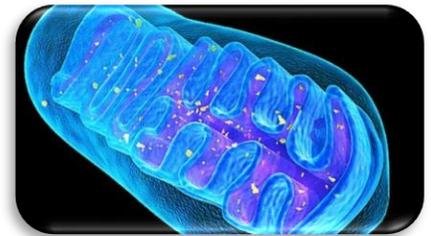
When leptin communication, from fat cells to the blood to the brain, is happening correctly, the brain can accurately assess the amount of fat that is stored in the body, and can correctly set the metabolism so that your body has the right amount of fat, just as it does with most young people.

The reason about 80% of adults struggle with overweight issues is that the brain is no longer hearing the leptin signal correctly, because leptin levels are too high.

Taking steps to lower leptin levels so that the brain can hear the signals correctly will restore the brain's ability to regulate the amount of fat in your body. When leptin levels are at the correct level, unhealthy fat storage and a myriad of other health problems disappear.



The hypothalamus, the master computer in your brain, senses leptin levels in the body. Based upon that level, it instructs your cells to either burn fat or sugar. This process regulates your appetite and your metabolism, whether they should be high or low.



The mitochondria, the energy producing organelle in your cells, can only burn fat or sugar. It's the hypothalamus that sends it the command about which one to use.

Your body was designed to burn fat for energy, as fat is far more efficient than sugar. Because it is so important, the body has a very precise mechanism, called the Hypothalamus Leptin Sensory Switch, for maintaining a healthy amount of fat in the body. The hormone leptin is a chemical messenger created by fat cells. This

messenger speaks to the brain and tells the brain how much fat exists in the body. When the hypothalamus hears the message, "There is sufficient amounts of leptin in the blood," meaning there is sufficient amount of fat cells, the brain signals the body that

- the appetite should stay normal
- the mitochondria should burn fat for energy and
- the metabolism should be high, giving lots of energy.

If the hypothalamus senses too little leptin in the blood, it signals the body in a different way:

- the appetite should increase
- the mitochondria should burn sugar for energy and
- the metabolism should be low, to enable fat storage.

Unfortunately, sometimes the "switch" breaks and problems start. When the hypothalamus loses its ability to determine leptin levels, it will act as if fat reserves were at zero, even though the amount of fat in the body, or leptin in the blood, may be quite high. When that happens, the hypothalamus will send the wrong signals to the body:

- the appetite will keep increasing
- the mitochondria will burn sugar for energy and
- the metabolism will stay low, to enable maximum fat storage.

It is nearly impossible to diet or exercise when that switch is broken. When you are awake, you will experience sugar cravings. When you are asleep, thus not providing sugar for energy, the hypothalamus will tell the body to dismantle protein molecules (muscles and bones) to get the sugar it needs.

When the hypothalamus's leptin sensor does not function properly, i.e., when the switch is broken, during the night, you will

- lose muscle tone
- lose bone density.

According to Dr. Ron Rosendale, "Health and life span are determined by the proportion of fat versus sugar people burn throughout their lifetime:

- the more fat that one burns as fuel, the healthier a person will be, and the more likely he or she will live a long time and
- the more sugar a person burns, the more disease ridden and the shorter a life span a person is likely to have."

There are only 2 types of fuel our cells can use for energy: sugar or fat. Carbohydrate molecules are converted by digestion into sugar. We mentioned that fat is a more efficient fuel than sugar. Chemically speaking, burning fat for energy produces 2.25 times more energy than burning sugar. Moreover, it generates far fewer free radicals, which make you age faster (they "rust" you) and are the precursors of many diseases.

Burning sugar also causes glycation damage to your cells. What is glycation? It is a process by which sugar causes a cross-linking with a protein or a lipid, which leads to cellular aging.

If you want to live a long, healthy life, you will want to avoid the sugar burning mode caused by the hypothalamus's broken leptin switch.

When the hypothalamus becomes insensitive or resistant to leptin signals, not only does it instruct the body to burn sugar and store fat, it also instructs the pancreas to produce more insulin, which pushes more sugar into the cells and causes more fat to be stored. You get hungry as your blood sugar levels drop. It's a vicious circle!

With continued insulin production, the body becomes insulin resistant and blood sugar levels rise, leading to accelerated glycation and free radical damage.

Most adults in today's society are sugar burners. The results: inflammation, rapid aging, obesity, diabetes, heart diseases, cancer, arthritis, osteoporosis, autoimmune diseases, depression, memory loss, thyroid problems, Candida and much more.

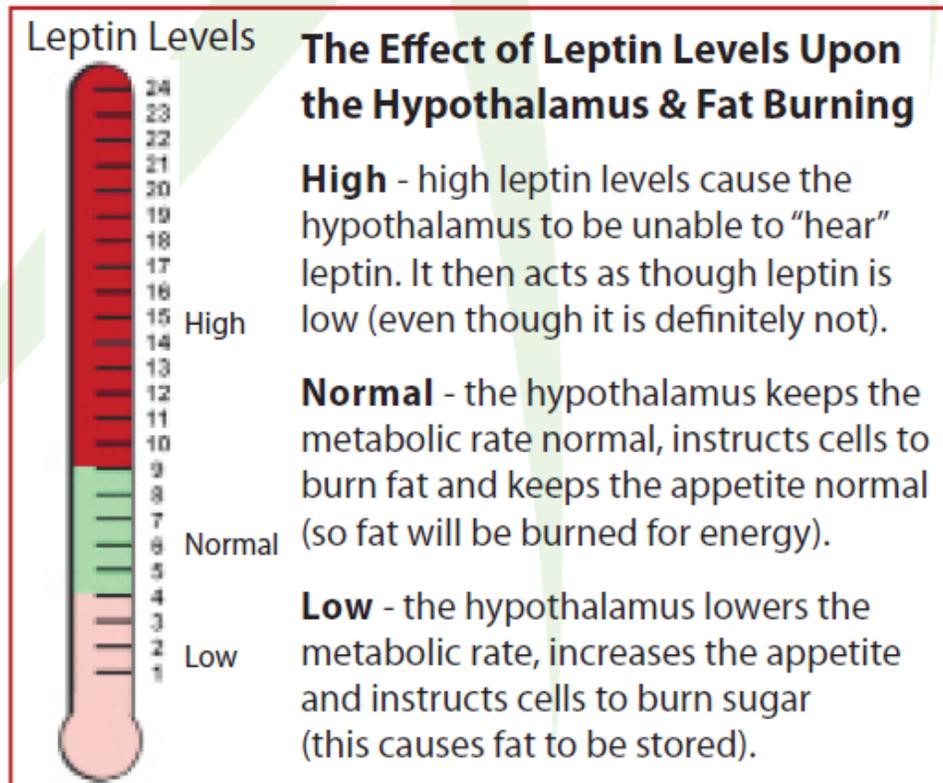
Why would the hypothalamus become insensitive to leptin?

In one word: because of our LIFESTYLE! We are a stressed, sugar loving society.

Rises in blood sugar are caused primarily by eating high-calorie foods and by stress. High amounts of blood sugar convert to triglycerides (circulating blood fat), causing spikes in serum leptin levels. The hypothalamus listens intently to leptin levels.

Imagine being in a very noisy room. What would you do if the noise got too intense? You would put your hands over your ears. That's exactly what the hypothalamus does when leptin levels are too high. The hypothalamus puts on "ear muffs" and the sensors become deaf. If there are too many spikes in the leptin levels, the sensors tend to atrophy. Result: the hypothalamus does not hear the leptin signal, thus thinks there is no leptin in the blood and not enough fat cells. It signals the body to increase its appetite, to use sugar for energy and to store fat.

Lack of sleep, fear, conflicts and not giving the digestive system a chance to recuperate each day causes stress and contributes to high leptin levels.



How can you know where your leptin levels are? You can have a blood test done. It will give you a dose of reality.

If your leptin levels come in at 10, 12, 15, 19 or 24 mg./ml. or higher, you will have the needed proof that will hopefully inspire you to take action. Think about what could happen if you do NOT take action?

If you desire quality of life and longevity, make the decision to normalize your leptin levels throughout your lifetime. For maximum benefit, maintain leptin levels between 4 and 6.

Below are 5 habits that will help correct or prevent a leptin switch failure:

1. Eating Leptin friendly meals
2. Fasting 12-13 hours per day
3. Exercising
4. Sleeping sufficiently
5. Supplementing your food intake with key nutrients

1. Eat leptin friendly meals

It means a meal that is nutrient dense, focusing on healthy fats and vegetables, with at least 60 to 70 grams of proteins a day.

Good fats are key ingredients. Read the chapter on *Fats*, starting on page 32. Think along the line of nuts, seeds, avocados, fish, coconut oil, etc. When it comes to vegetables, think non-starchy and non-sweet vegetables, which can be eaten in unlimited quantities. Beware of starchy and sweet carbohydrates (corn, potatoes and grains). They turn into sugars, thus are counter-productive for re-establishing leptin sensitivity. Once the leptin switch is repaired, you can start eating these again, as long as you do not gain weight.

How about fruits? Check the chapter about *Fruits*, starting on page 56. If you decide to eat fruits, limit yourself to one piece a day, as they contain a substantial amount of sugar.

YOU are the one in charge! YOU rule over your taste buds! Food tastes are for the most part acquired. We naturally choose to like foods eaten at pleasant social gatherings and which brings us good memories. After reading this book, you should know what is healthy and what is not. Why not teach your children to like healthier foods? Why not serve healthier choices during gatherings? Why not become wise and not eat what is bad for you, setting a good example, which might trigger other people to make better choices themselves? Why not consciously choose to enjoy what is good for you?

Once your leptin levels are back to normal, your hypothalamus will rewire your brain to enjoy healthy foods. The old food cravings will disappear.

Starting the day with a protein and good fat meal is like music to the hypothalamus's ear. It will start your day with a normal leptin level and tell your body that it's going to BURN FAT TODAY. If you have to eat dessert (but you don't have to, and you might lose that addiction once your leptin levels are optimized), eat it with or immediately after a protein meal so that it is digested slowly and does not spike your blood sugar, which will also create a leptin spike.

We have frequent food cravings for only one basic reason: low blood sugar levels. When the body is in a sugar burning mode, blood sugar must be constantly replenished by eating. When blood sugar levels go down, a powerful urge to eat is generated by the brain. When the body is in a fat-burning mode, there is a relatively constant amount of fat available so you will NOT experience those frequent sugar/carbohydrate cravings.

2. Fast for 12 to 13 hours a day

I never thought I could do it, as I was hypoglycemic, i.e., my blood sugar would plummet and I would feel weak. I thought I *had* to eat every 2-3 hours and as soon as I woke up. It was a belief. As I changed my lifestyle to eat

more proteins and fats, I stopped being hungry all the time, and I stopped having blood sugar drops. Now, I can easily fast 16-18 hours a day, with NO discomfort whatsoever.

Why fast? It allows the body's energy producing/monitoring systems to reset themselves for the next day. It is better to start the fast 3-4 hours before the time you fall asleep to more effectively repair the mitochondria and reset the metabolic rate.

3. Exercise

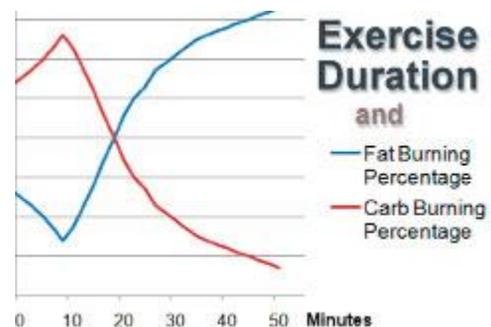
Ouch... didn't I just say that when leptin sensors were not operating, we did not feel like exercising? Yes... however... Exercise forces fat burning to occur. After the sugar reserve is burnt up, and in order to continue producing energy during exercise, the body must burn fat.

There are 3 particular times that exercise is the most beneficial:

1. In the morning, before eating breakfast. It's the best fat burning time.
2. In the evening, after the last meal of the day. This sets up maximum fat burning during the night.
3. Within 60 minutes after eating a high carbohydrate meal to burn off the sugar before it is stored as fat.

Look at the graph on the right. Some people believe that exercising to lose fat should continue for 20 minutes or more in order to ensure that the body has entered a fat burning mode. There are different opinions about that.

Newer research favors interval-type training, which takes far less time, a bonus in our "I don't have time to exercise" society.



According to Dr. Mercola:

” A great tool you can use is interval-type training, which is a type of exercise that combines short bursts of high-intensity activity with periods of rest.

In one study, those who cycled for 40 minutes, alternating four-minute bursts at 90 percent effort with two minutes of rest, improved their cardiovascular fitness by 13 percent, and were able to burn 36% more fat during a later hour-long moderate cycling session.

Even more revealing, researchers from the University of New South Wales found a way to burn more fat exercising for 20 minutes instead of 40 minutes!

In their trial, women either exercised for 20 minutes, alternating 8 seconds of sprinting on a bike with 12 seconds of exercising lightly, or exercised at a regular pace for 40 minutes.

After exercising three times a week for 15 weeks, those who did the 20-minute, alternating routine lost three times as much fat as the other women."

4. Sleep sufficiently

The body uses sleep to repair itself, reset hormone levels and prepare to function optimally the next day. Leptin levels rise during the day and peak just before midnight (unless you eat late in the evening or do not get enough sleep, in which case they continue to rise all night). **You need to get sufficient sleep to bring leptin levels down** to their daily low before morning. High leptin levels in the morning signal the



hypothalamus that there is not enough fat, with the consequences you now know: increase appetite, burn sugar and store fat.

5. Supplements

As mentioned, I am not a great believer in supplements. It's not my area of expertise. However, here are a few suggestions, given by Healthy-Living, to help lower leptin levels so that the hypothalamus can reactivate its leptin sensor to turn on the fat burning signal.

I let you do your own research on the following and decide whether you want to take the supplement road or not.

- L-Arginine to increase hypothalamic sensitivity to leptin
- Acetyl-L-Carnitine to escort bloodstream fat into the cells and mitochondria where the fat can be burned for energy and to stimulate repair of leptin sensors.
- Conjugated Linoleic Acid to accelerate the release of fat from adipose tissue storage sites and to reduce the production of leptin in fat cells
- Omega-3 oils

It is NOT easy to restore your leptin switch... but what's the alternative?

It will take a concerted effort and perseverance to get your hypothalamus to reactivate its leptin sensors. However, it can be done **in as little as 3 weeks of strict adherence** to the 4-5 suggestions above. Not strictly

adhering to the dietary suggestions could cause a setback of 5-6 days for each day you eat a sugar-carbohydrate rich diet, do not fast for 11-12 hours, and do not sleep enough.

Once your hypothalamus is again sensitive to leptin signals, you will not have to adhere to such a strict program.

I can testify to that as I did some experiments on myself... going from a fat-burning mode, where I was hardly ever hungry and enjoyed an abundance of energy, to a sugar-burning mode, where I had food cravings as soon as I finished a meal and had sluggish energy all day long.

The typical pancake or continental breakfast is NOT conducive to optimal leptin levels, and does NOT promote optimal health and longevity.

LONGEVITY

Scientists have also recently discovered that leptin levels directly instruct the individual cells of your body as to whether or not they should repair damaged DNA. Scientists determined that it was a particular gene in each cell which would turn the DNA repair on or off, according to the level of leptin in the cell. If that level was too high, the DNA repair would be turned off.

Scientists believe that the biological imperative of life is NOT long life, but rather transferring life to the next generation. Nature needs two conditions to ensure that this happens:

- Good parental genes
- Plenty of food

Nature is worried about the bad consequences of food scarcity. Therefore, a time of abundance of food will ensure that children will thrive and parents will have abundant energy to both reproduce and safeguard their

children. To make sure that this will happen, DNA maintenance/repair is the means utilized by nature to keep genes perfect until the time has arrived to reproduce when food is plentiful.

Many couples nowadays have a hard time conceiving. Could it be because the food we ingest today is mostly devoid of nutrients? We have plenty of "food" available in our western societies, yet most people are actually starving in the USA, starving for nutrient-rich food.

DNA maintenance/repair can be likened to running a computer virus protection. Nature is willing to spend some of its energy to make sure that an organism survives in gene perfect condition long enough to reach reproductive age at a time when food is plentiful.

When an organism reaches reproductive age, if food is plentiful, nature wants 100% of its organism's energy to be available to carry its prime directive: transferring life to the next generation.

DNA repair/maintenance is kept up all during infancy, childhood and early adult years. Soon after reaching adulthood, if plenty of food exists, nature turns off the DNA maintenance program. All the energy now goes to parenting. It is the leptin level that determines whether food is plentiful or not.

DNA repair/maintenance is turned off at this time because nature does not care whether parents live a long life or not. They just need enough energy for child-bearing and protection for their children.

This is like turning off the virus protection program on our computer, so that other programs can run faster. Dr. Gundry calls this "turning on the *Killer Gene*."

However, we can turn on the *Longevity Gene* as well, according to Dr. Gundry, by keeping the DNA repair/maintenance gene active. How do we do that? Keep your leptin levels at the optimal level: not too high, yet not too low either. Become an efficient fat-burning machine!

To summarize, make the regulation of leptin a top priority. It is the most important system governing long term health and wellness. Moreover, it also works on the maintenance of a healthy weight.

Weight gain and energy regulation problems begin when the hypothalamus loses its ability to communicate with a hormone called leptin, manufactured in fat cells.

Fat is the best energy source for human cells. This is why people store fat instead of sugar cubes. When the hypothalamus loses its ability to hear leptin signals, i.e., the leptin switch does not function any longer, the hypothalamus panics and tells the body to eat more, burn sugar and store fat.

If the switch does not function, the panic continues and the emergency does not end: eat, burn sugar, and store fat! If the hypothalamus is faced with long-term stress from over-eating carbohydrates and sugar, from not getting enough restorative sleep and exercise, it cannot properly manage fat storage. Result: fat gain and disease!

When it comes to leptin, there are 2 kinds of people:

- Fat burners
- Sugar burners

Fat burners get to live long and healthy lives without having to constantly worry about excess fat. Sugar burners get to live shortened, diseased lives, and they get to constantly fight the battle against unwanted fat.

Exercise alone will NOT repair the leptin switch. Dieting will certainly not, as it will put the hypothalamus in a famine mode, signaling the body to store more fat.

Regulating leptin levels is a permanent weight loss solution that also provides many other health benefits, including a happy and healthy longevity.

It is our lifestyle that breaks down the leptin sensory switch. It is our lifestyle that can restore it. Enjoy your life to the fullest, be **ALIVE and WELL, with ENERGY, VITALITY and FOCUS.**

A leptin-friendly meal



Chapter 13

5 PILLARS OF HEALTH

Look at the following 2 illustrations:



1. The Stratosphere in Las Vegas, USA

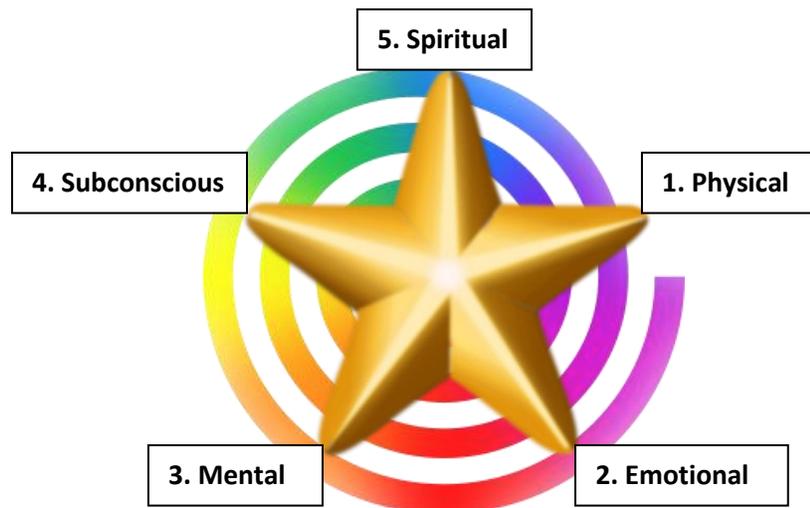


2. The Parthenon, in Athens, Greece

If something were to happen to one of the columns, what would be the result? You would not have much left of the Stratosphere... the Parthenon would still be standing. This is why I believe in a 5-prong approach to Health and Wellness: You need to take care of 5 aspects of your being: physical, emotional, mental, subconscious and spiritual. If one tumbles, the other aspects come to the rescue. This is what it looks like:

1. **Vibrant Health and Perfect Weight:** Take care of your physical body, the vehicle that takes you from birth to death, with proper nutrition, cleanses, movement and nature.
2. **Emotional F.R.E.E.D.O.M. (Freedom and Release of Emotional and Energetic Disturbances Or Mental blocks):** use cutting-edge techniques to enjoy healthy e-motions and release disempowering ones
3. **Mental Fitness Training:** Make your mind work for you (instead of being its slave) with laser-sharp focus and concentration exercises
4. **Body-Mind Partnership:** Release subconscious patterns/programs that block your enjoyment of life. Use Imagineering, the Power of the Mind in Healing
5. **Love, Life and Miracles:** That is Quantum Alchemy. "When You Change Your Energy, You Change Your Destiny!" Use the new discoveries in quantum physics and philosophy which blend science and spirituality

5 Pillars aka 5 Keys: when you experience a challenge in one aspect of your life, the other pillars/keys are there to hold you up. Work on all aspects of your being, using a Constant and Never-Ending Improvement approach. Keep on keeping on at improving each aspect, in a spiral fashion, for an INTEGRATIVE APPROACH.



Chapter 14

STRESS, ADAPTABILITY AND EXHAUSTION



Hans Selye, an endocrinologist born in Vienna in 1907, who died in Montreal in 1982, was the first to talk about the concept of stress and the General Adaptation Syndrome in 1936.

He showed that stress affects the body in 3 phases and stated that stress is a major cause of disease because chronic stress causes long-term chemical changes.

To him, the body's reaction to stress was predictable: it followed a biological pattern in order to restore the body's internal homeostasis.

You probably heard about the Fight or Flight reflex, to which the Freeze and Fawn reflex have been added. It is the process the body's uses to maintain balance.

Pressures, tensions and other stressors can greatly influence your normal metabolism. Hans Selye determined that there is a limited supply of adaptive energy to deal with stress. That amount declines with continuous exposure.

“Every stress leaves an indelible scar, and the organism pays for its survival after a stressful situation by becoming a little older.” Hans Selye

Your body has a predictable way to work through stress: the human adaptive response to stress has 3 distinct stages:

1. The Alarm Stage
2. The Resistance Stage
3. The Exhaustion Stage

Let's examine each stage.

1. Your first reaction to stress is to recognize that there is a danger and that you have to prepare yourself to either fight or to flee. During that phase, stress hormones (cortisol, adrenaline and noradrenaline) are released to give you instant energy.

If this energy is repeatedly not used up through physical activity, it can become harmful and lead to high blood pressure, damage to blood vessels of the heart and brain, damage to cells and muscle tissues, cardiovascular conditions, stroke, gastric ulcers, high blood sugars, etc.

At this stage, everything is working normally: there is a stressful event and your body rings the alarm with a sudden jolt of hormonal changes. You are thus immediately equipped with enough energy to handle it.

2. Your body will shift into the second phase as the source of stress is getting resolved. Homeostasis begins to restore balance. There is a period of recovery taking place, for repair and renewal.

Stress hormones levels may return to normal, BUT your defenses are lower as is the amount of adaptive energy. If the stressful condition continues, your body will adapt with a continued effort in resistance and will remain in a state of arousal.

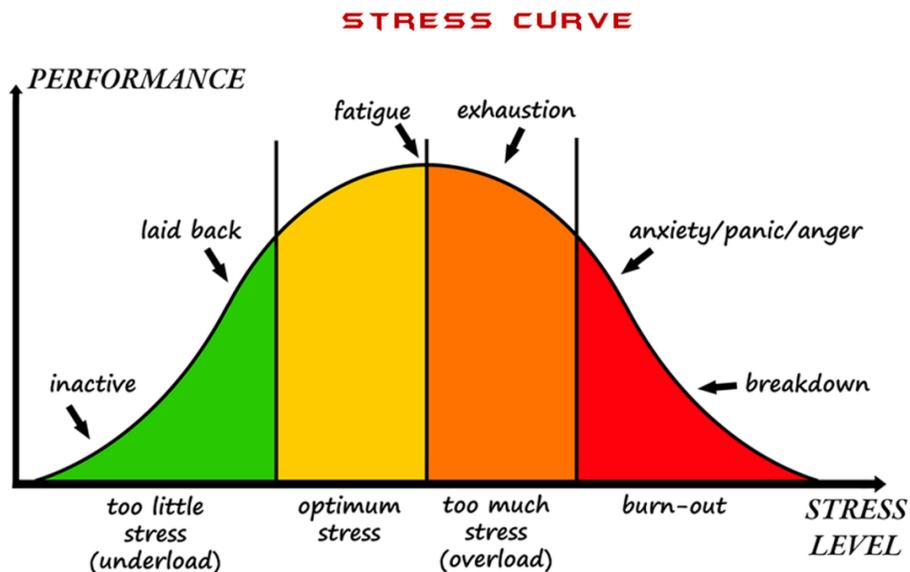
If you keep repeating this process too often with little or no recovery time, problems will begin to manifest.

3. At the exhaustion stage, your body's ability to resist is lost because your adaptation energy supply is gone. Stress levels go up and stay up. You face overload, burnout, adrenal fatigue, maladaptation or dysfunction.

DANGER: This phase is VERY HAZARDOUS to your health.

Chronic stress damages nerve cells in tissues and organs. Thinking and memory can become impaired as the hippocampus section of the brain is particularly susceptible to stress. Anxiety and depression may ensue.

The autonomic nervous system is affected as well, with conditions such as high blood pressure, heart disease, rheumatoid arthritis and other stress related illnesses.



Become adept at recognizing stress and at lowering its level using the 5 Pillars/Keys of Health and Wellness. If one pillar is affected, work at strengthening the others, so that you can keep standing, until homeostasis is restored to the challenged pillar.

1. **Physical Stress:** You may not think about it, but food can cause stress to your body if it is not adapted to your unique constitution. If you face a challenge with diabetes, sugar will cause stress. If you have an allergy or a food sensitivity, and you ingest that kind of food, your body will become stressed.

On the other hand, if you follow the specific lifestyle adapted to your uniqueness, you will lower the stress on your body.

Toxins in the air, water and food put stress on your body. Be sure to do periodic cleanses.

2. **Emotional Stress:** When you are challenged with a loss or a trauma, your emotions get frazzled. Learn techniques, such as EFT-Emotional Freedom Techniques aka the Tapping Techniques (my own cocktail is called the F.R.E.E.D.O.M. Techniques) which will enable you to regain control of run amok emotions. A loss/trauma usually has 3 distinct phases, with specific emotions:

- 1) Loss Cycle : shock, denial, mourning, grieving, sadness, acceptance
- 2) Wilderness Cycle A : fear, anger, chaos, anxiety, depression, guilt
Wilderness Cycle B : change of focus and attitude, exploration, appreciation, vision
- 3) Transformation Cycle : hope, new opportunities, new vision, impatience, planning,
new beginning, new life

3. **Mental Stress:** Too much to do, too little time... the curse of modern life!

Learn AND practice relaxation, mindfulness techniques, yoga, Tai Chi, Chi Gung... spend time in nature...

Put the IMPORTANT ahead of the URGENT. Do NOT let other people's important become your urgent!

Manage priorities instead of time.

4. **Subconscious Stress:** all the patterns you keep repeating because of the programs that are running your life. 96% of your reactions come from your subconscious mind's programming. If you find yourself stuck in repetitive patterns, it's time to seek help and find out where they come from. Then, let them go...release them. InterActive Imagery^(s) is one of the best techniques to go to the root cause of a problem. The Tapping Techniques will then help to transform its energy. Hypnosis also has a great track record of releasing subconscious patterns rapidly and permanently.
5. **Spiritual Stress:** Oh yes, that one is quite sneaky and pervasive. Have you ever believed something, then found out that it was erroneous? There are all kinds of toxic religious beliefs which can wreak havoc in your life. Do NOT swallow ideas hook, line and sinker without making sure that they are based on solid facts, rather than somebody's "enlightenment" or "special gift."

Chapter 15

WHERE DO I GO FROM HERE?

There are some people who seem to be able to eat whatever they want, and to live whatever lifestyle they choose, while staying healthy and well. They were born with a "billionaire's account of energy dollars (E\$)."

It's a fact: some people are born millionaires or even billionaires. No matter how much money they spend, they will not become poor. It is the same with health. Some people are "richer" in "energy dollars" than others.

A Chinese philosophy tells it this way:

At birth, everybody has a certain amount of energy dollars or E\$ in a savings account. Some people have a lot, some less.

Every day, everybody gets the same amount of energy dollars for the day, let's say E\$100 /day, as an example.



Imagine that you get up in the morning, and you start fretting about the day ahead: you lose **E\$15.00**. You then quickly swallow a sugary breakfast with a couple of cups of coffee (NOT a healthy breakfast; it will crush your energy), you lose **E\$10.00**. You get on the freeway and get stuck in traffic, which stresses you: you lose another **E\$10.00**. At work, your colleague or your boss nags you about a project that needs to be finished "yesterday": you get upset and lose **E\$20.00** while gulping another cup of coffee. You get a phone call from a client telling you that the product you delivered is not quite what they expected; a long

discussion ensues, and you lose another **E\$20.00**. You don't have time for a relaxing lunch break and it will cost you **E\$15.00**. More stress during the afternoon... the drive back home... and you have used your allotted E\$100.00 before the evening starts. To continue living, you will have to withdraw some energy funds out of your energy savings account.

How much do you have in that savings account? How many withdrawals can you make? How long can you last until your energy savings account is depleted? Once your energy savings account is empty... dis-ease settles in... followed by suffering and premature death.

There is hope though. You can also ADD funds to your energy savings account. How?



- Eat healthy, nutritious and high- energy foods
- Choose a healthy lifestyle
- Manage your emotions and your stress level
- Enjoy life!



Chapter 16

A WORD ABOUT FOOD SENSITIVITIES

Although the "What Do I Fuel My Body With" Chapter is quite comprehensive and should empower most people, some may have more sensitivity to foods than others.

Hippocrates said:

"Let your food be your medicine and your medicine your food."

Because I was born with digestive problems, which challenged me most of my life, I did a lot of research on foods for many years.

- I started with a "normal" Swiss diet (meat and potatoes, lots of dairy products, bread and pasta),
- Followed by a raw, then macrobiotic, then vegetarian, then vegan, then raw vegan diets,
- Followed by eating for my blood type then my metabolic type,
- Followed by the Paleo/Ancestral diet, then the Keto one, then back to the Paleo, etc.

My goal was NOT to follow a specific diet or fad. My goal was TO BE HEALTHY! I switched many times, because of the challenges I was facing and the stages of my life (cancer, knee surgeries, pregnancies, polyneuritis symptoms, depression, weight challenge... etc.).

I bought a computer program which helps me (and my clients) quickly assess the best food sources that should be used for optimal health. Below are a couple of examples of the charts offered as food therapy.

Chapter 17

POLY-TICKS

I found this spelling of "politics" quite amusing: *poly* meaning many and *ticks* are those little creatures that suck blood.

Let's be serious though, as politics has quite a role to play in our health care and wellness. First of all, the "healthcare" system is a misnomer. I was shocked when I attended my first "health" fair in the United States. It was all about diseases. Doctors and nurses checked people for blood pressure problems, diabetes, eye challenges and touted the benefits of prescription drugs.

A comprehensive definition of true health is:

"Feeling good and full of energy almost all of the time. Health is when the body, mind and spirit are at peace, particularly when under stress. It is living at full potential with the capacity to adapt to others, and whatever comes one's way. Optimal health is experienced when a person is physically, mentally and emotionally sound, feels vibrant and optimistic, and when the organs are functioning at maximal efficiency, NATURALLY."

My expectation, when going to that health fair, was to find people offering advice on nutrition, gardening, whole foods, natural supplements, aromatherapy, reflexology, naturopathy, homeopathy, exercises, detoxification, massages, etc. None of that was available.



Not long ago, as I was working on a health project, I needed to find some art clips on "health." What pictures showed up? Mostly of doctors with a stethoscope around their neck, nurses giving shots, drugs, etc. How and when did this idea that "health" means doctors and pharmacology?



I believe strong media campaigns, brainwashing people about their incompetence at taking care of themselves without being under the care of doctors or specialists, can be partially blamed. Also, most people look for the easiest solution. When drugs and surgeries promise to heal all our ills... why would we hesitate or bother doing research? I heard that the list of "healthiest States" in the United States was compiled according to how many people were vaccinated, and how many prescription drugs were being used. Is that really "health?"

I am quite passionate about health issues. The greed of pharmaceutical and food corporations, with their false promises and the junk that is now served to us as food, is despicable. Most of our health challenges would simply not exist if we were educated, and made responsible (response-able) choices.

In America, the word **corporation** is widely used to describe incorporated entities, especially those that have a large number of shareholders. The job of a for-profit corporation is to conduct business for ... profit. They HAVE the legal obligation to "make money."

Nothing is wrong with making money, except when greed takes over, and corporations conduct business for profit to the detriment of a group of people, knowingly hurting or killing them. It has been demonstrated and published that most drugs used today have NOT been thoroughly tested (only between 5% to 10% have been tested). Moreover, as is the tendency in these groups, the negative side-effects go unpublished for years, until

there are too many deaths, a public outcry... or until an insider blows the whistle. Thankfully, as people are becoming more aware, truths are coming to the surface.

Dr. Mercola shared this article from JAMA (Journal of the American Medical Association) in one of his newsletters. What is remarkable is that it did not come from people "against medical care." It was published by the AMA, the American Medical Association. Keep in mind too that it does not show the level of suffering or reduction in quality of life. It may have gotten worse since the publication of the article. Here it is:

Doctors Are the Third Leading Cause of Death in the US, Killing 225,000 People Every Year

July 30 2000, by Dr. Joseph Mercola

This article in the Journal of the American Medical Association (JAMA) is the best article I have ever seen written in the published literature documenting the tragedy of the traditional medical paradigm.

This information is a follow-up of the Institute of Medicine report which hit the papers in December of last year, but the data was hard to reference as it was not in peer-reviewed journal. Now it is published in JAMA which is the most widely circulated medical periodical in the world.

The author is Dr. Barbara Starfield of the Johns Hopkins School of Hygiene and Public Health and she describes how the US health care system may contribute to poor health.

ALL THESE ARE DEATHS PER YEAR:

- **12,000 -- unnecessary surgery**
- **7,000 -- medication errors in hospitals**
- **20,000 -- other errors in hospitals**

- **80,000 -- infections in hospitals**
- **106,000 -- non-error, negative effects of drugs**

These total to 225,000 deaths per year from iatrogenic causes!

What does the word iatrogenic mean? This term is defined as induced in a patient by a physician's activity, manner, or therapy. Used especially of a complication of treatment.

Dr. Starfield offers several warnings in interpreting these numbers:

- *First, most of the data are derived from studies in hospitalized patients.*
- *Second, these estimates are for deaths only and do not include negative effects that are associated with disability or discomfort.*
- *Third, the estimates of death due to error are lower than those in the IOM report.*

If the higher estimates are used, the deaths due to iatrogenic causes would range from 230,000 to 284,000. In any case, 225,000 deaths per year constitutes the third leading cause of death in the United States, after deaths from heart disease and cancer. Even if these figures are overestimated, there is a wide margin between these numbers of deaths and the next leading cause of death (cerebro-vascular disease).

Another analysis concluded that between 4% and 18% of consecutive patients experience negative effects in outpatient settings, with:

- *116 million extra physician visits*
- *77 million extra prescriptions*

- *17 million emergency department visits*
- *8 million hospitalizations*
- *3 million long-term admissions*
- *199,000 additional deaths*
- *\$77 billion in extra costs*

The high cost of the health care system is considered to be a deficit, but seems to be tolerated under the assumption that better health results from more expensive care.

However, evidence from a few studies indicates that as many as 20% to 30% of patients receive inappropriate care.

An estimated 44,000 to 98,000 among them die each year as a result of medical errors.

This might be tolerated if it resulted in better health, but does it? Of 13 countries in a recent comparison, the United States ranks an average of 12th (second from the bottom) for 16 available health indicators. More specifically, the ranking of the US on several indicators was:

- *13th (last) for low-birth-weight percentages*
- *13th for neonatal mortality and infant mortality overall*
- *11th for post-neonatal mortality*
- *13th for years of potential life lost (excluding external causes)*
- *11th for life expectancy at 1 year for females, 12th for males*

- *10th for life expectancy at 15 years for females, 12th for males*
- *10th for life expectancy at 40 years for females, 9th for males*
- *7th for life expectancy at 65 years for females, 7th for males*
- *3rd for life expectancy at 80 years for females, 3rd for males*
- *10th for age-adjusted mortality*

The poor performance of the US was recently confirmed by a World Health Organization study, which used different data and ranked the United States as 15th among 25 industrialized countries.

There is a perception that the American public "behaves badly" by smoking, drinking, and perpetrating violence." However, the data does not support this assertion.

- *The proportion of females who smoke ranges from 14% in Japan to 41% in Denmark; in the United States, it is 24% (fifth best). For males, the range is from 26% in Sweden to 61% in Japan; it is 28% in the United States (third best).*
- *The US ranks fifth best for alcoholic beverage consumption.*
- *The US has relatively low consumption of animal fats (fifth lowest in men aged 55-64 years in 20 industrialized countries) and the third lowest mean cholesterol concentrations among men aged 50 to 70 years among 13 industrialized countries.*

These estimates of death due to error are lower than those in a recent Institutes of Medicine report, and if the higher estimates are used, the deaths due to iatrogenic causes would range from 230,000 to 284,000.

Even at the lower estimate of 225,000 deaths per year, this constitutes the third leading cause of death in the US, following heart disease and cancer.

Lack of technology is certainly not a contributing factor to the US's low ranking.

- *Among 29 countries, the United States is second only to Japan in the availability of magnetic resonance imaging units and computed tomography scanners per million population.*
- *Japan, however, ranks highest on health, whereas the US ranks among the lowest.*
- *It is possible that the high use of technology in Japan is limited to diagnostic technology not matched by high rates of treatment, whereas in the US, high use of diagnostic technology may be linked to more treatment.*
- *Supporting this possibility are data showing that the number of employees per bed (full-time equivalents) in the United States is highest among the countries ranked, whereas they are very low in Japan, far lower than can be accounted for by the common practice of having family members rather than hospital staff provide the amenities of hospital care.*

Journal American Medical Association, July 26, 2000;284(4):483-5

Yes, We Need Medical Doctors



I happen to enjoy working with medical doctors. Let me qualify this: I enjoy working with medical doctors whose focus is the health of their patients, not the growth of multi-national corporations, or the many perks they get from these corporations. The medical doctors I work with have years of training in their respective fields *and*, whether or not they have been trained in them, respect sound complementary and alternative modalities.



Medical doctors, drugs and pharmacology are needed in specific cases. I am glad that anesthetics exist when I have to have a tooth pulled out. I am glad we are beyond the days when we had to get drunk and bite on a piece of "something" to get stitched up. Anybody who has ever been involved in an accident will no doubt appreciate the pain killers offered to make life bearable until the body has a chance to mend.

Do not malign the medical field. We need well-trained medical doctors, specialists and surgeons when there is an **emergency**. If a leg is broken, advice on nutrition or movement will NOT help. When a fire erupts and people get injured, it is to the closest hospital that they need to go to. When somebody collapses from a heart attack, once again, it is the nearest emergency facility that will be able to attend to the person's needs, to potentially keep him or her alive.

Antibiotics have proven to be life savers in certain circumstances. Unfortunately, they have become a sort of panacea for multiple problems against which they are totally useless. They were designed to work against bacteria, NOT viruses. With the help of pushy advertising, many people believe that any discomfort can be cured with antibiotics.

The same is true about the overuse of anti-depressants. They numb the normal emotions experienced in the course of living on planet Earth, and only drive them deeper.

These emotions need to be felt, and transcended, NOT covered up. Burying uncomfortable feelings will eventually wreak havoc in your physical health. It is believed that some 96% of all diseases are linked to unresolved trauma and emotional upsets.

When it comes to modern diseases and illnesses due to trauma or life-style, antibiotics, drugs and emergency treatments are not the panacea. It is the place where complementary and alternative care come into play.

With awareness, a willingness to change and to deal with e-motions, using natural foods, movement, sunshine and nature, you will go a long way to minimize the toll that the stress and ills of modern life has taken on you.



Chapter 18

CONGRUENCE: YOUR VOTE COUNTS!



You vote every day, whether you are aware of it or not.

You vote when you eat, when you buy something, you vote by your action, you simply vote with the choices you make.

Are you supporting local farmers or small enterprises who prepare food with love and care, or the multi-nationals whose only purpose is to make money while making you sick and fat?

All the chemicals poured in your food have only one purpose: to make more money for the corporations. Preservatives keep the food for an indefinite amount of time, but are hazardous to your health, as are artificial colors and flavors.

Zero calorie products, marketed as "healthy for your waist line" may disturb your hypothalamus and trigger obesity in the long run. Prepared foods contain chemicals to make you hungry. If you eat more, the multi-national corporations profit. If you become overweight, the same multi-national corporations are right there, offering you "weight loss" products which don't work in the long run, and are often detrimental to your health.

"Natural" additives or even the simple word "spices" may be deceptive. Hundreds, let me correct that, thousands of chemicals (sometimes called "natural") are legally added to your foods; they are not conducive to health, and are often not natural, thus detrimental or even hazardous.

Why would you buy them???

Most TV programs, media, and especially the advertisements you listen to or watch are hypnotic, brain-washing you into behaviors which you would rationally not even think about.

Many people tell me that organic food is too expensive... yet they don't bat an eye at buying several cocktails (maybe enjoyable but which are totally useless and even detrimental to their health) during parties or networking events. How many cups of coffee do you buy at Starbucks?

Why march in the streets branding signs against GMO and Monsanto if you buy their food, thus financing the corporation? THINK before you act! BEWARE, BE AWARE!

Thoughts Lead to Actions, Actions Lead to Habits, Habits Become Your Character, and Character Determines Your DESTINY!



Chapter 19

A WORD ABOUT THE “JABS”

It is July 2021. As I am editing this book, we have been in the COVID scare for over 18 months. Thousands have died, and thousands more will, unfortunately.

It is not the place for me to tell you what to do. I wanted to give my opinion, based on my experience.

As a child growing up in Switzerland, I had a lot of vaccinations. It was the way things were done, and nobody that I know questioned it. The polio and tuberculosis vaccines were administered in schools, and everybody took it.

It is only when I got pregnant that I started to wonder. I was vaccinated against measles... and contracted measles. I was vaccinated against whooping cough... and contracted whooping cough. I was vaccinated against mumps... and contracted mumps. For years, I was the sickest kid in school, the one missing the highest number of hours. I grew up on antibiotics.

At age 15, I was diagnosed with skin cancer, which led to surgeries, every 6 months. Fortunately, during that time, I was also studying psychology with an Institute in Paris, which was also teaching nutrition. It's a long story... I'll shorten it. At age 18, I bought my first juicer, and juiced daily. I was already eating a healthy diet, and had long term projects, so the cleansing/detoxing was what I needed. I have not had another surgery for skin cancer since I was 18.

When I was 20, I decided to travel the world. In order to visit Middle Eastern and Asian countries, I needed a “vaccine passport” with all kind of new vaccines, especially the smallpox vaccine. That one caused me to miss work for 3 weeks. My arm swelled up so much that I could not put on any piece of clothing with sleeves. The

spot where I got the injection was oozing as well. I contacted the doctor, was quarantined, and told to stay away from children.

Pregnant with my first child, I started to research in which hospital I wanted to give birth. I was living in California at the time, in a cute little town by a lake. I checked out the first hospital: I was told they would give me sleeping pills if the labor was too long. I did not like that, so contacted a gynecologist in a nearby town. He wanted me to write an essay about how I would react if my baby was still-born. I did not like that either.

The third option was a 3-hrs drive to a hospital that was offering more natural ways in their obstetrics department. Not the ideal.

My neighbor came to visit and told me about mothers having their children at home, with the assistance of midwives. I had never heard about that, except that it was the way things had been done in antiquity. I attended a meeting with the local midwives, and was sold. This was the best option.

Not only did I learn about home birth, I learned about the controversies surrounding vaccinations (and circumcision). Wow... it was not what I had been led to believe. I bought lots of books to research the subject, as the internet was not available yet.

It was quite an eye-opener. Whether the vaccines that I received were the same types as the ones children are getting nowadays, I don't know. The ingredients in present-day vaccines are very scary. With each child (I home birthed 7), I did more research. With the last 2, I had a computer, which made research easier and faster.

After the birth of my 5th daughter, I started to feel unwell, living in constant pain. After the birth of my 6th daughter, I was bedridden, for weeks, even months. A chiropractor, friend of mine, diagnosed me with the symptoms of polyneuritis... "but it's not possible, since you don't drink, and serious alcoholics get it." After more research, I learned that it could be a side-effect of vaccines, as the skin cancer might have been.

I would encourage you do your own research:

- What are the ingredients in a vaccine?
- What do each of these ingredients do?
- Why are they in vaccines?

- What are the potential side-effects?
- How did vaccines get started?
- Are there aborted fetal cells in vaccines? Do they determine if it's the DNA of a boy or a girl?
- Are there cells from chimpanzees' brain in vaccines? (I let you discover what's added to vaccines)
- Are vaccinated children healthier than unvaccinated children?
- Who should/should not get vaccinated?
- Did the vaccines stop epidemics?
- How is the safety of vaccines tested?
- "Safe and effective," truth or a bumper sticker slogan?
- Who benefits from the vaccine industry?

These are just some of the questions I had to have an answer to, before vaccinating my children.

Only one of my daughters got 1 vaccine, a tetanus shot, because I had not studied that vaccine thoroughly yet, and she had fallen on a rusty bar.

Now, we have the SARS-CoV-2 situation, which is splitting the world. Is it a pandemic (where millions across the globe are going to die from this disease if people are not vaccinated), or a "plandemic," a social engineering experiment to curb the population of the world, and enrich a few?

You have to decide. You are response-able for your decision, for the way you deal with your health. Give others the right to choose as well.

BEWARE - BE AWARE

Do NOT blindly trust what you see or hear. Do NOT blindly follow the crowd: your health/life depends on YOU. It is more imperative than ever to do your own research, whether you believe in a pandemic or a plandemic. Become educated.

You will find links that I trust in the Resource section.

ADDENDUM

Here are a few remarks I added after editing the book I prepared for publication in Europe. The European one was published in 2017, and was in black and white. This is an e-Book, with lots of colorful pictures.

(1) – p. 26

For one or two people, I suggest the AlexaPure filter. Why? It is one of the best filters to remove fluoride and chlorine (not many filters remove these chemicals), as well as dozens, if not hundreds, of other toxins. It does not require electricity, i.e., whatever catastrophe may happen, you will have a means to get clean water. It is portable. I take mine when I travel. Whether staying at motels or camping, I always have clean water.

I use a filter for my shower, and take an AlexaPure bottle with me when I attend meetings. I can always filter the water offered.

For a family, the Berkey is recommended. I have not tested it, but it seems to also do a great job at removing fluoride and chlorine, as does the AlexaPure. Obviously, it is a bit bigger. It does not require electricity, and is portable.

If you have a permanent residence, it may be worth investing in a good filtering system (beside also having a portable filter when you travel). Make sure that it removes fluoride and chlorine, which are some of the greatest challenges.

(2) – p. 27

Choose an organic coffee. Many coffees now have some healthy mushrooms added.

I became fond of Laird Superfood Organic Peruvian Coffee with functional mushrooms (Cordyceps, Lion's Mane and Chaga). Laird also offers creamers, made with coconut milk and... mushrooms.

There are coffee alternatives. My favorites are Teecino (with an assortment of tastes and mushrooms) and Cafix. A Cafix with Laird Vanilla Superfood Liquid Creamer can be a fantastic and satisfying treat.

(3) – p. 27

I use a juicer that separates juice from pulp two to four times a year, when I do a cleanse. During the rest of the year, I make smoothies or whole food juices with a Vitamix, usually once a day.

(4) – p. 64

I mentioned that I enjoyed bread once again when I went to visit my family in Switzerland in 2012. No reaction: no gut pain, no heart arrhythmia.

In 2018, I went back to Switzerland, and bought a loaf of organic bread. Gut pain and arrhythmia again. Why? I had not read the list of ingredients. The wheat, although organic, was imported from the USA. It seems to be a different kind of wheat. Sometimes, it's by trial and error that we find what our bodies thrive on... or not.

(5) – p. 112

Since 2017, I've done water only fasting for 5 days, without side-effects. I would NOT advise anybody to start to cleanse that way. You need to prepare yourself, physically and mentally for such a challenge, at least initially. During my first attempt at the 5-day water only fast, I only went to day 3. I had forgotten to add electrolytes to my water, and got very weak. During my second water fast, I had no problem for 5-days, and was full of energy. With my 3rd fast, I got really, really tired for the first 3 days.

Before doing the water-only fast, I listened to several workshops about it, and read several books. I did not “jump in the water” without knowing how to swim.

There are clinics which will monitor your physiology while doing a water-only fast. It may be a good idea to be monitored during your first fast.

(6) – p. 118

Since 2002, I have also used energy devices to detox my body-mind. These devices used to be quite expensive, and took many hours of learning to use them effectively (EPFX, QXCI, SCIO, Ecllosion, Spooky2...).

Nowadays, 2021, many portable, easy to use devices, have shown up on the market (Healy, HeaWea, AO...). They are affordable, and can be programmed to detox the body-mind in a gentle way, using specific frequencies.

If you want to learn more about what’s available, schedule a free chat with me at <https://hha-usa.com/calendar>. I am not in any multi-level marketing, so I will not push you to buy this or that, but offer simple information about what’s available.

RESOURCES

Nutrition - Fasting

I've been studying different eating habits from around the world since I was 17 years old. As I mentioned, I bought my first juicer when I was 18, and started to cleanse/detoxify since then, learning different methods, from Raw Food to Macrobiotic to Vegetarian, Vegan, Keto, Paleo, and more. I experimented on myself, then used my knowledge when raising my kids, then with my clients. It would be too long to list every book I read, every seminar I attended, and now all the internet research I did. Below are the ones that have been the most helpful.

- Eat Right for Your Type, by Dr. Peter J. D'Adamo
- The Maker's Diet, by Jordan Rubin
- Food Combining Made Easy, by Herbert M. Shelton
- Metabolic Typing, by William Wolcott
- The False Fat Diet, by Elson M. Haas, MD
- The Brain Chemistry Diet, by Michael Lesser, MD
- The Mars and Venus Diet and Exercise Solution, by John Gray, PhD
- The Sexy Brain, by Devaki Lindsey Berkson, PhD
- Dr. Gundry's Diet Evolution, by Steven Gundry, MD
- The Grain Brain, by Dr. David Perlmutter, MD
- Heal Yourself 101, by Markus Rothkranz
- Living Foods Lifestyle, by Brenda Cobb
- The Paleo Cardiologist, by Jack Wolfson, DO
- The Longevity Diet, by Valter Longo, PhD
- The Complete Guide to Fasting, by Jason Fung, MD
- The Blue Zones, by Dan Buettner
- Nutrition and Physical Degeneration, by Weston Price, DDS
- The Ketogenic Diet, by David Jockers, DC – website: <https://drjockers.com/>

Exercise and Movements

- How to Eat, Move and Be Healthy, by Paul Chek
- Pain Free, by Pete Egoscue
- Younger Next Year, by Chris Crowley and Henri S. Lodge, MD

Misc. Books, Programs, CDs

- The Healing Sun, by Richard Hobday
- Love Without End, Jesus Speaks, by Glenda Green
- One Small Step Can Change Your Life - the Kaizen Way to Success by Dr. Robert Maurer – CD program

The “Jabs,” Natural Health and Misc. Websites I Trust

- <https://thehighwire.com/>
- <https://www.greenmedinfo.com/>
- <https://www.mercola.com/>
- <https://thetruthaboutcancer.com/>
- <https://thetruthaboutvaccines.com/>
- <https://childrenshealthdefense.org/>
- <https://www.geoengineeringwatch.org/>
- <https://www.thriveon.com/>

ABOUT

Dr. Danielle J. Duperret, ND/PhD



Danielle J. Duperret is an ND-Naturopathic Doctor, with a PhD in Natural Health. With over 45+ years of studies, research, training, and personal experience in psychology, parapsychology, food therapy, energy medicine, biofeedback, InterActive Guided Imagery^(s), protocols for PTSD and legal abuse, craniosacral therapy, spirituality, EP-Energy Psychology (Tapping Techniques), hypnosis and NLP-Neuro-Linguistic Programming, Dr. Danielle has a broad-based knowledge which enables her to empower her clients and

students with a holistic and integrative approach.

As a Professor of Quantum Naturopathy, she developed many accredited courses in traditional and quantum naturopathy for health professionals, including programs in anatomy and physiology, deontology, biofeedback, nutrition and movement, traditional and quantum naturopathy, history of medicine and naturopathy, traditional and vibrational medicine.

She authored the following books and programs:

- *Overcoming Adversity and Thriving on Planet Earth*
- *Lose Weight... Keep it Off! HCG: What? Why? How? An HCG Journey and Beyond, with 30 days of menu ideas*
- *Emotional F.R.E.E.D.O.M.*
- *Mental Fitness Training.*
- *Imagineering and The Power of the Mind in Healing*
- *Love, Life and Miracles*

Dr. Danielle also developed a Self-Health Home Study Courses *Blueprint for Holistic Health*.

These home study courses enable her students to become response-able and to meet the challenges (physical, emotional, mental, subconscious or spiritual) life on this planet throws their way.

Dr. Danielle coaches and mentors clients/students using her broad education, experience and expertise with the tools she developed over a lifetime of training and experience.

Dr. Danielle offers keynote lectures, teaches workshops and classes and is available for private, group, telephone and Skype/Zoom consultations, in English and/or French.

There are many aspects to a healthy lifestyle. Becoming Aware and Response-able (having the ability to respond) is a journey we must all take.

Health by Design or Death by Default? It's your choice!

When You Change Your Energy... You Change Your Destiny!

LIVE WITH PASSION, PURPOSE and DELIGHT!



INFORMATION/CONTACT

Website:

<https://hha-usa.com>

Email:

dynamicdr1@gmail.com

Telephone:

702-900-6730

Skype/Zoom

With Appointment Setup

Eat Well, Live Well

**with
Energy
Vitality and
Focus**

