



Dr. B. K. Wasnik (Ph.D.)

Health Secrets

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By

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Present book is a synthesis of books and documents consulted. The book is useful for educational and theoretical purpose. This book does not intend to replace the advice and treatment of medical professionals who specializes in the treatment of diseases.

Every individual and his body chemistry is unique. What applies to one person may not apply to other person. Therefore, one who reads this book should consult medical professionals preferably homeopathy and other alternative therapists before using information given in this book. The reader should use the information at his own responsibility. The author is not responsible for any consequences resulting from the use of any information described in this book.

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Chapter I : Confusion and Chaos

Literature on health is full of contradictory assertions such as 1) eat lot of proteins vs. eat less proteins, 2) eat more carbohydrates vs eat less carbohydrates, 3) eat more fruits vs. eat less fruits, 4) eat sweet fruits vs do not eat sweat fruits, 5) do not eat fat vs eat fat, 6) eat food with appropriate food combination vs. eat food without any combination, 7) drink more water vs do not drink more water, 8) take health food supplements vs do not take health food supplements. 9) vegetarianism vs non-vegetarianism, 10) rigorous physical workout vs moderate physical workout. 11) use lever cleanse methods vs. do not use lever cleanse methods. 12) use laxatives Vs do not use laxatives. 13) eat grains Vs do not eat grains, 14) eat fibers vs do not eat fibers, 15) drink little wine vs do not drink wine, 16) have plenty of sunlight vs. protect yourself from sunlight, 17) diet for Weight loss vs futility of dieting for weight loss, 18) fasting vs. no fasting 19) three time meal a day vs one time meal a day, 20) cooked food vs raw food, 21) meditation vs no meditation, 22) take vitamin pills vs do not take vitamin pills, 23) drink milk Vs do not drink milk, 24) consume milk products vs do not consume milk products, 25) eat poultry products vs do not eat poultry products. 26) allopathy vs alternative therapies, 27) do not eat more salt vs it does not make much difference with much salt, 28) six hour sleep vs more than six hour sleep. The list of controversies is very long.

One reason for these controversies is because of different approaches people adopt according to their belief in their respective therapies. Naturalists, nutritionists, allopathy, homeopathy, spiritualists, herb-healers, acupuncturists, vegetarianism, non-vegetarianism etc have their own belief system. Lack of integrated approach create controversies. Present book tries to present an eclectic approach.

Many of the controversies can be attributed to

conflicting interests between the consumers and the multinational food and the pharmaceutical companies. *Pharmaceutical industry thrives on the fear created among the consumers through the unabated false advertisements and so called research in their favor.* Their harmful food products and medicines are promoted through the fake research and unabated propaganda through the government as well as non government agencies. Medical research departments of universities and other research institutes are heavily funded by pharmaceutical industries to control findings in their favor. These companies decide the subject matter as well as the outcome of the proposed research being funded. **Do not trust fake studies and fake information spread in the interest of profit-thirsty pharmaceutical companies and food industries. Government agencies of America like FDA are under complete control of these Pharmaceutical industries.**

Donald Rumsfeld, who once was the CEO of a major drug company, managed to bring poisonous food drug aspartame to market during the Reagan administration. He used his political influence to quash an FDA toxicologist's report naming aspartame as a cause of not only cancer, but brain tumors as well. In 1996 the Food and Drug Administration published a list of 92 adverse aspartame reactions that included seizures, blindness, obesity, testicular, mammary and brain tumors, sex dysfunction and death, from 10,000 consumer complaints. In spite of that Aspartame, MSG, and fluoride were being pushed into our youth, along with the harmful immunization programs, the IQ of the average high school American graduates has fallen 10% since the 1950's.

The Cholesterol Myth :- Our body uses cholesterol to make hormones that help you deal with stress and protect against heart disease and cancer. Our body needs cholesterol to make all the sex hormones, including androgen,

testosterone, estrogen, progesterone, and DHEA.

The bile salts are made from cholesterol. Bile is vital for digestion and assimilation of dietary fats.

Our body uses cholesterol to make vitamin D, vital for the bones and nervous system, proper growth, mineral metabolism, muscle tone, insulin production, reproduction, and immune system function. Mother's milk is especially rich in cholesterol and contains a special enzyme that helps the baby utilize this nutrient. Babies and children need cholesterol-rich foods throughout their growing years to ensure proper development of the brain and nervous system.

Cholesterol acts as an antioxidant, protecting us against free radical damage that leads to heart disease and cancer.

Cholesterol is needed for proper function of serotonin receptors in the brain. Since serotonin is the body's natural feel-good chemical, it is not surprising that low cholesterol levels have been linked to aggressive and violent behavior, depression, and suicidal tendencies. Cholesterol is a vital building block for the production of hormones. To have proper hormone function, we need cholesterol. Cholesterol is a substance vital to the cells of all mammals.

Cholesterol is one of the raw materials out of which bile salts are made. Bile salts stimulate peristalsis—the alternate contraction and relaxation of the muscles in the intestinal tract that helps overcome elimination problems. Thus a diet low in cholesterol can result in a deficiency of bile salts with the consequent slowing up of the movement of the muscles in the colon, making elimination of stool more difficult.

When the body's acidic load becomes too large, some acid particles remain in the blood. They trigger the onset of cardiovascular disease by making scratches and bumps on the inside walls of arteries. One of cholesterol's many roles is to repair tissue damage. In other words, whenever an artery becomes injured due to acid attacks and buildup

of proteins in their walls, you can expect cholesterol to be there to help repair the damage as best as possible. These injuries are “bandaged” over with cholesterol. The immune system also patches the injuries in the lining of the vessels with calcified plaques to prevent life-threatening leaks.

These temporary measures prevent imminent death but set up the conditions for a heart attack. The cholesterol “bandages” and calcified plaques are more likely to become detached from vessel walls and trigger the formation of blood clots, which travel through the bloodstream to the brain and cause strokes. They also raise blood pressure, increasing the likelihood of heart attacks and strokes.

Therefore, acidic waste in the body is main cause of strokes and heart attacks not the cholesterol. But pharmaceutical companies have deliberately blamed cholesterol as the cause of strokes and heart attack. On behest of pharmaceutical companies full force of the U.S. government, the media and the medical establishment, agencies to name a few, each has contributed to create relentless pressure to disseminate the cholesterol dogma and convince the population that high cholesterol is its number one enemy. Many of us are wrongly afraid of eating delicious foods that contain this necessary substance. The extensive promotional campaigns by the pharmaceutical giants have already brainwashed the masses to believe they need cholesterol controlling drugs to be safe from sudden heart attack.

There is no evidence that too much animal fat and cholesterol in the diet promote atherosclerosis or heart attacks. **Even if a doctor knows the truth about the cholesterol issue, these anxious patients brainwashed by propaganda of pharmaceutical companies will demand a prescription from him. Doctors under wrong assumption convert healthy people into patients.**

Even the healthiest people may have elevated serum

cholesterol and yet they remain healthy. But they are instantly turned into patients when a routine blood test reveals that they have a “cholesterol problem.” It may actually have a depressing effect on these healthy individuals to be told that apart from having to take side effect causing drugs to lower their cholesterol levels, they also learn that they will require regular checkups and blood tests. The worry-free, good life is now over.

Do not believe the television, the newspaper, or the doctor who tells you that cholesterol is bad. Our body produces three to four times more cholesterol than we eat. When examined more closely, we will see that cholesterol from healthy fats is not dangerous and that cholesterol levels do not bear any relation to the prevalence of heart disease. We need to be more concerned about low cholesterol, which is a major risk for cancer, mental illness, stroke, suicide, liver diseases, anemia, and AIDS. A low-cholesterol diet, by causing constipation, can pave the way for gall- stones.

Unless people remain chronically sick, pharmaceutical companies can not continuously drain money from the people. Therefore they make people weak and chronically ill through unhealthy food and harmful medicines. Policy of medical industry is never to cure the disease but to control the intensity of symptoms to provide little relief through continuous medical intervention. Therefore, any cure by alternative therapies is violently resisted refuting them as unscientific. Such therapists are not only harassed by every possible means but in many instances they are killed.

Whoever controls global food production will also control the world. In the name of progress and improvement of food production, the plan is to make every nation dependent on genetically engineered seeds that the world's leading food industries like Monsanto have produced and for

which they own the patent rights.

In order to ensure that there is no successful rebellion against them by the common masses who are becoming unemployed as a result of use of robots in every field, the wealthiest and most influential group of people in the world has no alternative but to drastically reduce the size of the world's population. Genetically engineered foods play a decisive role in this plan. They want to rule the remaining people by way of dictatorship. Unless the masses wake up, it is most likely that they are going to succeed in their plan.

Principles to Remember

In order to come out of confusion and chaos created by contradictory information and assertions regarding health, the readers should remember the following principles.

1) Preventing disease and optimizing health is best policy than focusing on cure.

Blood tests to become positive require a more deteriorated health condition. Cancer requires 20 years to appear positive in the medical tests. Thus, the medical tests will not reveal progression of disease. Therefore, depending on medical tests is harmful. Rather we should implement health optimizing measures which include proper nutrition, proper exercise and a healthy lifestyle. Focus your attention on sound health indicators rather than wrongly considering oneself healthy in the absence of the pathological symptoms to appear positive in the medical tests.

2) The root cause of the disease has to be addressed and not the symptoms which merely are the effects.

Futility of Treatment of Symptoms :- Most of the currently used allopathic treatments only target the symptoms of disease (effects) as if they were the causes of the disease

themselves.

The causes of disease remain obscure to most medical practitioners and their patients. A stomach catarrh, for example, may initially show up as an irritation and then become an ulcer. After that it may be perceived as a hardening of tissue and eventually be diagnosed as cancer. Thus the symptoms of disease are highly changeable. In truth, there can never be two people suffering from gastritis who have exactly the same symptoms.

Modern medicine views almost each of these various symptoms as different types of disease, therefore, each of which is given a separate approach or treatment by different specialists. This makes the whole approach of medical diagnosis and treatment so complex since each new disease produces different symptoms that may vary from person to person. Therefore, the specialists are unable to identify the common cause of all these various complaints.

None of these symptoms are diseases in themselves, they are all caused by something else, and without dealing with that something else the disease will continue to appear in other, seemingly unrelated, forms and variations.

A physician may be able to stop a symptom by an antacid or a painkiller, and when the catarrh occurs he may give anti-inflammatory drugs. As the developing ulcer becomes unbearable, a surgeon may decide to cut it out. When the cancer appears, an oncologist may prescribe chemotherapy, radiation, or surgical removal of the tumor as well as the whole part.

Many people in the western world have lost their ability to digest and utilize fat and protein due to damage caused by western allopathic drugs. Aspirin has a blood thinning effect, a stroke or a heart attack may occur. Yet in the long term the drug not only fails to prevent such an

incidence, but strongly encourages it. There is a heightened risk of deadly uncontrolled bleeding that comes with regular or excessive aspirin use. In addition, once aspirin treatment discontinues, the risk of suffering a heart attack is greatly increased. A major study linked aspirin to America's epidemic of macular-degeneration. The so often prescribed one aspirin a day routine makes your retinas more likely to hemorrhage. Besides, aspirin belongs to the same class of painkillers which were found to increase heart attack and stroke risk by over 50%.

Diabetes has become such a dangerous ailment because it is treated on the symptom level rather than on the causal level. If a non-insulin dependent type II diabetic gets an insulin shot, it can seriously harm or even kill him. And as surprising as it may be, a healthy person who receives insulin shots develops Diabetes, which is not so uncommon, given the high percentage of false positive blood tests nowadays. **Insulin injection is the very thing that keeps the patient from recovering. It continues to increase the cells' resistance to insulin, and forces the pancreas to destroy an ever-increasing number of insulin-producing cells.** "Once a diabetic, always a diabetic" is a sad consequence of medical intervention.

There is enough documentation to show that pain killing medication can have fatal side effects. It can cause gastrointestinal bleeding which kills thousands each year. Today we have millions of heart disease sufferers who out of ignorance and misguided trust in the medical system, FDA and drug industry believed that taking a little pill won't do them any harm. The revelation that this little pill can destroy your heart or damage your brain if you take it for more than 10 days may be no less than shocking. But people take medicine (?) to "get rid of that annoying pain."

If an infection is treated through suppressive methods rather than supportive ones, chronic illness may

result. Chronic illness predisposes one to accelerated aging and premature death. The use of pharmaceutical drugs, which have nothing in them to remove the toxins in the blood and tissues, may even kill a patient.

Most cancers occur after a number of repeated warnings. These may include headaches that you stop with pain killers; tiredness that you keep suppressing by having a cup of coffee, tea, or coke; nervousness you want to control through nicotine; medicines you take to ward off unwanted symptoms; seasonal head colds which you don't have time to let pass on their own.

Allopathic intervention reduces the possibility of a spontaneous remission to almost zero because of its suppressive and debilitating effects. Taking drugs in an attempt to ward off a head cold or an upper respiratory infection, has a strongly suffocating effect on the cells of the body. It coerces the body to keep large amounts of cellular waste products, acidic substances and, possibly, toxic chemicals from drug medicines, in the extra-cellular fluid (connective tissue) surrounding the cells. By repeatedly undermining the body's efforts of cleansing itself, the cells are increasingly cut off from their supply routes of oxygen and nutrients. This alters their basic metabolism and eventually affects the DNA molecule itself.

Considering that one third of men in the European Community have prostate cancer, but only one percent of them die not necessarily from the cancer. Research has revealed that allopathic treatment of the disease has not decreased mortality rates. On the contrary, survival rates are higher in groups of men whose "treatment" consists merely of watchful waiting, compared with groups undergoing prostate surgery. According to a number of studies, more men who are screened with the prostate-specific-antigen screening test, die from prostate cancer compared with those who are not tested. Therefore, it is questionable to treat it at

all through the allopathy.

3) Trust that there cannot be a better doctor in the world than your own body because it is equipped with the best pharmacy that has evolved through millions of years of evolution.

Body may be defined as a complex biological mechanism and a laboratory that in response to external and or internal stimuli, create biochemical changes in order to elicit an adjustive external as well as internal response.

Our ancestors ate what was available to them in their environment. They did not receive every nutrient, enzyme and mineral that their body needed. Rather their bodies being its own chemical factory produced them. The body being its own factory can make many minerals and even vitamins. Whatever it cannot produce itself, the trillions of friendly bacteria residing in our guts produce for us. Whatever the body requires in terms of nutrient complexes it is capable of producing them from even the simplest of foods. This may explain why certain North Mexican tribes can live on eating only corn (mainly starch) and some beans and be more healthy and fit than the healthiest and fittest individuals in the “well-fed” world. Out of necessity, their digestive systems are so sophisticated and efficient that they can produce everything their body needs from corn (and beans). In comparison, our bodies are so inefficient that they have even “forgotten” how to make essential vitamins and amino acids.

In time, the digestive system becomes increasingly dependent on large supplies of vitamins and minerals. And when suddenly there are not enough of them in the food we eat, the body begins to suffer from what is generally called a vitamin or mineral deficiency, which is just another word for weak digestion. We have cultivated our own dependency on

large quantities of external supplies of these basic nutrients. Our time is characterized by lazy digestive systems.

To make plants resistant against the bewildering number of possible enemies we give the plants synthetically derived poisons such as insecticides, pesticides, and other fertilizers to make up for the missing antibodies. Thus we have effectively impaired the plants' immune systems, and without our chemical assistance, most cultured plant foods would never reach the ripening stage. Same applies to human beings. By contrast, the wild-growing herbs have retained their immunity and know very well how to survive. They contain potent medicinal substances, which are nothing other than the plants' antibodies.

Our physical needs, emotional state, behavior, digestive ability, environmental factors, geographic conditions, and many other influences determine what kind of food, of what quality and how much of it our body requires each new day. We are not a machine that runs with one specific fuel oil; we are living organisms changing every moment according to uncountable influences.

One of the main reasons for decreased availability of calcium in the body is diminished bile secretion in the liver due to accumulation of gallstones in its bile ducts. Without enough bile, calcium cannot be absorbed properly. To meet all the calcium requirements of the bones the body has to rely on its own abilities to produce this mineral. For example, the enzyme alkaline phosphatase works with magnesium to produce calcium-crystals in the bone.

By increasingly relying on the body's wisdom and natural instinct regarding the choice of food we can break out of the man-made, restrictive rules of nutrition and discover what we really need to nourish ourselves.

4) Mind and body both influence each other.

Our thoughts, feelings and emotions cause profound

changes in our body, mind and spirit. Consoling and loving words received from a dear friend while desolate we feel encouraged, uplifted, more relaxed and energized. On the other hand, when a bad news such as a loved one being involved in an accident, the fear may have a paralyzing effect. But then, someone brings the information that the loved one escaped unscathed, all of a sudden, the paralyzed tense condition ceases and is replaced by a deep sense of relaxation, joy and increased physical strength. One split second was enough to trigger a profound internal transformation that changed everything from within.

Whatever happens in our emotional body also occurs in our physical body. Eating while being emotionally upset suppresses the secretion of balanced amounts of digestive juices. The bile flora particularly is altered when feeling angry and unhappy. Constant emotional strain leads to stone formation in the liver and gallbladder. The effects of emotional stress or unhappiness can severely impair digestion, elimination, and immunity, thus leading to a dangerously high level of toxicity in the body.

5) Foods contain nutrients as well as toxins. Therefore, carefully eat to benefit from them.

Plants contain poisons or toxins in order to protect themselves from microbes, animals and humans. They use prickly thorns, poison as in the case of the deadly nightshades, or they envelop themselves in a wax-covering that is impenetrable for microbes. If microbes do somehow manage to enter the plant's interior, inborn defense mechanisms begin to destroy the invaders. Plants also have an immune system to ensure their own survival and health. Plants also produce antibodies of which 20,000 kinds are known to date. These antibodies, when ingested animals or humans can become sick. This stops animals from eating these plants. Many animals do not eat certain plants. In

wheat harmful substances such as phytic acid and gluten are found. Soya beans contain harmful chemicals. Castor seeds and apple seeds contain deadly poison ricin.

6) Everybody's body chemistry and nature of his problem is unique. Therefore what applies to one person may not apply to other. For example, people have different food habits. North Indians find it very difficult to eat south Indian food and vice versa.

Particular medicine produces different effects on different persons. Therefore the science of psychopharmacology has evolved. There are no people on the planet with exactly the same vitamin requirements and absorption rates. What may be normal for one person may not be normal for another, which makes the “standardized vitamin requirements for all” questionable. Nobody really knows how many vitamins are good for us because the requirements, constitutions, and absorption rates for vitamins differ from person to person.

Vitamins need to be digested before they can be made available to the cells and tissues. Once a person's digestive ability has diminished due to congestion of liver bile ducts with stones, foods and vitamins can no longer be digested properly. Complicating the absorption issue is the fact that our body's ability to absorb nutrients is not necessarily the same from one day to the next. All this makes official nutritional figures highly unreliable and speculative.

7) Never ignore your body signals. Listen to your body signals and act accordingly.

From the preceding principles it becomes obvious that what is good for your body may not be good for another person because our body chemistry may differ. What is better for a person can be judged only from understanding what are the effects of a particular treatment, diet or physical

activity on the body. If something is wrong body gives you indications. One must learn to understand and interpret correctly the signals of body. In order to understand genuine body signals from the harmful body cravings such as drug addiction, craving for fast food, craving for sugar, craving for beverages containing caffeine and other such substances, etc we must do research to be well informed of them.

Our body feel contended and happy if everything is going right way. If one does intense physical workout body may suffer from injuries and the progress will diminish. Body then give signals of effects of exhaustion and deterioration. Accordingly one must give body proper rest for healing, change exercise program in such a way that its effects are positively optimal. This may be achieved through rescheduling exercise program many times.

There is a controversy whether we should be vegetarian or non-vegetarian. Research pros and cons of every health issue being debated. Take a rational decision and choose an appropriate approach that minimize cons and maximize pros. The major objection against eating animal flesh is that it is difficult to get digested. The advantage of eating non-vegetarian food is that we obtain certain nutrients which we may not obtain from the vegetarian diet. The best way is to find out what is the reaction of your body over a specified period of time to animal food that is well-cooked to facilitate its digestion and is ate along with plenty of vegetables so that digestion and elimination is smooth.

To test controversy of raw food vs cooked food, we can eat cooked vegetables but can drink smoothies of certain vegetables in desirable quantities along with other food that facilitate absorption of available nutrition in the food being consumed. Similar eclectic approach should be followed for other food controversies.

There is a controversy how much water should we drink ? The debaters did not consider body size, weather

and physical conditions of a person. Therefore, experiment safely and decide it from your own experience.

It is argued that drinking water while standing is harmful, while drinking water in sitting position is beneficial. Why not drink water in sitting position because doing this does not tax us anyway. If at certain occasions we have to drink in standing position then take very small sips to minimize the alleged harm.

8) Do not imprison yourself in any particular dietary type or dietary convictions.

We should not imprison ourself in categories such as vegetarian, non-vegetarian, vegan and so on. Anything that is beneficial to our body we should consume it. If you ban a particular aspired delicious food because it is harmful, your mind feels deprived of it. This is not good for our mental health. Therefore, once upon a blue-moon we should enjoy such a food, coffee etc and then return to our healthy routine. Under such circumstances you should attempt to neutralize effects of harmful diet and drink. Under such circumstances our body on its part may also battle against harmful dietary substances. Our body then might develop distress for such food and drinks so that we do not wish to consume them.

9) Improve Health in all dimensions of physique.

We should aim to improve our health in all its dimensions. They are as described below.

i) Enhance Physical Power :- When we make our muscles strong through weight exercise they grow and our physical power increase. You can also use instrument like Bullworker for muscle exercise in the absence of weights.

ii) Enhance Endurance (Stamina) :- While power refers to how much weight you can lift or how powerful punch you can throw, the endurance means how long you can keep on lifting weight or throwing powerful punches.

Body endurance is achieved through practice over several months or years.

iii) Enhance agility (speed) :- Agility refers to reaction time of a physical activity. Agility or speed refers to how quickly you can lift weight or throw punches. Agility training is training of our nervous system as well.

iv) Enhance body flexibility :- Our body should be flexible so that we can move our body parts to their maximum potential. Body stretching exercises not only improve our body flexibility but also make our muscles relaxed and optimally functional.

v) Enhance physical balance :- Our body should be able to maintain center of gravity in all body positions so that it retains perfect body balance. Various balancing exercises enhance our body balance.

When we work on all the above mentioned five dimensions of health, our body becomes perfectly healthy neuro-muscularly. It enhances our sexual performance and satisfaction. Longevity develops.

10) Deep breathing :- because of stress and anxiety people have developed a habit of shallow breathing viz chest breathing. Instead we should breath through the stomach (deep breathing). Shallow breathing does not make use of lower lungs therefore, our body will get less oxygen and will deprive body cells. Unused lower lung stores mucus, bacteria and toxins and may cause asthma and other respiratory problems. While deep breathing (stomach breathing) make use of complete lung portions. As a result more oxygen reach to every part of body. This will enhance overall health. Regular exercise develops habit of deep breathing because in exercise body needs more oxygen and therefore it compel body to deep breath. When not exercising, we must always be cautious about deep breathing.

11) Improve your Posture :- Perfectly erect body posture enhances confidence, helps in getting rid of anxiety and stress, and improves overall personality. Erect body posture adds few inches to your height. It helps in maintaining deep breathing.

Erect posture requires that our abdominal muscles become strong, without which you can not retain erect posture. If your spine is bent, your stomach may come out, it will put strain on your spine and may cause injury do spinal disks. It will keep abdominal muscles weak. Therefore, doing regular exercise and specially abdominal, chest and shoulder exercise is important. Stretching exercises must become essential part of your exercise program because stretching relaxes loosening stiff muscles and maintaining enhanced blood flow that recover muscles from any injury and help them to grow.

Deep breathing and well erect body posture go hand in hand. You can research 'you tube' to find out good body posture exercises.

Chapter II

Some Medical Conditions

Cancer

Cancer is any malignant growth or tumor caused by abnormal and uncontrolled cell division. It may spread to other parts of the body through the lymphatic system or through the blood stream.

The DNA in each cell makes use of its six billion

genes to mastermind and control every single part and function of the body. The basic instinct of each cell is to survive. Without the adequate supply of vital nutrients, the DNA is left with no other choice than to alter its genetic program in order to guarantee the cell's survival. To survive in an acidic, unsupportive environment, the cells are forced to mutate in order to sustain. Mutated cells can survive in toxic environment within the body.

Function of the Cancer :- The Cancer cells develop only where there is high toxicity (acidity). They have mutated to be able to live in a toxic, non-oxygenated environment, and to help neutralize at least some of the stuck metabolic waste, such as lactic acid, and decomposing cellular debris. In fact, cancer cells help a highly congested body to survive a little longer than it would without them. If the body dies, it is not because of cancer, but because of the toxicity.

Given the circumstances, it would be a fatal mistake by the immune system to destroy these types of "estranged" cells as they are doing part of the immune system's work. Without the tumor's presence, large amounts of septic poison resulting from the accumulated corpses of dead cells would perforate the capillary walls, seep into the blood and kill the person within a matter of hours or days. The body has to exert a lot more effort in maintaining a tumor than eliminating it. If it were not forced to use cancer growth as one of its last survival tactics, the body would never opt for this final form of self-preservation.

Cancerous growths are anaerobic, which means that they develop and survive without the use of oxygen. They leach more nutrients such as glucose, magnesium and calcium from the connective tissue, etc than they would need to if they were normally growing cells. Their healthier neighboring cells, however, begin to gradually waste away in the process, and eventually an entire organ becomes

dysfunctional due to exhaustion, malnutrition, or wasting.

Cancerous tumors always look for more energy to divide and multiply cells. Sugar is one of their favorite energy-supplying foods. Craving sugar reflects excessive cell activity, and many people who eat lots of sugar end up growing tumors in their body. **Eating regular sugar feeds cancer cells, but starves healthy cells. Obviously, sugar-rich foods and beverages, such as chocolate, ice cream, and sodas, etc should be avoided. Milk, yogurt and cheese should also be avoided. Cancer cells thrive on milk sugar (lactose).**

Psychological causes :- Cancer cannot occur unless there exists an underlying pattern of deep-seated frustration and lack of self-respect. **The real cancer is a trapped and isolated emotion, a feeling of “having no choice.” It is known that widows and people who are socially isolated, or have nobody to share their deepest feelings with, are the most prone to developing cancer.**

For fear of not being loved or liked by others, including her parents, person named Mary targeted these negative emotions at her own body. Her toxic mind translated into a toxic body, and it threatened Mary’s very survival. Having suffered from poor digestion and constipation for nearly all her life, Mary’s body was practically deprived all of these natural antidotes to cancer cells.

Diabetes

Type I Diabetes :- It is defined by the absence of insulin due to the destruction of insulin-producing cells in the pancreas. In type I Diabetes, the cells are deprived of glucose because insulin is not available. The function of insulin is to carry sugar into the cells. Type I diabetic persons are dependent on insulin injections to control their blood sugar levels.

Type 2 Diabetes :- When insulin production no longer keeps up with rising blood sugar, type II Diabetes results. In type 2 Diabetes, due to **insulin resistance**, the cells in the body are unable to obtain glucose that they need for energy.

In the normal digestion, the body converts complex carbohydrates into complex sugars (glycogen), which it stores in the liver and muscles. Whenever required, the body converts glycogen into glucose for generation of cellular energy. **But when a person eats refined carbohydrate foods such as crisps, potato chips, cakes, candy, ice cream, pasta, white bread, soft drinks, etc, the sugars or starches (starch is sugar) directly enter the blood stream within a matter of minutes. The more of these simple carbohydrates we consume, the higher our blood sugar rises.** The cells don't like to absorb the acidic, bleached, processed, and energy-stripped sugar. To protect themselves, they put up a barrier that ignores the insulin which carries sugar to them. Thus when insulin resistance starts developing, insulin is resisted even when it carries proper, usable, quality glucose. The resulting buildup of blood sugar prompts even more insulin secretions by the pancreas, which in turn causes more and more cellular doors to close and as a result blood sugar rise further.

When cells are glucose deprived, the body breaks down fat for energy. This results in ketones or fatty acids entering the blood stream, causing the chemical imbalance (metabolic acidosis) called as diabetic ketoacidosis.

Person experience thirst and drinks more water and the sugar is ejected out through the urinary system. The body goes into exhaustion due to the lack of cellular energy. Overtaxed by the constant demand for extra insulin, the pancreas fails to produce enough insulin. Body weight plummets. The heart and lungs become congested and fail to deliver vital oxygen to all the cells in the body, including the brain. Each organ and system in the body is affected by this

simple dietary mistake of eating junk foods.

Not having enough glucose reaching the cells of various organs of the body can have fatal effect. If the heart cells run out of glucose, heart failure occurs. If the kidney cells run out of glucose, kidney failure occurs. If the eyes don't get their glucose, eyesight will fail. The same applies to a sugar-starved liver, pancreas, stomach, brain, muscle, and even bone cells. By not receiving enough glucose, the body begins craving food, especially sugars, sweets, starchy foods, sweet beverages, etc, which leads to overeating and further congestion, and possibly heart congestion or cancer.

As the diabetics' sugar-saturated blood circulates through the organs, the sharp, pointed acid particles of sugar injure organ tissues. They become inflamed and harden. The hardening causes a loss of permeability making it difficult for the cells to absorb nutrients and oxygen. When the cells become so stiff and hard that they can no longer absorb any nourishment or air, they die.

The eye- sight is often the first to go. The microscopic blood vessels in the retina in the back of the eye harden, causing blurred vision and, if the diabetic lives long enough, blindness.

Other parts of the body that are damaged in diabetics are the extremities, particularly the feet and legs. This begins when cuts, scratches, and rashes take longer to heal than they should. Eventually abrasions stop healing altogether. The cells, choked with metabolic wastes and starved for nutrients, die out, causing the flesh to rot and become gangrenous. Amputation prevents death—until the gangrene spreads to vital organs.

Cracked Heels

Cracks in the heels are generally caused by insufficient moisture. When the sensitive skin on the bottom of the feet

and heels becomes too dry, it can split open, leaving painful cracks called fissures on your heels. Those cracks may make it painful to walk and can also lead to serious infections. These cracks can become sore and may even bleed.

Seriously dry feet can occur for a number of following reasons, including cold winter weather. They are caused by dehydration, or not drinking enough water, not moisturizing feet, taking very hot baths or showers, soaking in a hot bath for too long or too frequently, using harsh, drying soaps on feet, scrubbing feet dry, and having diabetes.

The two biggest risk factors for cracked heels are diabetes and obesity. People with diabetes are more likely to sustain an infection from cracked heels than non-diabetics. Excess sugar, or glucose in blood can damage the nerves in feet and reduce the flow of blood to the feet. As a result, when feet develop blisters, small cuts, or other minor injuries, person may not feel or notice them. And without enough blood flow to the feet, these injuries may heal very slowly and eventually become infected.

Obesity (Accumulation of Body-fat)

Causes of Obesity :- Excessive body weight is a symptom of disturbed digestion and metabolism and a sign of chronic toxicity in the body.

Refined grains are high carb foods that are broken down so quickly that they leave behind excessive levels of glucose in the blood. This triggers the release of insulin. High blood sugar levels are converted by insulin into fat. Carb consumption can thus cause blood sugar surges as well as drops. As a result, person lacks sustained energy levels and experience hunger which causes over eating worsening the situation. Excessive glucose in the liver is also converted into fat just as it is in the blood. Thus the liver becomes fatty.

A fatty liver is more dangerous to health than layers of fat under the skin because the fat globules in the liver prevent it from detoxifying digested food plus performing its myriad other functions.

Estrogen is a fat-gaining hormone. Estrogen-sensitive fatty tissue generally resists fat-burning because of its high affinity to estrogen. When in excess, estrogen promotes the growth of estrogen-sensitive fatty tissues, particularly in the belly and waist, as well as other estrogen-sensitive areas such as the chest in men; the lower buttocks, upper thighs, and back of the arms in women. Furthermore, estrogen-sensitive tissues, belly fat in particular, are also the site for estrogen synthesis. This process is responsible for the conversion of androgens to estrogen in both sexes. This causes a vicious cycle of fat gain in which excess estrogen promotes fat gain and the enlarged fatty tissue produces even more estrogen that further accelerates fat gain, and so forth.

Monosodium glutamate (MSG), which is added to many bottled and canned foods as well as poultry and fast foods, is also linked to weight gain. Any foods that are altered by chemical additives tend to stimulate hunger, even when the body does not need nutrients.

Another factor contributing to obesity is eating food deficient in alkaline minerals such as calcium, magnesium, and potassium. Such foods are mostly processed foods. Alkaline minerals are needed to neutralize the acidic waste. When the supply of alkaline minerals is low, acidic wastes do not get neutralized.

People may put on extra weight by the factors such as overworking, over stimulation of senses, exhaustion, lack of sleep, irregular eating habits, heavy meals at night time, overeating due to intake of non-nutritious and low energy foods, stimulants such as coffee, tea, and cigarettes, soft drinks, not drinking enough water, negative responses to stress, alcohol consumption, unresolved conflicts, fear and

other emotional upsets.

Eye Problems

If acid waste and free radicals have accumulated in the eye lens, clogged the eyes' drainage canal, or damaged the retina, the images we see become blurred. If wastes continue to accumulate, we can lose our sight altogether.

Cataracts have been linked to microwave radiation. Just as cooking an egg causes the white part of the egg to lose its transparency, so heat radiating from a microwave can elevate the temperature of the eye to the point where the lens gradually becomes opaque.

Tooth Decay

The theory that bacteria in our mouth produce acids, which then cause tooth decay, is a totally false. Because bacteria are everywhere, trying to eliminate bacteria from your mouth to prevent tooth decay would be like trying to eliminate rain from the sky to prevent a leaky roof.

Saliva has alkaline pH and will neutralize acids in the mouth rather rapidly. One of the functions of saliva is to keep the mouth and teeth free from harmful substances and microbes. **Eating too quickly reduces saliva production in the mouth cavity, which is a major cause of tooth decay.** Parotid hormone releases mineral-rich fluid which cleans teeth and mineralize them. When a cavity causing diet is ingested, the hypothalamus stops telling the parotid gland to release the hormone that circulates the dental mineralizing fluid. Over time, this interruption of mineral-rich fluid results in tooth destruction and tooth decay.

From 1883 to today, there is a chain of evidence that supports the premise that it is diet, and not bacteria that cause cavities.

When there are blood sugar spikes, minerals like calcium are pulled from our bones. When the amounts of calcium or phosphorus in the blood are not in the exact proportion of 2.5 parts calcium to one part phosphorus, minerals are withdrawn from the tooth or other tissues, resulting in tooth decay or gum disease or both.

White sugar produces the most significant blood sugar fluctuations. Blood sugar fluctuations can increase blood calcium. This is because calcium is being pulled from your teeth or your bones depending upon which glands are strong and which glands are weak in your body. The more refined the sugar is, the more it is going to cause your blood sugar to fluctuate. The more extreme the fluctuation, the more disturbed your calcium and phosphorous metabolism will be. We already have the challenge of obtaining enough minerals in our diet. The more sweet foods that you eat the less room you will have for mineral- dense foods like vegetables and nuts.

Soft drinks contain tons of sugar and are highly acidic. They rob your body of calcium and magnesium because of the sugar, and twice because of the acidity.

Danger of Modern Dentistry :- Modern dentistry is a profound failure. Dentistry has never promised to mineralize cavities or to prevent future cavities. Its treatment methods of drilling and filling are highly damaging to teeth. The profit-motivated system of dentistry has led to tens of millions of needless dental procedures. And dentistry has in some cases killed innocent children slowly from the side effects of dental surgery and from deadly side effects of disease-inciting metals implanted in children's mouths.

Our body and nervous system operate on a very small electrical current. Metal fillings can produce electrical currents that can be exponentially stronger than the electrical currents in your body. The mix of metals in the

mouth greatly magnifies the problems of electrical current and can be responsible for neurological problems including migraine headaches. Stainless steel contains nickel. Nickel is used in braces, bridges, partials and crowns. Nickel is highly toxic to the nervous system and may be related to arthritis and some types of cancer such as lung cancer and breast cancer. Composites of plastic and glue can contain toxic chemicals like bisphenol A (BPA).

Conventional dentistry has placed highly poisonous mercury in the mouths of hundreds of millions of people. Mercury fillings are wrongly called amalgam fillings or silver fillings to disguise their main ingredient, mercury. Studies on 10-year-old fillings show that a large portion of mercury has leaked directly into the individual's body. Due to a relatively recent lawsuit settlement, the U.S. Food and Drug Administration is now forced to admit that silver fillings containing mercury "may have neurotoxic effects on the nervous systems of developing children and fetuses." **Mercury is so poisonous that it and metal dental filling materials are known to cause birth defects, chronic fatigue, indigestion, leukemia, hormonal imbalances, fibromyalgia, seizures, arthritis, Bell's palsy, allergies, and multiple sclerosis.** Mercury fillings are banned in many countries including Sweden, Germany, and Japan. Modern fillings last on average 5-12 years depending on the material.

Dangers of Tooth-Paste :- Usually, small amounts of toothpaste get swallowed or absorbed directly into your bloodstream through your gums. Modern dentistry has poisoned tens of millions of children by promoting the topical and internal use of the poison fluoride. Fluoride is dangerous. Most of the fluoride used in water supplies is toxic waste from the fertilizer industry. Fluoride is an enzyme and hormone inhibitor, affecting the nervous system as well as digestion. **Fluoride is the major cause**

of brittle bones and teeth, and is responsible for causing mottled enamel, producing white, light gray or brown spots on the teeth. Fluoride actually alters the natural biological creation of tooth enamel and creates false, more brittle tooth enamel. Fluoride may cause brain and kidney damage, a decrease in I.Q. and may cross the placental barrier in pregnant women. Water fluoridation has also been linked to cancer.

In 1977 Dr. Dean Burk, former chief chemist of the US National Cancer Institute, and Dr. John Yiamouyiannis, president of the Safe Water Foundation proved that water fluoridation increased the risk of cancer. Countries that rejected fluoridation on the grounds that its use is unethical and that it imposes unnecessary health risks include : Austria, Belgium, Denmark, Finland, France, Germany, Holland, Hungary, Italy, Iceland, Luxembourg, Netherlands, Norway, Sweden and Yugoslavia. Placing fluoride in toothpaste and into our water supply is a crime. It is unethical because fluoride has never been proven safe and effective. In fact, the opposite has been proven to be true.

Sodium Lauryl Sulfate is used as a foaming agent and a degreaser in tooth paste. It is used also for washing cars and cleaning garage floors. It is absorbed by the body and can damage or affect cells. It has been correlated with canker sores.

Toothpastes usually contain ingredients like hydrated silica, sorbitol, sodium saccharin, titanium dioxide, glycerin, sodium lauryl/laureth sulfate, and sodium fluoride. Hydrated silica is made from quartz and sand and it is an abrasive in toothpaste. It can rapidly wear away your gums and even cause gum disease.

Sorbitol and saccharin are both sweeteners and are used in toothpaste. They are on the list of substances we want to avoid. Titanium dioxide is a pigment used for providing brightness and whiteness. Titanium dioxide is

potentially carcinogenic in humans. If the titanium dioxide in toothpaste contained nano-sized particles then it can be toxic to cells in our body and absorb through contact.

Glycerin is added to toothpaste to give it its "pasty" consistency and helps prevent the toothpaste from drying out. Supposedly, glycerin requires 27 rinses to remove from the teeth. This glycerin film could create a barrier on the teeth that would prevent teeth from getting harder and stronger.

Therefore, tooth powder having natural harmless ingredients may be used.

Food Allergies

A toxic condition of the body due to the retention of excessive amounts of waste in the system, is the primary cause of allergic reactions. When the person's system comes in contact with foods or other substances to which he/she is hypersensitive, these substances have the effect of stirring up the toxins in the body and causing sneezing, wheezing, itching, swelling, etc. If the body is not toxic these allergic reactions will not occur.

Second basic cause of allergies is nutritional deficiencies. Third basic cause of allergies is digestive problems. Alcohol and non-steroidal anti-inflammatory drugs have been shown to cause a leaky intestinal wall such that large undigested food molecules can enter the blood stream. The immune system reacts against these invaders and allergic symptoms result. When allergy-causing foods enter the stomach, the digestive enzymes receive a signal from the immune cells that the food is a foreign substance. As a result, the food remains undigested and degenerates into acidic waste. When acidic waste level reaches a critical point, it flows into the small intestine and from there through the bile duct to the gallbladder. Once in the gallbladder it becomes raw material for the formation of gallstones. It

also irritates the gallbladder, which becomes disoriented and directs the flow of the bile into the stomach where it interferes with digestion by neutralizing hydrochloric acid that digests protein.

A nearly foolproof method for detecting allergies is the increased pulse rate when food allergy occurs. If your highest pulse count every day for a week is not over eighty-four and if it is the same each day, you probably don't have any food allergies. Test one food at a time—for example a banana, oatmeal, or a plain slice of bread. Take your pulse just before eating, 1.5 hour and 2.5 hour after eating. Don't eat anything in the night before you begin testing for foods. If you are a smoker, don't smoke while you are testing your pulse for allergies. **If your pulse one-half hour after eating a single food is four to five beats higher than before eating, you're having an allergic reaction to that particular food.**

AIDS

AIDS, is an umbrella name for a number of different illnesses that share a disrupted metabolism and immune system. Infections i) take hold in person whose immune system has already weakened him, ii) the infections weaken the immune system, which, iii) allows parasites to invade the intestine and cause improper absorption of key nutrients which iv) further weakens the immune system and a vicious cycle is set up.

Chapter III

Causes of Disease

The suppressed Immune System

The immune action is meant for cleansing the body of

harmful substances and bacteria that otherwise could lead to the eventual demise of the entire body. The Immune System protects our body from invaders such as fungi, bacteria, viruses, toxins, parasites and even our own cancerous cells. A strong immune system locates and destroys these cells before they get out of control. Man's immune system is the most sophisticated among all species and can develop immunity to any invading organism.

The power of our healing system, however, depends on our thoughts, feelings, emotions, the foods we eat, the quality of the air we inhale, the water we drink, the environment we are in, and the things we choose to do, see, and hear. If all or most of these various influences make us feel good, our immune system remains efficient.

Proper nutrition protects the immune system from free radical damage. **A strong immune system results from healthy habits and proper nutrition.** It has been firmly established that certain natural food chemicals like beta-carotene, Vitamin A, B-6, folic acid, Vitamin E, selenium, and Vitamin C all function to keep the immune system strong. As we age, the immune system weakens. This might not necessarily occur if nutrition is optimal.

Since your illness is only your body's attempt to redirect your life in a more supportive and fulfilling direction, there is no reason to fear it or to be upset about it. Your body is doing the very best it can to make it easier for you and help you return to a state of balance. Your body is totally on your side, never against you. Don't be fooled by the medical concept that there are autoimmune diseases which make the body attack itself ! The body is not suicidal unless you are, either consciously or unconsciously. Instead, the body is merely attacking toxins that have settled in the joints, blood vessels, lymph ducts, or cells. This survival response should not be mistaken for a disease process, even if it involves

inflammation, infection, or proliferation of cancer cells.

Disease is a toxic acidic crisis

Disease is a toxicity crisis. Toxins are acidic. Acidic waste and acidic foods both are destructive since they eat up oxygen and inflame tissues. **When the body is forced to hold on to too many toxins, it is also prone to infection.** Acid wastes thicken the blood, and the coagulated blood cannot carry the quantity of nutrients and oxygen the organs needed to function efficiently. **When the cell is deprived of oxygen and nutrition, it either dies or adapts to the new oxygen-deprived environment by becoming malignant.**

Bacteria are naturally attracted to the sites of increased dead cells, just like they are attracted to decaying organic matter elsewhere in nature. Flies, ants, crows, vultures and bacteria are drawn towards dead body. Why would this be different in the body ? Weak, damaged or dead cells in the body are just as prone to germ infection as an overripe piece of fruit. Germs are attracted to the accumulated acidic waste in the body. After having found a fertile breeding ground in the waste deposits, the harmful bacteria vastly increase in population. These microbes produce large amounts of toxins. They literally turn everything they find into poisons.

Accumulation of waste material can take the form of gallstones, kidney stones, plaques an so on. Acidic waste particles make scratches and tears on the inside walls of the blood vessels. The injured cells die off and turn into acidic waste, adding to its accumulation in the blood. The larger the quantities of acidic waste the greater the germs multiply. This forces the immune system to defend the walls of the arteries by triggering the growth of tumors to encapsulate germ colonies. Similarly, when the body's acidic load becomes too large, some acid particles remain in the blood. They trigger the onset of cardiovascular disease by making scratches and bumps on the inside walls of arteries. These

injuries are “bandaged” over with cholesterol. The immune system also patches the injuries in the lining of the vessels with calcified plaques to prevent life-threatening leaks.

These temporary measures prevent imminent death but set up the conditions for a heart attack. The cholesterol “bandages” and calcified plaques are more likely to become detached from vessel walls and trigger the formation of blood clots, which travel through the bloodstream to the brain and cause strokes. They also raise blood pressure, increasing the likelihood of heart attacks and strokes.

Excessive acid waste in the blood triggers the rise of the stress-promoting hormones estrogen and cortisol. Elevated cortisol and estrogen levels due to stress can also provoke heart attacks by acidifying the blood. Too much estrogen in the blood causes the veins carrying blood back to the heart to expand too much. This delays the return of the blood to the heart with the result that the heartbeat slows its pace.

Without enough alkalinizing minerals to neutralize acid waste in the blood, the urine becomes highly acidic. The greater number of acidic particles in the urine the more likely they are to stick together. When enough of these particles adhere to each other, they form a stone. Kidney stones are usually composed of calcium and oxalic acid.

Acid reflux, characterized by a burning in the throat and chest, occurs when the acidic waste from undigested food flows from the stomach into the esophagus (throat). Unlike the stomach, the esophagus doesn't have a thick mucous lining to protect it from the harsh acid crystals of the debris. If acid reflux is chronic, it causes swelling and redness in the esophageal tissues. This can lead to the erosion of the esophagus and eventually to cancer.

High levels of acid waste in the stomach can trigger such gastric problems as a spastic stomach, duodenal ulcers, and intestinal inflammation. The duodenum is the uppermost part of the small intestine, is attached at the bottom of the

stomach.

It is simply not possible to divide body systems as the cardiovascular, immune, lymphatic and nervous systems into segments that don't influence one another in a profound way. If one part of the body is sick, the entire body is sick.

Inflammation :- An inflammation is not something that just happens out of the blue, and it certainly is not a disease. It occurs only if and when the body decides that it is necessary to destroy weak or damaged cells. The body does not opt for an inflammatory response in order to destroy itself, but to save itself from acid death or septic shock leading to death. The poisons generated by rotting cells (flesh) inside the body would end one's life quickly. Inflammation is the body's genuine effort of self-preservation and calling it a disease reflects the lack of understanding of how the human body functions.

Effect of Negative Determination :- Not giving yourself enough time to relax, laugh, and be quiet; conflicts that you keep avoiding; pretense that you are always fine when you are not; having a constant need to try pleasing everyone, but feeling unworthy and unloved by others; trying to constantly prove yourself to others; rewarding yourself with comfort foods, etc. Any of these are likely risk indicators for developing illness.

Lack of satisfaction in life paralyzes the body's functions of digestion, metabolism, and elimination. This causes congestion, high toxicity, and damage to all cell tissues. People who have blocked coronary arteries are not just sick in the area of the heart, they have inability to live a happy, satisfying life. **Unhappy people can never be truly healthy, just as unhealthy people can never be truly happy. By focusing on disease or negativity in life one remains trapped in unresolved cycles of anger and**

conflicts. This, in turn, will have a powerful immune-suppressive effect and prevent true healing from taking place. Healing is absent when happiness is absent.

If someone continues hating his mother, father or ex-spouse, then even many therapies are bound to be unsuccessful in the long-term. Widows rank among the highest in the risk groups for cancer. Sadness, due to the loss of a beloved one, blocks a person's normal immune response to fight cancer cells, even though his or her T-cell count may be in the normal range. The latest studies on heart disease show that lack of happiness and job satisfaction are far more endangering our health than alcohol and even cigarettes.

Your thymus gland has to deal with massive amounts of negative influences, considering the almost daily exposure to radio, television, newspapers, junk foods, chemicals in foods and beverages, indoor and outdoor pollution, and people with negative attitudes and so on. Even advertisements that show people smoking cigarettes or drinking alcoholic beverages have a weakening effect on our thymus. Most people are not aware how much of their life energy is drained by exposing themselves to stressful situations. Regularly spending time in unhealthy environments like smoke filled rooms, or experiencing energy-depleting influences such as driving at night or eating while tired can simply overwhelm the body. Even one lingering depressing thought or fearful emotion is sufficient to suppress the immune system, which may make our body susceptible to invading microorganisms.

Disease is not something that you just “catch.” Instead, it is something you create by repeatedly setting up the same limitations and difficulties that prevent your body and mind from regaining their natural state of balance or health. Majority of patients did not feel good about their life prior to falling ill. Not being happy about how your life turned out to be the most severe form of emotional stress one could possibly have. It is, in fact, a major risk

factor for many diseases, including cancer.

If you behave as if every news event, traffic jam, or bad look from a stranger is the end of your life, then your body is going to use up tremendous amounts of resources for nothing.

Endorphins consist of very strong morphine compounds that are needed for a “happy” and harmonious functioning of the entire mind/body system. We are naturally addicted to them. An existing or past trauma, sadness, depression and anger can all lead to unconscious programming of the patient's cells to shut down their receptor sites to both internal and external drugs. When they are no longer secreted in sufficient quantities, we begin to look for alternatives. Constant strong cravings for chocolate, alcohol, sugar, tobacco, etc, may already indicate a reduced secretion of these brain drugs.

When someone begins to artificially have the similar feeling by a coke, a coffee, or an alcoholic drink, he interferes with the production of the body's own pleasure drugs. Further interference may even urge him to look for much stronger morphine-type or morphine-producing substances which promise to give him the relief or pleasure that his body is no longer able to supply. Only dissatisfied and unhappy people, regardless of age, background, or social status feel the urge for external substitutes of happiness. They all belong to the risk group of substance addicts. This may render any medical intervention useless, if not harmful.

If one is convinced that aging is natural and cannot be avoided then this is the reality the person is creating for himself. Growing old and being affected by disease are merely the manifested projections of ignorance about the real nature of life.

Disease Coexisting Factors

1. Nutritional Deficiency :- Tissues which are depleted of vitamins experience free radical damage, and a weakened immune system. As a result, allergies and cancer can develop.

Mineral Deficiency :- **Before the era of continuous soil depletion, the topsoil consisted of as many as 90-100 different minerals. The situation changed with the erosion of forests and building of dams. Today, there are merely 12-20 minerals found in plant foods. Which is reflected in their poor taste.** This may cause some mineral deficiencies in the body. We are consistently missing out on the majority of minerals. And if the digestive system does not function efficiently, a health crisis may arise. Almost every disease today is linked or coincides with a deficiency of one or several minerals or trace minerals.

2. Poor digestion :- How many of the vitamins and other nutrients contained in these foods actually end up being utilized by the body depends on the digestive capacity and body-type. **In other words, the amount of any vitamin you take is not necessarily the amount that your body ends up absorbing and ultimately putting to use.** Nutritional deficiency is also caused by indigestion. Body cells can only be nourished and rebuilt if the food is digested properly.

Indigestion is a major contributing factor in many disease conditions. Eighty percent of the population have deficiency disorders because of their body's inability to digest food. Thousands of people suffer from liver, gall bladder, and colon ailments caused by indigestion. About 80% of our population is suffering in one way or another due to their body's failure to easily assimilate nutrition and effectively eliminate waste.

i) Slow Transit Times :- Transit time is the amount of time it takes for food to go through the entire digestive

system. A person with a healthy colon is able to eliminate very quickly and regularly. The body is designed to produce a bowel movement after every meal. By the time we reach adulthood, our systems become sluggish and no longer produce a bowel movement after every meal.

ii) Inadequate Enzymes :- The Enzymes are proteins used by the body to increase or decrease the speed of chemical reactions. The digestive enzymes make it possible for our body to break down and assimilate the foods we eat. A diet rich in digestive enzymes can increase energy and stamina, as well as support weight loss, healthy skin, and overall good health.

Foods lose their natural enzymes when they are processed, pasteurized, boxed, and over cooked.

iii) Lack of Probiotics : Probiotics is friendly bacteria that is found in the small intestine and colon and help prevent harmful bacteria from living in the intestines.

iv) Improper Acid Balance : The body produces stomach acid, but as we age the body produces less acid which can lead to improper absorption, heartburn, indigestion, and many other health conditions.

3. Dehydration:- The human body is composed of 75 percent water and 25 percent solid matter. To provide nourishment, to eliminate waste and regulate all the functions in the body, we need water. The human brain, working round the clock, requires more water than any other part of the body. Typically, it contains about twenty percent of all the blood that circulates through the body. It is estimated that brain cells consist of 85 percent water. Their energy requirements are not only met by metabolizing glucose (simple sugar), but also by generating “hydroelectric” energy from the water drive through cell osmosis. The brain depends greatly on this cell-generated source of energy in order to maintain its hugely complex processes and efficiency. Water deficiency in the brain tissue cuts down the brain’s energy supply,

and thereby depresses many of its vital functions. Chronic fatigue syndrome (CFS), for example, is mostly a symptom of progressive brain dehydration that results from the holding of metabolic waste matter and cellular debris in the brain and the rest of the body.

There can be no better acid barrier to the stomach wall than water. As long as the mucus barrier is well hydrated through regular water intake, and protein and fat consumption is moderate, the salt deposits are back-washed. In addition, sodium bicarbonate is retained and the hydrochloric acid is neutralized before it even has the chance to penetrate the mucus layer.

The stomach pain, which in most cases is rather a thirst pain, is usually combated with antacids and other medications. Most people with stomach ulcers and severe abdominal or dyspeptic pain experience an almost instant and total relief of pain after drinking a glass of water or two.

Chronic disease is always accompanied by dehydration and, in many cases, caused by it. Those who have lived for many years without proper water intake are the most likely to succumb to the build-up of toxins in the body. The longer a person lives on a low water ration and / or on a high ration of stimulating beverages or foods, the more severe and long-lasting will be the toxicity crisis. Heart disease, obesity, diabetes, rheumatoid arthritis, stomach ulcers, hypertension, cancer, MS, Alzheimer's, and many other chronic forms of disease are precipitated by years of "body drought."

In many cases, the body's blood vessel walls, bile ducts, lymphatic ducts, intestinal tract, etc are so congested that chronic dehydration becomes inevitable. The body responds to such a crisis situation by mobilizing several powerful hormones, including adrenalin, endorphins, cortisone, prolactin, vasopressin, and Renin-Angiotensin (RA). Endorphins, for example, help us to withstand pain and

stress and allow the body to continue most of its activities. Cortisone orders the mobilization of stored energies and essential raw materials to supply the body with energy and basic nutrients during the crisis. In other words, this hormone allows the body to literally feed off itself, a situation that is warranted during a famine.

During dehydration, the quantity of water in the bloodstream is reduced. Vasopressin squeezes the vascular system, i.e., the capillaries and arteries, to reduce their fluid volume. This maneuver is necessary to continue having enough pressure in the vascular system to allow for a steady filtration of water into the cells. High blood pressure is a common experience among people who are dehydrated. A similar situation occurs in the liver's bile ducts which begin to constrict in response to water shortage in the body.

Detoxification process of body requires copious quantities of water. When the body becomes dehydrated, the blood becomes too concentrated (thick) and subsequently draws water from nearby cells. Although the blood is made thinner through this maneuver, the connective tissue surrounding the cells and the cells lose precious water required to excrete and remove metabolic waste.

Gallstone formation is a direct result of dehydration.

Many of the kidney transplants performed today are a result of chronic dehydration, which is caused by something as simple as not drinking enough water, consumption of alcohol, or over-stimulation of the nervous system.

Many people don't realize that the natural thirst signal of the body is a sign that it requires pure, plain drinking water. Instead, they opt for other beverages in the belief that this would satisfy the body's water requirements. This is a false belief. Most modern societies, however, no longer stress the importance of drinking water as the most important "nutrient" among nutrients. Entire population groups are substituting water with tea, coffee, alcohol and

other manufactured beverages.

4. Obstruction :- . The various types and intensities of diseases result from the various forms and locations of congestion in the body. If an obstruction shows up in the liver, it would affect the nutrient supply, metabolism and energy distribution throughout the body.

If you are not having 2-3 bowel movements daily this could lead to many health problems, and toxicity. A constipated colon leads to back-flushing of waste, thereby flooding the body with toxins.

A kidney stone can lead to retention of urine and raise the blood pressure against the arteries. Lymphatic blockage leads to lymph edema, heart congestion, cancer, obesity, and almost every chronic illness. When the kidneys are not able to separate the necessary amounts of urine from the blood, part of the urine keeps circulating around the body, thereby depositing urinary waste products in the blood vessels, joints, tissues, and organs. Crystals or stones are formed in the kidneys. Most crystals or stones originate in the kidneys, although some may also be formed in the bladder. If a large stone enters one of the two ureters, urinary discharge becomes obstructed.

Blood vessel wall congestion and intestinal trouble prevents vitamins from reaching the cells, tissues, organs and systems in the body. **Vitamin deficiency is rather caused by a congested capillary network that is unable to diffuse sufficient amounts of the vitamins into the inter-cellular fluids.** This can have a number of reasons.

The severity of disease is largely determined by the amount of toxins, gallstones, kidney stones, fecal matter, metabolic and cellular waste the body has accumulated.

6. Mental Stress :- Mental Stress affects the digestive functions. Digestive muscles may exert less effort and digestive enzymes may be secreted in smaller amounts when

you are under stress. Stress can also worsen symptoms of conditions such as peptic ulcer, irritable bowel syndrome and ulcerative colitis.

Severe emotional stress can triple the risk of breast cancer. One in two who had the disease had suffered a major traumatic life event, such as bereavement, within the previous five years. A cancerous tumor is born when the toxicity crisis has reached its peak. Like every other disease.

7. Toxic Chemicals in environment :- We are exposed to various kinds of toxins that are present in our environment. Smoke from exhaust pipes of vehicles, dust, pesticides, harmful chemicals in plastic such as BPA, harmful chemicals in hand wash, harmful chemicals in soap, cosmetics, and other day to day materials, harmful chemicals in processed foods and so on. The list is very long.

Chlorine in your drinking water certainly would make you sick. The researchers were able to determine that women who were exposed to chlorinated water had a 48 percent increased risk of bladder cancer, a 38 percent increased risk of rectal cancer, a 90 percent increased risk of esophageal cancer, and an 11 percent increased risk of breast cancer. Adding chlorine to drinking water causes a chemical reaction that results in the formation of a number of potential carcinogens. Some of nature's most valuable and essential anti-cancer and disease-preventive phyto chemical nutrients which are commonly found in food have been discovered to form deadly cancer-causing substances when consumed or combined with chlorinated tap water. **Boiling your drinking water for several minutes causes the chlorine to evaporate.**

Soccer fields which are heavily sprayed with chemicals do not grow weeds on them. Exposure to pesticides and herbicides has also been implicated in Parkinson's Disease (PD). A startlingly high percentage of professional field

hockey players have PD.

Chapter IV

Things Must be avoided

(Unless an Emergency)

One must avoid following things unless it is an emergency.

Sugar

Sugar is not a preferred source of energy. Sugar is dealt urgently by body because apart from being a source of energy it is a harmful body toxin if ingested in more quantity.

Sugar causes sugar-addiction and would develop diabetics in the end.

Excessive Protein

Most food-related blood vessel diseases, including heart attacks, stroke, rheumatism, and angina pectoris, are not primarily disorders of sugar and fat metabolism, but diseases resulting from protein storage. Eating too much protein food can be considered to be one of the greatest risk factors for developing any kind of disease.

Arteriosclerosis is a stage involving deposits inside the arterial walls narrowing the arteries.

Storage of protein in the blood vessel walls is the common factor in all patients who suffer from alimentary (food-caused) atherosclerosis.

Our bodies are not efficient in utilizing protein as a primary fuel. A well-trained athlete can utilize no more than 40 grams of protein per day. The average American eats

up 200 grams per day. **Using protein as a fuel involves a substantial waste of nitrogen with consequential increased levels of nitrites and nitrates, all of which adversely affect the circulatory and muscular systems.**

Whatever proteins cannot be stored, the body converts into nitric, sulfuric and phosphoric acids. The kidneys try to eliminate some of the strong acids. To do so, they have to attach a basic mineral to every acid molecule, As a result, the main basic minerals such as sodium, potassium, and magnesium become depleted. This can lead to an incidence of acidosis, which is another name for toxicity crisis. Heart disease is a typical symptom of chronic acidosis.

By regularly overeating protein foods, the normally smooth and polished inner wall of a blood vessel becomes uneven, and the blood vessel as a whole thickens and loses its elasticity. This leads to a deterioration of blood flow throughout the circulatory system, and may culminate in a complete blockage. With protein, the blood begins to permanently thicken and develop a tendency towards clotting. As a direct consequence of this development, the thickened blood vessel walls are no longer capable of absorbing sufficient amounts of oxygen, water, and nutrients and removing all the metabolic waste products that the cells which constitute them produce. Hence the cells that make up these blood vessels become injured and eventually die from malnutrition, suffocation, and dehydration.

Animal proteins that are not digested properly release toxic by-products into our bodies. Many people have slightly damaged intestinal walls where partially digested protein can permeate directly into the bloodstream. In the worst case your joints could swell in reaction to the proteins in your bloodstream. Research studies show that a major cause of Parkinson's is the inability to digest animal fat protein, particularly red meat. Overeating protein foods makes type II Diabetes a permanent chronic illness.

Osteoporosis is virtually unknown in places such as Africa where people eat far fewer proteins than those living in developed countries.

Trans-Fats

Trans-fats come from adding hydrogen to vegetable oil through a process called hydrogenation. During the process of hydrogenation all the nutrients are removed from the oil, so the digestive system must rob the body's store of nutrients to break down the empty calories in the hydrogenated oil. Hydrogenation also leaves behind trace amounts of aluminum and nickel, which may find their way into the brain and contribute to the development of Alzheimer's disease. It is particularly important to avoid all hydrogenated fats, oils, and margarines.

If trans-fatty acids are consumed, as contained in most processed and refined fats, oils and fast foods, cell membranes become thick and congested, thereby preventing nutrients from reaching the cell interior. All this greatly increases the amount of metabolic waste and toxins in the body, overtaxes the liver, and causes the growth of gallstones. The gallstones inhibit the flow of bile, which subdues the digestive power and increasingly hinders the assimilation of nutrients, including fats. When fats are no longer properly digested, the fat-soluble vitamins A, D, E, K, which are normally stored in the liver, become deficient.

Refined Oils

Oils are frequently referred to as RBD, which stands for "Refined, Bleached, and Deodorized. Oil is refined, bleached and deodorized in order to increase their shelf life. But in the RBD processes, all nutrients of the oil are destroyed and what remains is a harmful liquid.

Rancid oil is another problem. French fries and

dough nuts in fast food restaurants are deep fried in oil that has been used over and over again and in the process has become rancid, and therefore carcinogenic. Moreover, the temperature of the oil in which these foods are cooked is so high the structure of the fat molecules in the food is altered. Misshapen molecules become rigid and elongated. After being absorbed into the cells, they stiffen the cells' membranes.

Repeated high-temperature heating of oils and fats converts them to pro-inflammatory, cancer-causing substances. Some scientists believe this could give rise to emotional problems and learning disabilities in children because rigid cell membranes could interfere with the transmission of thoughts between brain cells.

Lower-temperature steaming, boiling, broiling, stir-frying, and roasting are preferable to frying.

Genetically Modified Food

U.S. government doesn't require any testing or proof of the safety of genetically engineered foods therefore, genetic scientists are free and unrestricted reign over designing their sinister programs of gene engineering. The process of genetic engineering of food oftentimes involves the use of live virus, small enough to enter cell nucleus and, thereby, infect other genetic material. The chicken cancer virus is used as a carrier to implant the growth hormone gene into farm fish so they will grow faster. Once the virus has infected the fish, eating them will also infect us. With the multitudes of genetically modified foods, our body will become a host for numerous viruses that normally would never be found in our body.

Already, 60% of processed foods now contain at least one genetically modified food item. Millions of people now consume chips with firefly gene; potato chips with chicken gene; or salsa with tomato containing a flounder gene. Cream of broccoli soup can have a bacteria gene in it, and salad

dressing is most likely made with canola oil, vegetable oil or soybean oil (all genetically engineered). The tobacco gene is now used in lettuce and cucumbers and the petunia gene is used in soybeans and carrots. If you have celiac disease you may need to avoid walnuts because they can have the barley gene in them. Even strawberries are not harmless anymore; they can now have “undisclosed genes” in them, so you will never know what else you are getting in these fruits. Many brands of apple juice contain the silkworm gene, and grapes can contain a virus gene. Cheese contains genetically engineered bacterial rennet. Trout, salmon, catfish, bass and even shrimp, are also genetically modified.

As for now, new genes have already been planted in potatoes, corn, sugar beet, tomatoes, cotton to make the plant resistant to pesticides. As more and more foods are grown that have foreign genes put in them to make them resistant to certain pests, pesticides, herbicides or antibiotics, the more of these gene transporters or vectors will end up lodging in our intestinal tract, infecting bacteria in our gut. The infected gut microbes will not only become antibiotic resistant, but resistant to any kind of treatment.

With increasing usage of genetically engineered plants, we will be faced with the following problems at global level :- 1) Loss of thousands of species of plants. 2) All small farmers will have to give up their farming business and multinational companies such as Monsanto will replace them. 3) Creation of Frankenstein foods our bodies won't know how to handle. 4) There will be super weeds resistant to all herbicides. 5) Plants become resistant to pesticides. 6) New viruses and diseases for which there won't be a cure.

In 1994, the genetically engineered growth hormone rBGH, designed to increase milk production in cows, was approved for use in the America. About a third of U.S. farmers now use it to speed up milk production. The viruses used to make the growth hormone, of course, are in the milk. **The**

prestigious medical journal, **Lancet**, reported in 1998 that **breast cancer is seven times higher in women with tiny increases in growth hormone, Insulin like Growth Factor (IGF-1), which comes from cows injected with rBGH. Two years before this report, the International Journal of Health Sciences stated that IGF-1 concentrations are ten times higher in rBGH milk and can be absorbed through our intestines, and increase our risk of cancer among other diseases.**

Multinational corporations with the consent of governments, are rapidly changing our food for draining huge profit and nobody seems to be able to stop them. They are not accountable to anyone since they do not have to label their foods, and many governments do not require them to do any safety testing.

Soy Products

Today, genetically modified soybean products, which comprise about 80% of the beans available, have been found in most baby formulas. Soy now being an ingredient of thousands of common food products. One of the genes used in the new soy bean is derived from the petunia plant which is a nightshade. Suddenly, by inadvertently eating something that contains a soy product, they may end up becoming crippled with arthritis. The method of gene manipulation may even lead to more serious consequences than “just” a painful joint disorder.

When Monsanto inserted the Brazil nut gene into soy, people allergic to Brazil nuts suffered anaphylaxis from ingesting a soy product. Anaphylaxis is a serious, life threatening reaction where one is not able to breathe.

The masses are systematically poisoned with harmful herbicides. Given the fact that soybeans are grown on farms that use toxic pesticides and herbicides, and many are from genetically engineered plants, evidences suggest

soy to be a major health hazard. Soy is not suitable for regular consumption because of increased risks of cancer, indigestion, thyroid problems, and other disorders, in addition to being a common food allergen.

Numerous studies have found that soy products may cause following problems :- 1) Increase the risk of breast cancer in women, brain damage in both men and women, and abnormalities in infants. 2) Contribute to thyroid disorders, especially in women. 3) Promote kidney stones. 4) Weaken the immune system. 5) Cause severe, potentially fatal food allergies. 6) Soy products contain Phytoestrogens (isoflavones) genistein and daidzein, which mimic and sometimes block the hormone estrogen. Contain Phytates, which block the body's uptake of minerals. Contain Enzyme Inhibitors, which hinder protein digestion. Contain Haemagglutinin, which causes red blood cells to clump together and inhibits oxygen take-up and growth. Contain Trypsin inhibitors that can cause pancreatic enlargement and eventually cancer. Contain Hemagglutinin, which is a clot-promoting substance that causes red blood cells to clump together; and contain Phytic acids, which reduce the absorption of many vitamins and minerals including the absorption of zinc. Zinc is essential for proper brain development. High levels of phytic acid in soy reduce the assimilation of calcium, magnesium, copper, iron and zinc. Therefore, vitamin deficiency diseases such as rickets are on the rise again.

Soy milk contains enzyme inhibitors and excess estrogen. The liver may fail to perform its normal duties. One may be prone to suffer from fat gain, blood sugar disorders, hypertension, cardiovascular disease, and cancer. The adverse effects of soy are even more pronounced in infants. In a study at the University of Iowa, researchers found that women who had been exposed to soy-based formula during infancy would be more prone to suffer from a

longer duration of menstrual bleeding and discomfort during menstruation. Deficiency of thyroid hormone is known to produce goiters in humans and has been reported in infants receiving exclusively soy-based diets.

Phytic acid in soy is not neutralized by ordinary preparation methods such as soaking, sprouting, and long, slow cooking. Soy contains plant hormones that need to be disabled through a careful fermentation process, which tofu does not undergo.

Junk Foods

Making laboratory foods palatable and attractive does not mean they are harmless. To have a long shelf life, to keep it fresh, it has to have harmful preservatives. **The idea that we can create better foods than nature does is a fallacy that has turned into a weapon of mass destruction.** By regularly eating fats and oils that are heat-treated the cell membranes begin to lose their healthy fatty acids and replace them with harmful trans-fatty acids. As a result, the cell membranes become thicker, stiffer, sticky and inhibit the glucose transport mechanism, resulting in blood sugar rising. The rest of the body suffers serious consequences of the clogging up of the cell membranes.

Junk food may contain plenty of trans fatty acids that clog up the cell membranes and damage blood vessels. Not to mention the 13 grams of bleached, refined sugar per cup, leach minerals from the muscles and bones, and leading to the beginning stages of insulin resistance.

By adding synthetically derived vitamins and minerals is at the root of many health problems afflicting both children and adults in the developed world. Synthetically derived “nutrients” are foreign matter to both animals and humans body alike.

Grain Fibers

Our body is designed to process the soluble fiber found in fruits: not the insoluble fiber found within grains (bran), which is sharp and can leave microscopic lacerations on the wall of your intestines. Food absorption through the gut wall should neither be slowed nor be rushed. However, insoluble fiber abnormally speeds up food transportation through the gut, which leads to decreased nutrient absorption.

The commonly held belief that indigestible fiber cannot be digested and leaves our body unaltered applies only to the small intestine. But once it reaches the large intestine the fiber is attacked and broken down by large numbers of residential bacteria. This causes fermentation and the common flatulence, headaches, heart pressure, irritability, tiredness, sleeping problems.

Phytates found in cereal fiber (bran), for example, bind with calcium, iron and zinc making them indigestible, which in turn causes poor absorption. Eating fiber-enriched foods or foods containing rough fiber can significantly inhibit the absorption of iron, calcium, phosphorus, magnesium, sugars, proteins, fats and vitamins A, D, E and K. Added bran leaches minerals from the colon cells, weakens peristalsis, and causes chronic colon problems. These findings are of particular concern to people suffering from conditions related to nutrient-deficiencies. If intake of bran is discontinued, constipation results.

A high fiber cereal for breakfast subdues digestion, the digestive fire for many hours, which might tempt us to even skip lunch for lack of proper appetite. But by the evening, the body, sensing a “famine”, wants to eat twice as much to make up for the lack of nutrient supplies during the day. By then digestion is too low to handle large quantities of food, which results in the accumulation of toxic fecal matter in the intestines. Consequently we put on weight, despite of our good “health habits.”

Cooked vegetables in particular contain plenty of fiber which helps the digestive process but does not overwhelm the colon in the same way as added bran does. Also the high water content of cooked foods and fruits generally make the passage through the intestinal tract much easier. The vegetable fiber helps us to feel full, and reduces the likelihood of overeating. It also assists in the evacuation of any excess cholesterol from our system. It is much better for the body to obtain fiber from fresh fruit, salads, cooked grains, beans and vegetables. If our diet is low in vegetable fiber, our intestinal musculature becomes weak, resulting in the sluggish transit of foods. This can cause many problems: including intestinal gas, constipation and irritable bowel syndrome.

Grains

Grains contain numerous plant toxins and anti-nutrients including lectins, gluten and phytic acid. Phytic acid inhibits enzymes that we need to digest our food, including pepsin, which is needed for the breakdown of proteins in the stomach, and amylase, which is required for the breakdown of starch into sugar. Trypsin, needed for protein digestion in the small intestine, is also inhibited by phytic acid. **People eating diets containing grains are going to be much more susceptible to iron deficiencies due to the iron-binding qualities of phytic acid.**

Phytic acid is the principal storage form of phosphorus in many plant tissues, especially the bran portion of grains and other seeds. In humans and animals with one stomach, the phosphorus is not readily available to the body. In addition to blocking phosphorus availability, the "arms" of the phytic acid molecule readily bind with other minerals, such as calcium, magnesium, iron and zinc, making them unavailable.

Most cereals contain a toxic substance that can affect

the nervous system. The grains and legumes are connected to pellagra, which is immobility caused by bean toxins. Each one of these diseases can be produced in laboratory conditions by feeding whole grains. Dr. Mellanby found that a diet high in grain germ or embryo led to nervous system problems in his dogs such as leg weakness and uncoordinated movements. These diseases is most effectively treated with animal liver.

Nuts are also very high in plant toxins including phytic acid. Nuts contain about the same level of phytic acid as grains. The symptoms suffered by dogs that ingest nuts strongly suggest that nuts seem to have some substance, possibly lectins, which can affect the central nervous system. This nervous system effect is seen more clearly with dogs than with humans. Peanut allergies in humans can cause anaphylactic shock. This is just another potential sign of the potent plant toxins hidden in nuts. Nuts are powerful inhibitors of iron absorption. It is common for people with rampant tooth decay to rely on raw nut and seed butters as staples.

Grains also contain tannins which can depress growth, decrease iron absorption, and damage the mucosal lining of the gastrointestinal tract. In addition to tannins, saponins in grains may inhibit growth.

Oatmeal and grain embryo interfere most strongly with the building of healthy teeth. The symptoms of scurvy include soft and spongy gums which eventually lead to tooth loss, slow wound healing, poor bone formation, severe weakness, nausea and eventually death. The most severe rickets-producing diet was a mostly whole grain diet which included whole wheat, whole corn, and wheat gluten. On the rickets-producing diet, teeth become abnormal. In rare cases of rickets, some children's teeth do not erupt.

Guinea pigs fed a high grain diet developed a condition that appears to be exactly the same as scurvy in humans. To

cause scurvy, guinea pigs were fed mostly bran and oats. Another scurvy-producing diet consisted of whole grains like oats, barley, maize, and soy bean flour. An exclusive oatmeal diet would kill a guinea pig in 24 days from scurvy. This very same scurvy-inducing diet produced severe tooth and gum problems in guinea pigs as well. That whole grains are the cause of scurvy sheds light on the severity of plant toxins found naturally in grains. Oatmeal has a devastating effect on teeth. The symptoms of scurvy like soft and spongy gums leading to tooth loss are the result of a lack of vitamin C, and too many grains, or other phytic acid-rich foods.

Dr J.D. Boyd healed diabetic children's decayed teeth by designing a grain-free diet. The diet meant to control diabetes not only stopped cavities it turned soft tooth enamel hard and glossy. The maximum amount of bone growth and tooth mineralization in these studies occurred with grain-free diets.

High-phytate foods :- Phytic acid is found in all edible seeds, grains, legumes, and nuts in varying quantities, and small amounts are also found in roots and tubers. Almonds **0.4-9.4%**, Beans **0.6-2.4%**, Lentil 0.3-1.5%, Maze, **corn 0.7-2.2%**, Peanuts 0.2-4.5%, Peas 0.2-1.2%, Rice 0.1-1.1%, **Rice bran 2.6-8.7%**, **Seesame seeds 1.4-5.4%**, **Walnut 0.2-6.7%**, Wheat 0.4-1.4%, Wheat bran 2.1-7.3%, Wheat germ 1.1-3.9%

Gluten in Grains :- Gluten containing grains are wheat, barley, rye, triticale and oats. Gluten can suppress growth hormone release. **Obesity is another warning sign that gluten may be at the root of difficulties.** A wide range of lung problems, including chronic bronchitis and asthma, characterized by chronic wheezing, coughing, shortness of breath, or difficulty in breathing, are commonly caused or made worse by gluten. Chronic lung disease should also signal concerns about an underlying problem with gluten.

Anyone with respiratory allergies should get tested for gluten sensitivity. Person struggled with repeated bouts of multiple, very painful sores inside mouth, if fingertips are clubbed; if fingernails are thin, brittle, and spoon-shaped; or if nail beds remain pale when compressed, any of these can signal the presence of celiac disease or gluten sensitivity. There are several general categories of illness where gluten sensitivity should be considered. They are allergies, autoimmunity, bowel disease, cancer, growth retardation, learning disorders, lung disease, psychiatric ailments, reproductive problems, seizures.

Chronic periodontal disease with unhealthy gums could possibly be the result of your gluten sensitivity. The gluten-free diet will often reverse this problem, so minor interventions coupled with a "wait and see" approach may be preferable to surgical interventions in gum disease associated with gluten sensitivity.

Deminerlization or thinning of our bones is already a major risk as the result of years of gluten consumption. A gluten-free diet usually results in improvements in liver enzyme profiles along with resolution of the liver disease. The arthritis pain either improves or completely resolves on a gluten-free diet. There is often little need for pain relief after a few months on the diet.

Senility is an extremely common brain disorder that often appears to be related to gluten sensitivity. While the disorders of degeneration, blood circulation, and seizures can alter behavior, emotions, and learning are affected by gluten. Psychological depression, neurotransmitter deficiencies, autism, and hyperactivity disorders can also be brought on by gluten sensitivity. Peptides derived from gluten grains have since been implicated in schizophrenia, epileptic seizures, and vascular illnesses and are sometimes found to occur among patients who also have celiac disease. Gluten free grains are corn, millet, rice, and sorghum. Gluten

free pseudo-cereals are amaranth, buckwheat, and quinoa.

Synthetic Vitamins

Vitamins do not have isolated functions, they work as a “team” in the body. Once a vitamin is separated from the food complex (team) in which it occurs naturally in the body, it loses its nutritional value. Robbed of their co-nutrients, they have to steal from the body’s nutritional reserves. Without this “theft,” they would have no curative value. Because of an overconsumption of single vitamins or minerals vitamin reserves are depleted instead of alleviating.

Our bodies view the synthetic vitamins as toxic substances that need to be rapidly eliminated. Hence the unusual odor or color of urine you may notice after consuming multi-vitamins. Taking extra vitamins can be harmful because the body is unable to make use of them and is given the additional burden of having to break them down or try eliminating them from the system.

Drugs, including over-the-counter medications usually alter glandular system and will affect calcium and phosphorous ratios. Prescription and recreational drugs, along with cigarettes, may alter body's ability to utilize nutrients from food.

Many, but not all calcium supplements contain forms of calcium that are not recognized by our body. Non absorbable calcium raises blood calcium levels which can lead to excess calculus deposits. The long-term use of vitamin E without its co-nutrients demineralizes bone calcium, and large amounts of bioflavonoids taken over a long period create a deficiency of the clotting factor vitamin K. Furthermore, longtime use of high-potency vitamin D has been shown to encourage the clogging of the arteries and heart disease. Because vitamins are strong acids, an overload can lead to vitamin poisoning and thus damage the kidneys, and actually cause the same symptoms that accompany a

vitamin deficiency.

One report issued by the University of Tromso in Norway showed that the long-term intake of vitamin D at the dosage of just slightly above the 400 IU recommended amount may trigger a heart attack and cause degenerative joint disease and arthritis. Another finding emerged from the New York University Goldwater Memorial Hospital, which suggests that large doses of vitamin D can cause magnesium deficiency in the heart tissue and cause heart attacks. Pregnant women are particularly at risk. Dietary intake of vitamin D has led to kidney calcification and severe mental retardation in their offspring. Children born to mothers, who take extra vitamin D in their diet, may develop a certain type of congenital heart disease called supravalvular aortic stenosis and show extreme deformations of facial bones. Taking vitamin D supplements can also contribute to arteriosclerosis and even be fatal. Milk that has been enriched by 90 units of vitamin D is poisonous and can kill an adult person.

Vitamin D poisoning leads to something very similar to rickets. Professor Dr Ernst Lindner from the University of Giessen in Germany has warned that if large amounts of vitamin D are given to a person, calcium is removed from the bones; and this can cause bone deformation. He also states that it is very risky to add vitamin D to food.

Bone deformation is more likely to occur in babies who are not breast-fed. Until the expensive vitamin D pill came on the market, rickets was effectively treated with breast milk for thousands of years. As studies have shown the vitamin D content in mother's milk does not increase when the mother takes vitamin D supplements. This proves that a mother's body filters out vitamin D to protect the baby from being poisoned (by the vitamin). A baby's body easily synthesizes vitamin D from sunlight once it is exposed to it. It is, therefore, unnecessary to have this vitamin present in the mother's milk.

To obtain vitamin D, the best and cheapest source is sunlight. With the help of UV light from the sun, the body synthesizes it from cholesterol (7-dehydrocholesterol) in the human skin. The major cause of vitamin D deficiency among babies is keeping them in dark rooms with little or no natural light. But even with less than adequate sun exposure they are still capable of absorbing sufficient amounts of calcium from the blood necessary for the building of healthy bones. While being breast-fed, an infant receives plenty of milk sugar and phosphocaseins, both excellent transporting agents for calcium. **If there is anything that could cause rickets in babies, it is lack of mothers' milk and exposure to sunlight.** Vitamin D, which acts rather like a hormone than a vitamin, facilitates the absorption and utilization of calcium and phosphorus, necessary for maintaining strong bones and teeth.

It is also a well known fact that too much vitamin A causes deformity in unborn children. Pregnant women are warned not to consume liver to avoid damaging their babies. If taking extra vitamin A is considered poisonous for pregnant women or unborn babies, it cannot be considered safe for the rest of the population either.

Pharmaceutical Drugs

Antibiotics :- The poison of the antibiotic drug destroys not only infection-causing microbes, but also friendly bacteria that help us digest our food, remove toxins, and produce important micro-nutrients such as B-vitamins. As these essential bacteria become increasingly depleted the population of harmful bacteria begin to increase in number and finally dominate in the intestinal tract, turning even nutritious foods into poison. Patients are rarely informed that even one dose of broad spectrum antibiotics can severely damage the natural flora of the intestinal tract and the blood-forming red bone marrow for as many as four to five years.

The body has to pay a high price for being forced to deal with antibiotics.

Because of their very design, antibiotics impair the immune system and hence may sow the seeds for more serious problems in the future. Antibiotic treatment only masks the symptom while giving the impression that we have conquered the illness, whereas in truth, we have made it worse. We will actually have prepared the ground for chronic disease. The toxins are still in the body; this time, however, they are no longer circulating, but are deposited in the more hidden structures of the body, i.e., the tissues and organs.

Much of the antibiotics remain in the liver, which changes bile flora and causes gallstones to be formed both in the bile ducts of the liver and in the gallbladder.

Each further course of antibiotics continues to impair the immune system and intestinal flora, as well as the bile flora, making room for disease-causing microbes to spread throughout the body. With regular intake of antibiotics, the immune system becomes so weak and passive that it is no longer able to defend the body against real life-threatening diseases.

What is most disturbing is that the more we use antibiotic drugs, the more resistant the bacteria become. Because of the excessive use of antibiotics in and out of hospitals, antibiotic resistant organisms have now become the commonest cause of infection. We have created an entire armory consisting of highly sophisticated antibiotic resistant super-germs that defy even the smartest of treatments. Top researchers in this field already admit that they are fighting a losing battle.

Antibiotics did not eradicate TB, but improved hygiene measures did. Today, the situation is not much different. TB strikes where hygiene is poor. If your doctor insists on giving antibiotics to your child when he has cold etc illnesses or

symptoms, try to find another doctor to give you a second opinion. In most cases, there is no need for drugs.

Other Drugs :- Once ingested, antibiotics, as well as painkillers, tranquilizers, and mind-altering drugs, they occupy receptor sites on the surface of our cells which trigger the corresponding expected responses such as relief of pain, calmness, or lessening of depression. Occupied by these external chemical agents, the cells' receptor sites can no longer receive and respond to the body's own drugs. Naturally, the body begins to reduce production of its own drugs like endorphins, interleukins, serotonin, dopamine, and so on. These drugs are related to the experience of satisfaction, happiness, and creativity, something a person naturally wishes to have.

Drugs such as liquid paracetamol only suppress the body's healing response and lead to many more "unrelated" physical and emotional problems in the future. It is better not to give aspirin to children during or after an illness as this can interfere with the body's own healing response. It is interesting to note that cortisone preparations, which are commonly prescribed for allergies, are suppressors of the immune system.

However, there are very successful methods in modern medicine for emergency situations. They concern mainly acute problems that are caused by accidents, including burns, fractures, and heart attacks. On the one hand, many lives are saved through the procedures and drugs used during medical intervention. On the other hand, harmful side effects arising from the treatment can take lives. **Therefore, Drugs Should be the Exception, not the Rule because their side effects often outweigh their benefits and patients should be aware of the complications they may generate before they agree taking them.** In the majority of cases, patients do not even read the list of side effects written on the drug

labels or direction sheets. **Mark Twain said fasting is more effective than any medicine.**

Drug-related morbidity and mortality have been estimated to cost more than \$130 billion per year in the United States alone. Drug interactions caused gastrointestinal bleeding (GI) bleeding), hypertension, hypotension, and cardiac rhythm disturbances. Unintentional poisoning caused 20,000 deaths in 2004, making it the second leading cause of accidental death in the United States. According to Prof. O. W. Holmes, (Prof. of Med. Harvard University), “If all the medicine in the world were thrown into the sea, it would be bad for the fish and good for humanity.”

Blood-Transfusion

Blood carries much more importance than just being a vehicle for the distribution of nutrients and oxygen.

The quality of our blood changes according to our thoughts, feelings, and emotions. Negative thoughts create toxic blood whereas happy thoughts make healthy blood. Fearful thoughts, for example fill our blood with adrenaline, loving thoughts flood it with interleukins. Both literally move our heart but with contrary effects. The adrenaline-shot causes panic to the heart; the interleukin-shot creates emotions of happiness in the heart and protects us against cancer.

Blood carries decoded DNA, which knows what nutrients need to be sent where. It knows of and responds to all our needs, discrepancies, strengths, and weaknesses. Our blood carries all our thoughts, emotions, and memories and makes them available to every part of the body. The blood is filled with patterns and geometric designs that reorganize themselves according to our state of consciousness. Every new desire, feeling, or intention reprograms the blood instantly and all the parts of the body it is in contact with.

Each person’s blood contains a multiplicity of

antibodies, antigens, and infectious agents. Science has yet to identify most of them. Genetic blood research has proven that blood, like our fingerprints, is uniquely individual. This implies that it cannot be transferred to another person without risking complications.

When you take on another person's blood you also take on his genetic information and part of his personality. The immune system can easily get depressed when foreign DNA (or several kinds of DNA if the blood comes from various donors) suddenly and unexpectedly enters a person's blood through a transfusion. Having a blood transfusion may create confusion and chaos within the body and mind. In many cases, the immune system is not able to fight off the many viral particles and toxins that are present in the donor's blood. This makes transfusions more risky because the majority of infectious agents contained in blood have not even been identified.

It is more and more obvious that there is neither a safe blood transfusion nor "pure" or "safe" foreign blood. **In the United States there are 230,000 new cases of hepatitis a year that are purely the result of blood transfusions. Furthermore, a blood transfusion increases a patient's risk of acquiring human T-cell leukemia tenfold when compared with contracting HIV through blood. It may also trigger unforeseeable, life-threatening allergic reactions. In patients undergoing major abdominal surgery, blood transfusion is the most dominating contributing factor to organ system failure.**

All techniques to blood transfusion are based on first stopping the bleeding and second replacing the lost amount of circulating fluids. On the other hand, refusing a blood transfusion and not resorting to alternatives may put your life in danger. **Therefore, auto transfusion is a very safe method to supply patients with their own blood donated ahead of time.**

Vaccines

The idea to vaccinate our bodies in order to protect them against possible infectious diseases came from Louis Pasteur, who was considered to be the pioneer of immunization. He wrongly assumed that by having antibodies in the blood for certain illness-causing germs we are automatically protected against them. Even today, this erroneous idea continues to prevail as a fundamental truth in the modern medical system. **The authenticity of his research was never questioned until official statistical research revealed that immunization programs directly led to dramatic increases of those diseases they were supposed to eradicate. Published results of most spectacular immunization experiments turned out to be a complete fraud. As soon as hygiene and sanitation improved, the viral disease quickly disappeared.**

What makes vaccination against the flu so unsuccessful is that the strains of the flu virus are different every year and the so-called protection lasts for only six months. The trouble is, drug companies have no way of knowing in summer which new strain of the flu virus is going to hit the Western Hemisphere during the winter months.

Our immunity certainly does not depend on whether we have been vaccinated against infectious agents. The crucial factor of strong immunity is due to our immune system's ability to keep the germs at bay or fight them. If the vigor of our immune response is weak, germs are likely to infect us. But normally, the majority of germ "invasions" occur silently, without ever disturbing us. Symptoms of disease occur only at the time the immune system decides it is necessary to defend itself against any harmful influences more aggressively. For the average healthy person, coming down with the flu is not serious at all. On the contrary, it can build up natural immunity

even against future encounters with new strains of the flu virus. The healing force employed by the body depends on multiple factors, such as emotions, spiritual foundation, diet, lifestyle, environment etc.

It is highly questionable today to immunize an entire population against a disease that does not even exist anymore. A few decades ago such diseases as asthma, eczema, and hay fever were almost unheard of. There has not been a serious flu epidemic for 38 years, their vaccines are prescribed to millions of people each year.

Diphtheria in France increased to an all-time high with the onset of compulsory immunization and immediately dropped again after the vaccine was withdrawn. In 1945, at the end of World War II, vaccines were no longer available in Germany and within a few years the number of diseased dropped to below 50,000.

When diphtheria broke out in Chicago in 1969, 11 of the 16 victims were either already immune or had been immunized against diphtheria. In another report, 14 out of 23 victims were completely immune. **This shows that vaccination makes no difference when it comes to protection against diphtheria, on the contrary, it can even increase the chance of being infected.**

In 1995 a study conducted by UK's Public Health Laboratory Service and published in the Lancet showed that children given the measles / mumps / rubella jab were three times more likely to suffer from convulsions than those children who didn't receive it. The study also found that the MMR vaccine increased the number of children suffering a rare blood disorder by five times. In the United Kingdom, despite widespread vaccination among toddlers, cases of measles increased by nearly 25 percent. Prior to that the mortality rate from measles had declined by 95 percent before the measles vaccine was introduced.

The researches came to conclusion that "Children

who receive just three vaccines containing the mercury-based preservative thimerosal are 27- times more likely to develop autism, compared to children who get vaccinations containing no thimerosal.” Mercury-exposure to children through vaccines dramatically increased over the past 15 years, while the rate of autism jumped from 1 in 10,000 to 1 in 150 over the same period.

There is also increasing evidence that chronic diseases, such as rheumatoid arthritis, encephalitis, multiple sclerosis, leukemia, other forms of cancer and even AIDS diseases are linked to vaccinations administered in the early stages of life. Rheumatoid arthritis is an inflammatory disease of the joints, which has been thought to afflict only the elderly. More recently though, the crippling disease has spread among the young generation and measles and rubella inoculations have been identified as the cause. Researchers from the American Food and Drug Administration discovered that vaccinations, particularly the hepatitis B shot, could cause hair loss. They estimate that 50,000 Americans suffer hair loss after immunization every year. The report was published by the Journal of the American Medical Association in 1997.

In 1994 the Department of Health admitted to doctors that 11 percent of first-time recipients of the rubella vaccine will get arthritis. Symptoms range from mild aches to severe crippling. Other studies show a 30 percent chance of developing arthritis in direct response to the rubella vaccine.

A report by Professor Gordon Stewart, which was published in 1994 in *World Medicine*, demonstrated that the risks of the whooping cough vaccine outweighed the benefits. Among 17 different health problems, the whooping cough vaccine is known to cause sudden infant death syndrome (SIDS). According to an estimate from the University of California at Los Angeles, there are 1,000 infants a year in the US who die as a direct result of receiving the vaccine. Research also showed that a single injection of any kind

could increase the risk of paralysis fivefold. Polio is more common in countries where children receive more polio injections. A study published in 1995 by the New England Journal of Medicine showed that injection of the polio vaccine actually caused outbreaks of the polio disease.

In the United States, cases of polio increased by 50 percent between 1957 and 1958, and by 80 percent from 1958 to 1959 after the introduction of mass immunization. In five states, cases of polio doubled after the polio vaccine was given to large numbers of the population. According the American Journal of Medicine, many studies have reported the presence of simian virus 40 (SV40) found in polio vaccine in human brain tumors and bone cancers, malignant mesothelioma, and non-Hodgkin's lymphoma. Further, the history of some SV40 infections in humans is linked to the use of polio vaccines. The polio vaccine seems ever more linked to cancers, especially in children. The cancers caused by the use of the polio vaccine in the past still kills 20,000 people a year in the United States. This is quite outrageous given the fact that polio itself hasn't killed anyone for a long time. **In Finland and Sweden, where the use of live vaccines for polio is prohibited, there has not been a single case of polio in ten years. It raises major questions about the motives behind polio vaccination.**

The vast majority of vaccinations - for children or adults - are needless. And they cause hundreds of deaths per year from adverse reactions that wouldn't otherwise occur if mass vaccinations didn't exist.

Can we expect our rivers and oceans to remain healthy by dumping toxic waste into them ? Pouring deadly chemicals into a lake doesn't make it immune to pollutants. Likewise, by injecting live poisons contained in vaccines into the bloodstream of children the future generations hardly stand a chance to lead truly healthy lives. Vaccines are composed of protein, bacterial and

viral material, as well as preservatives, neutralizers, and carrying agents. Most of the vaccinations, which include a total of up to nine or more different antigens, are pumped into the immature immune systems of babies within the first 15 months of life. By injecting such cocktails of foreign and destructive substances directly into the blood stream, the human body stands little or no chance of neutralizing the poisons. Vaccination certainly does not create immunity. You cannot become immune by ingesting poisons that destroy the immune system.

The problem is that a child's body doesn't have to cope with just one type of poison contained in one vaccine, but with several different ones contained in as many as 9 vaccines. Many children have died or become permanently and severely brain damaged within days after immunization. All vaccines are poisonous, and as such act like time bombs that will explode in due time. The toxic viral particles can remain latent in the cells and gallstones for as long as 20 years; when they emerge they can cause serious cell damage. A reaction can be very gradual, just as chemical poisoning can occur very gradually. Neurological problems can develop over time. In actual fact, a vaccine that contains mercury may not show any damage for several months. It is nearly impossible to estimate the damage and suffering that has been created and is going to occur in the future as a result of inadequate information about the dangers of modern immunization programs.

With each new vaccination the immune system becomes more and more restricted in its effort to neutralize the live virus that suddenly appears in the blood. Besides immune damage, vaccines of all kinds produce alterations in genetic material and thereby cause a whole range of malfunctions in the body. Vaccines may even be the cause of the increasing incidence of malignant diseases in children.

Mass immunization programs have created such weak immune systems that they are even susceptible to such harmless viruses as the flu. **Getting vaccinated against the flu, is a sure way to sow the seeds for new illnesses in the body. With each new flu shot, your immune system becomes more depleted and side-effects become more pronounced and severe and, you may still get the flu anyway.** There are an increasing number of reports that indicate a worsening of high blood pressure, diabetes, gout, and Parkinson's disease as well as an increase in all kinds of allergic complaints in adults who regularly receive flu jabs. In 1976 an extensive flu vaccination program in America led to a massive outbreak of Guillain-Barre syndrome, a disease affecting the nervous system. The outbreak, known as the "Great Swine Flue Fiasco," paralyzed 656 people and 30 elderly persons were found dead within hours after they were vaccinated. Compensation claims were enormous, which helped slowing down the program, but only for a while.

The following list includes the possible consequences you can expect if you go down the road of vaccination. The most frequent side effects of vaccination : 1) Soreness at the site of the vaccination, 2) Pain or tenderness, 3) Erythema, 4) Inflammation, 5) Skin discoloration, 6) Induration, 7) A mass or lump, 8) Hypersensitivity reactions including puritus and urticaria, 9) Fever, 10) Malaise, 11) Myalgia, 12) Arthralgia, 13) Asthenia, 14) Chills, 15) Dizziness, 16) Headache, 17) Lymphadenopathy, 18) Rash, 19) Nausea, 20) Vomiting, 21) Diarrhea, 22) Pharyngitis, 23) Angiopathy, 24) Vasculitis, 25) Anaphylaxis in asthmatics, with possible death, 26) Anaphylactic shock, with possible death

The use of the mercury-based thimerosal as a preservative in vaccines has been associated with autism. While working with different vaccines, Dr. Davis found plenty of contaminants in them. In the Rimavex measles vaccine, he found various chicken viruses. In the polio

vaccine, he found acanthamoeba, a so-called brain-eating amoeba, and simian cytomegalovirus was found in polio vaccine. Also discovered was simian foamy virus in the rotavirus vaccine and bird-cancer viruses in the MMR vaccine. Various microorganisms were present in the anthrax vaccine and potentially dangerous enzyme inhibitors in several vaccines. Duck, dog, and rabbit viruses were present in the rubella vaccine, avian leucosis virus in the flu vaccine, and pestivirus in the MMR vaccine. An what most people don't know is that some polio vaccines, adenovirus vaccines, rubella and hepatitis A and measles vaccines have been made with aborted human fetal tissue. Besides the subvirion, there are plenty of other substances added to the flu vaccine, most of which you would never want to consciously ingest. These include :

1. Hemagglutinin antigens that cause clumping of the red blood cells, leading to cardiovascular disease.

2. The enzyme neuraminidase, which cuts out neuraminic acid from the cell membrane, weakening all of the trillions of cell membranes in the body.

3. White crystalline substance called allantoin, a toxic animal waste product. Due to its high nitrogen content, allantoin is used as fertilizer; leads to kidneys and bladder stones.

4. Gentamicin, a broad spectrum antibiotic, is added to each embryonated chicken egg to inhibit the growth of bacteria (vaccine is grown in chicken eggs).

5. Formaldehyde (carcinogenic), used as a preservative and to inactivate the virus.

6. The toxic chemicals, tri butylphosphate and Polysorbate 80, USP.

7. Resin, to eliminate “substantial portions” of tri butylphosphate and Polysorbate 80

8. Thimerosal, a mercury derivative, to preserve the vaccine cocktail.

9. Polyethylene glycol, a relative of ethylene glycol (antifreeze); often used to poison dogs and other predators of sheep.

10 Isocetylphenyl ether, a compound of ether; has anesthetic properties; a teratogen, causing abnormal prenatal development. It also induces testicular atrophy in animals.

There is no point pumping children full with vaccine poisons, except enriching the pharmaceutical companies. Vaccination of soldiers is mandatory. Those who refuse the shots face court martial and prison time, or at the very least, a dishonorable discharge from the armed forces. Several soldiers have died from the often untested chemicals in the vaccines, and others have been severely sickened by the practice. In spite of that military troops have to submit to all manner of vaccinations in the name of readiness for warfare.

Soldiers have become guinea pigs in massive drug studies. How else could the pharmaceutical industry legally test poisons on human subjects ?

During wartime the vaccine industry comes alive and flourishes. Millions of doses of various kinds of vaccines are finding the perfect market. No liability suits, no major objections from anyone. And no real control for safety. To secure billions of dollars in profits for the drug business, the FDA is declaring even virtually untested vaccines as “safe.”

Why would you want to entrust your health to a cocktail of poisonous chemicals when even a somewhat weakened immune system stands a far better chance to protect you against harm from a bout of influenza. **Our body’s sophisticated immune system, which has evolved over millions of years, can certainly do a better job of protecting you. All it needs is proper nutrition, rest and some basic care taking on your part.**

Diagnostic Tests

In total, there are over 1,400 test procedures available that the modern doctor can use today to monitor and measure virtually every bit of your body. Although in some cases, the use of these methods of diagnosis is justified and can save a person's life, in the vast majority of cases it is unjustified, misleading, and potentially harmful. **In reality, they are grossly unreliable and can be dangerous to health. It is therefore important that they are applied only during emergency situations.**

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

X-Rays :- Radiation therapy is dangerous. If children are exposed to X-rays while in the mother's womb their risk of all cancers is increased by 40 percent, of tumors of the nervous system by 50 percent, and of leukemias by 70 percent. Today there are thousands of people with damaged thyroid glands, many of them with cancer, who had been radiated with X-rays on head, neck, shoulder, or upper chest 20-30 years ago. Ten x-ray shots at the dentist are sufficient to produce cancer of the thyroid. Multiple X-rays have been linked with multiple myeloma – a form of bone marrow cancer.

Scientists have told the American Congress that X-radiation of the lower abdominal region puts a person into the risk of developing genetic damage that can be passed on to the next generation. They also linked the "typical diseases of aging" such as diabetes, high blood pressure, coronary

heart disease, strokes, and cataracts with previous exposure to X-rays. It is estimated that at least 4,000 Americans die each year from x-ray related illnesses. In the UK, one fifth to one half of all X-rays given to patients are without real necessity. In the US, the FDA reports that a third of all radiation is unnecessary. In the UK, X-rays ordered by doctors account for over 90 percent of the total radiation exposure of the population (Cambridge University Press, 1993). In Canada, almost everyone gets an annual x-ray of one sort. Old X-ray equipment still used in many hospitals gives off 20 to 30 times higher doses of radiation than is necessary for diagnostic purposes.

Ultrasound Scans :- Millions of women around the world, without being aware of the potential health hazards of ultrasounds, are participating in the largest medical experiment of all times. Their babies are the guinea pigs in this experiment. They become vulnerable to external and internal harmful influences when their delicate electromagnetic fields are distorted, misaligned or damaged by highly concentrated doses of ultrasound; exposure to that is neither natural nor suitable for any human being.

The Association for Improvements in the Maternity Services (AIMS), England, recorded the cases of women who aborted their perfectly fit and healthy babies as a result of misinterpreted scans. It is almost impossible to estimate how many women went through similar ordeals since most of them are not reported. An Ultrasound scan should only be considered if a woman suffers localized pain or complications for which a doctor or midwife cannot find a plausible reason.

Microwave Oven

Microwaves rip apart the molecular bonds that make food to be “food.” Microwave ovens hurl high frequency microwaves that boil the moisture within food and its

packaging by whipsawing water molecules dizzyingly back-and-forth at more than a billion reversals per second. This frantic friction fractures food molecules, rearranging their chemical composition into weird new configurations unrecognizable as food by human bodies. By destroying the molecular structures of food, the body can't help but turn the food into waste (nuclear waste).

Microwave-treated water won't sprout seeds. Russian researchers have found decreased nutritional value, cancer-making compounds and brain damaging radiolytics in virtually all microwave-prepared foods. Eating microwave-prepared meals can also cause loss of memory, concentration, emotional instability, and a decline in intelligence, according to the research. The Russian scientists also found decreased nutritional value – or significant dimming of their “vital energy field” – in up to 90% of all microwave-prepared foods. In addition, the B complex, C and E vitamins linked with stress-reduction and the prevention of cancer and heart disease – as well as the essential trace minerals needed for optimum brain and body functioning – were rendered useless by microwaves, even at short cooking durations.

Microwave usage in the preparation of food has been found to lead to lymphatic disorders and an inability to protect the body against certain cancers. The research found increased rates of cancer cell formation in the blood of people eating microwave-cooked meals. The Russians also reported increased rates of stomach and intestinal cancers, as well as digestive and excretion related disorders – plus a higher percentage of cell tumors, including sarcoma.

Other side-effects of microwaves include: 1. High blood pressure, 2. Migraine, 3. Dizziness, 4. Stomach pain, 5. Anxiety, 6. Hair loss, 7. Appendicitis, 8. Cataracts, 9. Reproductive disorders, 10. Adrenal exhaustion, 11. Heart disease, 12. Memory loss, 13. Attention disorders, 14. Increased crankiness, 15. Depression, 16. Disconnected

thoughts, 17. Sleep disturbance, 18. Brain damage.

Eating microwave-damaged foods can lead to a considerable stress response in the body, and thereby, alter the blood chemistry.

Estrogen Promoting Things

Under the conditions of excess estrogen and a stressed liver, one may be prone to suffer from estrogen-related disorders, fat gain, blood sugar disorders, hypertension, cardiovascular disease, and cancer. There is evidence that excess estrogen contributes to growth of the prostate gland. A direct correlation was also found between harmful estrogen metabolites and prostate enlargement. Besides all the health problems caused by excessive estrogen—it suppresses immune reaction, destroys oxygen and blood sugar, causes heart attacks, increases the risk of cancer and also depresses the sex drive.

When in excess, estrogen promotes the growth of estrogen-sensitive fatty tissues, particularly in the belly and waist, as well as other estrogen-sensitive areas such as the chest in men; the lower buttocks, upper thighs, and back of the arms in women. Estrogen is a fat-gain promoting hormone. It is responsible for the conversion of androgens to estrogen in both sexes. This causes a vicious cycle of fat gain in which excess estrogen promotes fat gain and the enlarged fatty tissue produces even more estrogen that further accelerates fat gain.

When there is an excess of estrogen in the body, any estrogen-promoting substance, whether chemical or natural, may be detrimental to one's health. Commonly Used Estrogenic Chemicals are :- 4 MBC (sunscreen lotion), Hydroxy-anisole butyrate (food preservative), Atrazine (weed killer), Bisphenol-A (food preservative, plasticizer), Dieldrin (insecticide), DDT (insecticide), Erythrosine (red dye 3), PCB (lubricants, adhesives, paints), P-nonylphenol

(PVC, byproducts from detergents and spermicides), Parabens (lotions), Phthalates (plastic softeners)

Alcohol is known for its estrogen-promoting effect. It is very likely that the typical “beer belly” may be related to excess estrogenic activity in the body due to binge drinking.

Raw Food

Uncooked vegetables contain a host of plant toxins including enzyme inhibitors, oxalates, saponins, and lectins. Besides a few exceptions such as lettuce or cucumber, raw vegetables are difficult to digest.

Animals such as cows, who survive on raw vegetables have 12 stomachs to make certain that the blood does not absorb the toxic ingredients of flowers, grains or grass before they are thoroughly detoxified. If you visit a farm you can watch goats or cows madly salivate over grass. This reaction does not occur with humans. That is because we are not made to eat too many uncooked raw fibrous vegetables.

Animals chew their food it again after it has been “prepared” in the stomach. Birds are equipped with gouters to soak (ferment) the grains before their muscle stomachs “chew” them up. Rabbits eat part of their own feces, which is an alternative to chewing the same food twice.

Many health-oriented people think we should have our vegetables raw to preserve nutrients and enzymes. Such nutritionists wrongly assumes that the nutritional ingredients of food alone determine whether they have physiological value for us or not. Such an approach is incomplete and misleading. We need a well functioning digestive system to digest, absorb, and metabolize these nutrient components in order to benefit from them. A weak digestive system can even make poison out of nectar.

Unable to break down the high fiber foods, the intestinal bacteria start doing this job instead. This results in fermentation and putrefaction of the foods. Eventually the

intestines begin to bloat up like a balloon, unable to deal with the toxic gases and poisonous compounds.

Karl Pirlet, Professor of Medicine at the University of Frankfurt, Germany, claims that he has a nearly endless collection of cases whose health was restored after they stopped eating a raw whole food diet. He found that most of these patients suffered a physical breakdown after several years (in some cases after 10-20 years) of eating raw whole foods. The effects were varied but were all marked by the occurrence of sudden aging as seen in a deterioration of joints and arteries. Most patients looked fragile, felt low in energy, and had excessively bloated stomachs. Their bodies could no longer cope with breaking down hard grains and raw vegetables; they were literally starving themselves.

Persons with a strong digestion and plenty of exercise can cope with such a raw food diet **for many years** without harmful side effects. But eventually their digestive systems may become exhausted from trying to breakdown raw whole grains and raw vegetables.

Milk and Dairy Products

If milk were the most useful and important source of calcium for grown animals then nature would certainly have designed ways of supplying them with milk throughout their lives. But as it turns out, they have access to milk only at the beginning stages of their lives.

Milk is a highly mucus-forming food that can cause irritation and congestion throughout the gastrointestinal tract. If regularly consumed, milk can leave an increasingly hardening and almost impermeable coating on the inside of the intestinal membranes. This restricts absorption of nutrients, including the calcium, magnesium and zinc needed to form bones.

Most of the calcium contained in cow's milk is bound by the milk chemical casein, which makes it far too crude

for proper absorption by the human intestinal membranes. Cow's milk contains 300 times more casein than human milk. Scientists have discovered that the beta-casein (a particular protein) in cow's milk can trigger an immune response that may, in turn, cross-react with an antigen to cause an allergic reaction. Today, millions of people in the Western Hemisphere are suffering from allergies caused by milk or products that contain milk powder or whey.

There is quantitatively more phosphorus in cow's milk than there is calcium. To metabolize that much phosphorus, the body requires extra amounts of calcium, which it extracts from the bones, teeth, and muscles. This leads to a calcium deficiency in these parts of the body. To compensate the sudden loss of calcium, the body tries to mobilize more of it. If the consumption of dairy foods continues for a long time, the calcium reserves get depleted faster than they can be replenished, leading to damage of the bone tissue.

Cow's milk may be very rich in calcium but its high calcium to magnesium ratio can make it difficult to absorb.

To digest whole milk the human body requires large amounts of bile. Drinking whole milk regularly can eventually exhaust the liver's bile-producing capacity. Drinking low fat milk makes matters even worse. Low fat milk requires less bile to digest the fat contained in the milk, yet milk protein cannot be digested without the natural amounts of milk fat. Added to that, without sufficient bile, calcium cannot be properly digested or absorbed either.

The large amounts of undigested milk protein increase acidity in the body. Through regular consumption of milk and dairy products the blood would become too acidic if the body didn't mobilize large amounts of minerals to save the body from acid death. Yet, in the long term, this emergency measure leads to demineralization of the tissues and organs and subsequent acidosis.

Storage of excessive amounts of milk protein in

the connective tissues and basement membranes of the capillaries reduces the diffusion of essential minerals and vitamins to the tissues of the body. This causes a depletion of nutrients in the tissues, especially of those that form the bones and joints. In certain people or body-types, the calcium may be deposited in places where it is not required, hence the development of calcification of bones and other parts of the body. Osteoporosis and Osteoarthritis are basically metabolic disorders that are caused by severe congestion and an unbalanced diet/lifestyle, and almost never by insufficient calcium intake. The unused crude milk calcium can cause calcification of joints, arteries, or kidneys.

Bovine somatotrophin (BST) is a hormone which when fed to cows can increase their milk yield by 20-30 percent. The drug's poisons seep into the milk and its products. In the United States BST has been licensed by the American Food and Drug Administration (FDA) in 1994.

More and more health practitioners report that patients are allergic to dairy products or suffer from food intolerance to milk-containing foods. Eczema, asthma, migraine, constipation, hay fever, arthritis, stomach trouble, heart disease, and testicular cancer are all linked with high consumption of dairy products. It is not uncommon for 1-year olds to have gallstones in the liver as a result of drinking, and not digesting cow's milk. Many of them suffer from colic and gas which makes them cry and develop sleeping problems.

Once milk is pasteurized, i.e., ultra heat-treated, its natural enzyme population is destroyed. Newly born calves die within six months when fed with pasteurized cow's milk. One can only imagine the turmoil that must be going on in the tiny intestinal tract of a baby who is fed with pasteurized milk or sterilized milk formula. Babies usually develop colic, become bloated and chubby, discharge mucus, catch colds frequently, are restless, and cry a lot. Children who

are fed with cows milk formula rather than with breast milk were the most likely candidates for diabetes.

Aspartame and Other sweeteners

Aspartame is the sweetener in Coke, Pepsi and thousands of “diet” foods. It interacts with other drugs, has a synergistic and additive effect with MSG, and is a chemical hyper-sensitization agent.

Aspartame is a synergistic methanol poison. Methanol is known to cause serious birth defects and major developmental disorders such as autism and attention deficient in the offspring of aspartame users. Aspartame consumption can cause headache, memory loss, obesity, testicular, mammary and brain tumors, seizures, vision loss, coma and cancer. It worsens or mimics the symptoms of such diseases and conditions as Fibromyalgia, MS, lupus, ADD, diabetes, Alzheimer's, chronic fatigue and depression.

A major American controlled study on 80,000 women showed that those who regularly use artificial sweeteners put on more weight per year than those who do not use them. The more artificial sweeteners you consume, the more food urges you have.

There is mounting evidence that artificial sweeteners are a major health risk and can cause brain damage and other problems of the nervous system. Both saccharin and aspartame have found their way into the food chain. Both sweeteners are not only found in beverages but also in children's jellies, lollies, puddings, crops, beans, and even tinned pasta. Aspartame, has been included in some 14,000 foods in America and hundreds of products in Great Britain and other European countries. The products include fruit juices, diet soda, frozen lollies, as a sugar substitute for tea or coffee, instant breakfasts, chewing gum, cocoa and other instant beverages, medical drugs, food supplements, and even in yogurt.

When sweeteners touch the taste buds for sweet taste on the tongue, the pancreas is given the instruction to secrete insulin. A portion of insulin now floats about in the blood stream searching for the expected sugar. Since it can't find it there, the insulin removes some of the blood sugar instead. This effectively lowers your sugar levels. Since this situation can be life endangering, your body quickly signals "hunger" and strong "craving" for sweet foods. If one tries to satisfy this desire by eating more foods that have been sweetened with artificial sweeteners (without calories), the urge to eat will become even stronger than before and he will start overeating. Since the sweeteners repeatedly stimulate the taste buds responsible for detecting sugar, the brain maintains an almost continuous urge to eat. Apart from causing obesity and depression, sweeteners have been linked to insomnia, headaches, giddiness, loss of memory, nausea, premenstrual syndrome, panic attacks, epileptic fits, and even over stimulation of breast glands leading to breast cancer. Aspartame in particular may cause extensive damage to the central nervous system.

Monosodium glutamate (MSG)

Since most of the processed foods contain MSG, as do many personal care items, supplements, and pharmaceuticals, it is almost impossible for an expectant mother to protect her baby from being affected. More and more personal care products that are labeled "organic" actually contain free glutamic acid (MSG). Most store bought soups, sauces and broth mixes contain MSG.

Consuming unnatural forms of monosodium glutamate (MSG) may alter your endocrine gland balance. This can disrupt your body's ability to regulate the homeostasis required to allow your parotid gland to send signals for your teeth to mineralize. MSG may be a contributing factor in tooth decay. MSG can easily pass

through the blood-brain barrier in newborns and young children. A fetus is almost completely unprotected. There may be many diseases, aging, and overuse of medical drugs, regular ingestion of food additives, such as Aspartame and MSG, that all can damage the blood-brain-barrier.

The following is a list of some common names MSG hides behind : 1. Monosodium Glutamate, 2. Monopotassium Glutamate, 3 Hydrolyzed Protein, 4 Hydrolyzed Vegetable Protein (vegetable and animal), 5. Plant Protein Extract, 6. Textured Protein, 7. Hydrolyzed Corn Gluten, 8. Yeast Extract, 9. Autolyzed Yeast, 10. Yeast Nutrient, 11. Yeast Extract, 12. Yeast Food, 13. High Flavored Yeast, 14. Calcium Caseinate, 15. Sodium Caseinate, 16. Textured Soy Protein, 17. Malt Extract, 18. Malt Flavoring, 19. Bouillon, 20. Broth, 21. Stock, 22. Flavoring, 23. Natural Flavoring, 24. Seasoning, 25. Accent, 26. Textured Soy Protein, 27. Soybean Extract, 28. Hydrolyzed Oat Flour, 29. Glutamic Acid, 30. Gelatin (which includes Jell-O)

MSG shows up secretly in product labels under different names. Avoid products containing the following ingredients: Hydrolyzed Vegetable Protein (HVP), Textured Protein, Yeast Extract, Autolyzed Plant Protein, and anything with the word glutamate, or glutamic. Soon soaps, shampoos, and other body care products will have glutamate surfactants in them, as well as products that contain hydrolyzed proteins. Much of that MSG will enter your body through the skin.

Tea, Coffee and Alcohol

It is true that beverages such as tea, coffee, wine, beer, soft drinks and juices contain water but they also contain caffeine, alcohol, sugar, artificial sweeteners or other chemicals that act as strong dehydrators and draw water out of the protective stomach lining and body cells.

Coffee, tea and cigarettes have no real energy on

their own, they are just nerve toxins that trigger a powerful defense reaction in the body. Caffeine stimulates the adrenal glands to secrete stress hormones and trigger a strong immune response that may give you the (false) impression that this newly found energy and vitality was derived from the consumed beverage. This immune response is what you experience as a boost in energy when you drink a cup of coffee or smoke a cigarette. So in reality, the experienced energy is but an energy loss for the body.

Beverages containing caffeine have strong diuretic effects, leading to increased urination. **For every cup of coffee or tea you drink, you relinquish up to three cups of water that the body cannot afford to give up without suffering some sort of damage. The caffeine-containing cola beverages work in a similar way. To remove the nerve toxin caffeine from the blood, the body has to come up with extra water that it takes from its cells.** Caffeine, which is a major component in most soft drinks, removes water from the body faster than the body can absorb it again, thereby generating constant thirst. People who frequently drink soft drinks are never able to really quench their thirst because their bodies continually and increasingly run out of **cellular water**.

Alcohol has a similar diuretic effect on the body as the caffeine-containing beverages. For example, **drinking one glass of beer results in the body forfeiting up to three glasses of water. A hangover is the result of severe brain dehydration. If this occurs repeatedly, a large number of brain cells become damaged and die. As a result, many important brain functions slow down or become depressed.**

The more of these beverages you consume, the more dehydrated your body becomes. Regular consumption of such beverages results in chronic dehydration, which is a common factor in every toxicity crisis. Some parts of the

body may be dehydrated more than others. Unable to remove toxins from these parts due to insufficient water reserves, the body is faced with the consequences of their destructive effects (toxicity).

Infectious agents such as bacteria and viruses cannot thrive in a well-hydrated body. A well-hydrated body is capable of both nourishing itself and detoxifying its cells tissues. This ensures that the body's equilibrium, or balance, is maintained at all times. During a well-hydrated state, all the various activities in the body can be conducted in a flawless manner because there is no congestion or hold-up anywhere. Drinking enough water is, therefore, one of the most important disease-prevention measures you can take.

Adding 3-4 grains of Basmati rice to one gallon of distilled water gives it plenty of minerals and vitamins, and exposing it to direct sunlight for an hour helps re-energize it.

The body's natural pain signal is a perfectly normal response to an abnormal situation – simple dehydration. If your body produces pain naturally for no apparent reason, before drawing any other conclusions you should interpret this as the body's cry for water and its attempt to remedy an unbalanced condition.

Unfortunately, caffeine is not the only culprit in soft drinks. Over the long term, the effects of the acidity, sugars, and artificial flavors and sweeteners contained in soft drinks can be devastating to the body. It would take 32 glasses of alkaline water at an alkaline pH of 9 to neutralize the acid from just one 12 oz. cola or soda.

In response to ingesting a cola, apart from risking dehydration, the body will have to use up reserves of its calcium from the bones and DNA. This raises the body's alkalinity levels in order to maintain proper blood alkaline pH levels. **There are enough acids in one soda to kill you if your body didn't possess a mechanism to neutralize**

them. How long it takes before your body succumbs to acidosis depends upon how soon your mineral buffers are depleted.

1. Do not use plastic bottled water as plastic contains harmful chemicals such as bisphenol A (BPA).

2. Do not use RO water as RO water lacks minerals. RO machine water containers are also made from plastic hence it might contain BPA.

3. Sit before you start drinking water. Drinking water in standing position may cause kidney problems and arthritis.

4. Drink water of body temperature to ensure proper digestion. Very cold water upsets digestion.

5. Do not drink too much water before exercise and during intense workout. However, drink little water in installments during exercise so that body does not dehydrate.

6. Drink water after exercise to flush out waste material.

7. Do not drink water before, during and immediately after meal.

8. Do not drink water immediately before going to sleep as it will cause you to get up to urinate in midnight and your sleep may get disturbed.

Chapter V

Curing a Disease

Curing a Disease

Disease is a toxicity crisis that most people's bodies are able to resolve naturally. The body cannot truly heal if it keeps accumulating new toxins faster than it can dispel them. Unless we first eliminate the factors that have led to the build-up of toxins, the toxins are likely to

accumulate again and eventually cause another toxicity crisis.

Since immunity becomes progressively weaker with each new crisis, the likelihood of fully recovering one's health and vitality diminishes. The final outcome of repeated cycles of toxicity crisis is chronic illness.

Fever, inflammation, nasal congestion etc symptoms are nothing other than the body's many attempts to combat toxicity and create outlets for poisonous substances. Every toxicity crisis, such as a complex cancer or a simple head cold, is actually a healing crisis that, when supported by cleansing measures, leads to swift recovery.

A toxicity crisis like pneumonia or chickenpox removes large amounts of toxins and helps the cells to "breathe" freely again. Fever, sweat, loss of blood, mucus discharge, diarrhea, vomiting, etc, are additional outlets for toxins to leave the body. After breaking down and removing the toxins in an unhindered way, the immune system receives a natural boost. A renewed immune stimulation based on reduced overall toxicity in the body can be sufficient to do away with a malignant tumor that no longer has a role to play in the survival of the body.

Once the body eliminates stored poisons that have accumulated in the bloodstream, the cells are able to receive nourishment thus enabling the immune system to strengthen and rebuild. Foods prepared in easy-to-digest form allow the cells to fully absorb the life force energy produced by the enzymes in living foods. It provides the body with optimal life giving nourishment needed to strengthen the immune system. Once the body repairs the immune system, vitality returns, and the body will heal itself. Over eighty percent of the people who fall ill recover on their own and without any medical intervention. The occurrences of illness and recovery follow the cycle of building up and breaking down

the underlying congestion and toxicity.

The human DNA managed to survive millions of years on the planet and it certainly knows how to deal with a few harmless infectious diseases, particularly when they help to make our immune system stronger than before. Thus, a headache, cold, tonsil infection, gastritis or stiffness in the neck and shoulders, all appear and disappear again in their own time.

On the other hand, blocking the exits routes for these poisons, which happens when symptoms are being treated with chemotherapy, can suffocate the body and stop its vital functions. Following a so called short-lived “recovery” it may become a chronic condition.

When you feel a headache coming on, clean the colon, stop using starches, sweets, and all the other things which cause constipation. The use of living food will eliminate 90% of the physical and mental illness which stems from bad digestion. **Overeating, poor nutrition, lack of sleep, not drinking enough fresh water, use of pharmaceutical drugs and stimulants, etc, deplete the body’s energy reserves and render it susceptible to disease-causing factors such as bacteria or toxins. It is believed that aging occurs because the body loses its ability to synthesize new enzymes. On the other hand, cleansing the body from accumulated waste material, and establishing a healthy diet and lifestyle set the preconditions for the body to heal itself.**

Early bedtimes improve digestion and immune functions. In addition, a nourishing diet according to your body-chemistry makes assimilation of food easier and more effective. Exercise serves as a means to bring more oxygen into your cells and helps with the removal of toxic waste from the body. Also don’t underestimate the healing powers of sunlight. If properly used, sunlight alone can eliminate many of our ills. And drinking large amounts of fresh water

ensures that the body remains hydrated and detoxification can take place smoothly and efficiently.

Power of Positive Determination :- Our body always follows the commands given by mind. Thoughts, emotions, feelings, desires, beliefs, drives, likes, dislikes, etc program body cells on a daily basis. DNA listens to every word uttered and it feels every emotion experienced and responds to all of it. Through the mind / body connection, cells have no other choice but to obey the orders they receive via subconscious or conscious mind. DNA research has proved that one can literally alter DNA's genetic setting and behavior within a matter of a moment. We program ourselves every second of the day, consciously and unconsciously. If we choose so, we can rewrite the program in any way we want to, provided we are truly self-aware. Stress is primarily caused by unacknowledged feelings.

A fascinating study showed that happy people are the least likely to catch colds, regardless how often you expose them to a cold virus. Also people who are in love show a higher resistance to disease. To create a positive state of health can be a powerful happiness-generating event. The mechanics of placebo healing is centered in the belief of the patient that a drug, an operation, or a treatment program is going to relieve his pain or cure his illness. Deep trust or a sure feeling of recovery is all that the patient has at his disposal to initiate a healing response.

Utilizing the powerful mind / body connection, the patient may release natural opioid (morphine-type painkillers) from areas of the brain that are activated by certain thought processes. The corresponding neurotransmitters for relief from pain are known as endorphins. The majority of positive results are directly caused by the body's own healing

responses. It has to do nothing with placebo treatment itself. The belief of the doctor in his treatment and the trust of the patient in his doctor combined can produce a “medicine” that is capable of transforming even a useless treatment or a non-specific drug into a dynamo of healing. Once you have allowed balance to return to your body and mind, disease will disappear by itself just as the darkness of the night disappears with the light of the day. Just relax and trust that you will be fine, whether you get a treatment or not. If you have a negative doubting voice, just notice it and smile at it. As you become aware of negative thoughts entering your mind immediately replace it with a good, positive and loving thought about yourself and what you are doing. What we allow into our mind is what determines our actions.

You can positively strengthen and recharge your thymus and entire body through uplifting and encouraging activities, eating nutritious foods, and spending more time in nature. True healing requires hope, trust and a profound belief that one “deserves” to be healed. It will trigger a healing response. By accepting your illness, you are no longer subjected to fear and insecurity, but are in control of yourself. This will also help you to understand the true reasons behind your illness. Your attitude to the disease is the most powerful tool you have to overcome the problem.

If you suffer from an infection or any other illness, there is no reason to panic. Fear interferes with your body’s healing response. Instead of succumbing to this weakening influence decide to take positive steps to support the body in its healing efforts. **Trust that there cannot be a better doctor in the world than your own body because it is equipped with the best pharmacy that could ever exist.**

1. Acknowledge and look for the unconscious wish to not live, or to not be healthy.

2. Meditate upon, or pray for help, or discuss with friends your dark side. Look for ways to bring the dark side

into the light.

3. Commit to excellence. Without force, see if you are willing to make the simple commitment that "I want the best for myself," or "I deserve the best in life." Making a new commitment to yourself or to life is the first step towards breaking the vicious cycle of disease.

The numerous types of proteins that make up genes and constitute the cells in body are replaced within 2-10 days. Radioisotope studies show that 98 percent of the atoms that compose body today won't be there in a year's time. The renewal process affects all parts of the body, including the blood, muscles, organs, fat, bones, nerves, and as recently confirmed, brain cells. With the continual replacement of cells a person should be able to have a new body and consequently a new lease on life, at least once every year.

Once we know who we truly are we cannot help but love ourselves. We can no longer judge ourselves for making mistakes in life, for not being perfect, for not always being how others want us to be. Seeing ourselves in this light, we send a signal of love to our cells. The bonding effect of love unites differences and keeps everything together, including the cells of your body. Giving yourself an oil massage, going to sleep on time, eating nutritious foods, etc, are simple, but powerful messages of love that motivate your cells to function in harmony with each other. They are also messages that keep elimination of toxins flawless and efficient.

It is the expansion of love that is the main purpose of our existence here on earth. Those who love themselves are also able to love others and vice versa. These two aspects of love always go hand in hand. People who accept themselves fully have no real fear of death; when their time comes to die, they leave peacefully without any regrets or remorse in their heart.

Treatment of a Child :- When children become ill

with any of these illnesses, the main advice is to encourage their own healing powers. This is first accomplished by letting them get as much rest as possible. The most powerful and all-protective immunization program a newborn baby can receive is breastfeeding. This way, the infant gets all the necessary antibodies to build up a sound system of immunity to effectively deal with any type of infectious agent in the future.

Sick children need and deserve special treatment and reassurance, especially when they are frightened or anxious. Children need to know what is happening to them during an illness and that it is going to pass soon. They also want reassurance that you are going to be there for them all the way. Of course, there may be parents who feel that their child's illness is very inconvenient and they let them feel their frustration by being harsh and abrupt with them. During the period of illness the child must receive more caring attention from his parents than normal. He may get many extra cuddles, meals in bed, and stories at bedtime. Take child out of school, the nursery, etc, and nurse him at home.

If your child develops a fever, it is a sign of a healthy immune response. A raised temperature shows that the body has taken active charge of the situation and is fighting off an infection. Parents should remember that a high temperature does not necessarily mean that their child is very ill. The only important thing to remember is that children and babies aged less than six months, who are afflicted with fever, need to drink plenty of water, as they tend to dehydrate quickly. Sponging them down with tepid water helps to keep the body more comfortable during this phase of healing. Expose and sponge one part of the body at a time until it feels cool, then turn to the next one. Sponging the child's face and forehead also brings relief.

Another basic rule is to keep a chilly, feverish child

warm and covered. This will make him sweat, particularly at night, and help to break the fever, which indicates that the body's "fight" is nearly over. Hot, feverish children should be kept cool and occasionally be immersed in a bath of tepid water. If your child has accompanying symptoms such as itchy rashes, painful swollen glands, and a cough or sore, sticky eyes, he is most likely to recover without any complications. In case he has any unusual symptoms, you may consult a natural practitioner of Homeopathy, Chinese Medicine, etc, for home treatment remedies.

Eating food during the crisis interferes with the healing process, since this uses up the energy the body tries to direct towards eliminating toxins. As the child's digestive power is impaired during the illness, heavy foods will only putrefy and acidify the digestive system. Sick children, like sick animals, generally do not want or need food. But drinking plenty of warm water helps with the much-needed cleansing and re-hydration process in the body.

Unprocessed, unrefined foods, including plenty of fresh fruits and vegetables, help a child to build up natural immunity. It is also good advice to keep one's feet warm, take complete rest, and avoid watching television due to its stimulating and dehydrating effects. A sick child should not be excited or stimulated by being exposed to too much radio, television, or even visitors. Quiet activities such as reading to them, drawing, and board games help them to avoid dwelling on their illness too much.

Make sure that they get extra sleep with early night bedtimes and encourage daytime naps if they feel tired. Sick children need to drink plenty of liquid to help remove toxins from the system. Warm water is the best drink for them and should be the first option; herb teas and freshly pressed, diluted fruit juices except citrus fruit juices if your child has mumps can be taken additionally. To aid

the healing process, regular exposure of one's body to fresh air and natural sunlight can be very beneficial too, as both have strong immune-stimulating effects. These and similar measures greatly help the body in overcoming a toxicity crisis within the shortest possible time.

Treatment of Cancer:-

There are no principle physiological differences between a simple cold and the occurrence of a cancer. Both are attempts by the body to rid itself of accumulated toxins, but with varied degrees of intensity. Cancer isn't a disease; it is mechanism of survival.

Cancer is a toxicity crisis that, when allowed to come to its natural conclusion, will naturally relinquish its symptoms. With the correct approaches, a tumor as big as an egg can spontaneously regress and disappear, regardless of whether it is in the brain, the stomach, a breast or in an ovary. Research has shown that most tumors about 90%, appear and disappear completely on their own without any medical intervention. Millions of people walk around with cancers in their body and will never even know they had them. There is no other cancer treatment out there that can even closely compete with the body's own healing mechanism.

Unless the toxins and the cancer's food source are eliminated, and oxygen levels are sharply increased, the wasteful metabolism associated with cancer becomes self-sustaining and the cancer spreads further. If death occurs it is not caused by the cancer, though; it is due to wasting of body tissues and final over-acidification.

The cure begins when the toxicity crisis stops. A toxicity crisis ends when we cease to deplete the body's energy and remove existing toxins from the blood, bile ducts, lymph ducts, and cell tissues. Unless the body has

been seriously damaged, it is perfectly capable of taking care of the rest.

Regardless of the type, cancers have large amounts of gallstones in the liver and gallbladder. If all stones are removed from the liver and gallbladder through a series of liver cleanses, and the colon and kidneys are cleansed before and after each liver cleanse, you have created the physical preconditions for most every type of cancer to go into spontaneous remission. This also applies to cancers that are considered to be terminal.

By removing all excessive waste from the gastrointestinal tract and any harmful deposits from the bile ducts, connective tissues, blood and lymph vessels, etc, the cancer cells will have no other choice but to die or reverse their faulty genetic program. Unless they are too damaged, they certainly can become normal, healthy cells again. When the body congestion is being cleared through major cleansing methods and is given proper nourishment, powerful enzymes have easy access to the cells of the body.

Cancer tissue has overactive genetic material, which is able to be prevented by folic acid. Vitamin A has been shown to protect the linings of the body from cancer. Most cancers occur when digestive functions are continually disrupted. If a healthy diet and lifestyle is maintained hence forward, the cure is likely to be permanent. There is plenty of evidence that vegetables have cancer-curing and cancer-preventive properties. The vegetables have strong purifying effects on tissues and blood. This greatly reduces overall toxicity and eliminates the body's need for cancer cells. Those anaerobic cells and much damaged cells that cannot make the adjustment to live in a clean, oxygenated environment may simply die off.

There are many people in the world who cure their own cancers in this fashion. Remarkable recoveries have been documented with every type of cancer and with nearly

every other disorder, from diabetes to warts and even AIDS. Some are aware of this because their diagnosed tumors went into spontaneous remission without any form of medical treatment. The fact that a spontaneous remission of cancer can occur even in the final stages of the illness shows that the immune system has not only the potential to quickly and effectively clear the body from existing tumors, but also to prevent new ones from forming, provided their origins being taken care of. If men learned how to avoid a build-up of toxins in the body, prostate cancer could perhaps be the least common and the least harmful of all cancers.

A shift in attitude from “having” to attack and kill cancer cells to leaving them in peace and eliminating the energy-depleting influences in life may be a strong enough stimulant for the immune system to do away with the cancerous tumor.

Ketogenic diet provides energy through fats, not carbohydrates. Although this is a much stricter, more difficult diet to follow, it starves the cancer cells of the glucose they need to reproduce. It is the relentless reproduction of cancer cells and their displacement of healthy ones that is cancer's greatest threat. By slowing or halting this reproduction, the ketogenic diet allows the immune system a window of opportunity to battle these aberrant cells. Because this diet excludes gluten and can be dairy free, avoidance of opioids for pain management unleashes natural killer cells to attack the malignant ones.

Treatment of AIDS (HIV) :- AIDS is rampant among the nutritionally malnourished people in Africa and Haiti.

Mr. Andrew with the liver and gallbladder cleansing, improved nutrition and daily mental relaxation soon improved the multiple lesions on his skin, steadily increased his T-cell counts, and improved his appetite and digestion. Few years later, he was completely free of all signs of AIDS.

He had overcome AIDS, which was most essential for his self-esteem and happiness. The stigma of HIV was no longer a matter of disgrace to him. With his positive attitude, Andrew had changed from being a victim of a disease to a person worthy of love, appreciation and recognition.

Treatment of Diabetes :- In diabetes insulin injection is the very thing that keeps the patient from recovering. It continues to increase the cells' resistance to insulin, and forces the pancreas to destroy an ever-increasing number of insulin-producing cells.

There are plenty of natural things that can replace injection with insulin. Just one teaspoon of ground cinnamon per day can balance blood sugar. Turmeric is an amazing herb / spice with a similar effect. Broccoli and other vegetables, as well as regular full body exposure to sunlight (vitamin D-generating), have superior blood sugar-regulating effects than potentially dangerous insulin injections.

If you are suffering from either type Diabetes and wish to permanently restore your body's natural sugar-regulating mechanisms, you will need to strictly avoid all artificially produced fats and oils, including those that are found in processed foods, restaurant foods, fast foods that are sold as "healthy" foods in grocery stores.

Maintaining Body Shape

Getting rid of abdominal fat is essential because the fat cells in the abdomen absorb testosterone. When this happens the body is robbed of the hormone that stimulates the sex drive and helps keep the body young.

Trying to reduce excessive weight can turn out to be very harmful and disappointing when the toxins are not removed first. The toxins are stored in body fats. Therefore, the body has a natural resistance to losing

excessive weight quickly because sudden weight loss could release a flood of trapped toxins into the circulation and even have fatal side effects such as collapse of liver functions, kidney failure, and heart attack.

Most dietary approaches in the past were based on the simple mathematical concept that, because 1 kg of body fat contains 7,000 calories, by taking in 1,000 calories less each day a person would lose 1 kg of body fat a week. Since this equation sounded so logical and convincing many people tried to shed the undesirable weight by controlling their daily intake of calories. However, this theory collapsed like a house of cards. The more these people reduced their calorie intake the faster they put on weight. **In fact, starving yourself signals the body to slow down the metabolism, hold on to fat, and put the pounds back on very quickly as soon as the fast is over.**

Low-energy foods deplete your energy and, thereby, slow down your metabolism. After eating light foods a few of times, your body begins to realize that it is deprived of energy. Consequently, it sends you urgent messages of wanting energy-containing foods. To overcome the discomfort, you will start eating more quantity of these same low-energy foods. Much of it gets converted into fat.

1. Eat Fats :- Sixty percent of the brain is composed of fat. Fat is most preferred source of energy because it does not create waste, occupy less volume for a given amount of energy when compared with the carbohydrates and is less stressful. So brain cells are nourished when we eat saturated fats. Healthy fats include omega-3 fatty acids (found in cod-liver oil, egg yolks, and flax seed oil), medium-chain fats found in coconut oil, palm kernel oil, and butter; and long-chain saturated fats found mostly in meat. Saturated fats form a key part of the cell membranes throughout our body. **When we eat sufficient quantities of the right combinations of fats, we will notice that we can go for**

hours without eating and without experiencing cravings for food, because our body is satisfied and our blood sugar is stable. As a result, hunger pangs disappear and eating sensibly becomes easy ! Nutritional satisfaction signals our body that food is abundant, so it releases fat stores. This is the key to weight loss.

When you eat coconut and other healthy fats like those found in butter, cream, nuts, meats, and eggs, they will help to lose weight, increase energy, boost immunity to illness, and optimize digestion. Many health problems resolve themselves and a person will have more energy and a more optimistic attitude toward life.

For calcium to be effectively incorporated into the skeletal structure, at least 50 percent of dietary fats should be saturated. Saturated fats protect the liver from toxins like alcohol and Tylenol. Saturated fats provide energy to the heart in times of stress. The lungs cannot work without adequate saturated fats in the diet. Coconut oil alone improves thyroid function. Many persons report that they are able to reduce or even eliminate their thyroid medications when they add coconut oil to their diet.

2. Stop eating Estrogen-promoting foods :- To effectively get rid of stubborn fat, start by eliminating all estrogen-promoting foods and chemicals from your diet. Estrogen-promoting foods includes all soy products, weight-loss products containing petroleum-based synthetic ingredients such as sugar alcohol, artificial sweeteners, glycerin, and chemical preservatives. Avoid white sugar, fructose, candies, soft drinks, and alcoholic beverages.

There are spices that actually promote estrogen, the most notable of which are licorice and hops. Hops is an ingredient in beer that gives the drink its unique bitter taste. It is very likely that the typical “beer belly” may be related to excess estrogenic activity in the body due to binge drinking.

Commonly Used Estrogenic Chemicals are : 4

MBC (sunscreen lotion), Hydroxy-anisole butyrate (food preservative), Atrazine (weed killer), Bisphenol-A (food preservative, plasticizer), Dieldrin (insecticide), DDT (insecticide), Erythrosine (red dye 3), PCB (lubricants, adhesives, paints), P-nonylphenol (PVC, byproducts from detergents and spermicides), Parabens (lotions), Phthalates (plastic softeners)

3. Eat Estrogen inhibiting Foods :- It incorporates cruciferous vegetables, citrus fruits, omega-3 oil-rich foods such as flaxseed, hemp seed, and their derived oils; as well as wild-catch fatty fish.

The foods that promote the anti estrogenic hormones (progesterone in women and testosterone in men) are raw nuts and seeds. Nuts, seeds, avocados, and olives are rich in omega-9 mono-unsaturated oil, which is relatively stable, safe, and non estrogenic.

Note that nuts and seeds should not be combined with any grains or sugar. They combine well with vegetables and protein foods.

The food items that enhance the anti estrogenic effect of the foods and herbs includes all green vegetables, fruits (such as citrus, all kinds of berries, apple, papaya, and pineapple), legumes (excluding soy), the spices such as turmeric, oregano, thyme, rosemary, and sage, as well as herbs such as milk thistle, dandelion root, amla berries, ginger, and gotukola.

4. Sleep well to loose weight :- Body needs sufficient sleep to repair any damage done to body and rejuvenate itself. Lack of sleep disturbs whole immune system of the body.

5. Cleanse body of toxins :- Trying to shed weight without removing the accumulated toxins is futile. By the time liver is completely clean body weight will be ideal and energy boundless.

6. Get Enough Sunlight :- Getting sufficient sunlight

every day is of vital importance. **Farm animals fatten much faster when kept indoors, and so do people who stay out of the sun.** If a person wants to lose weight or increase muscle tone, he should expose his body to the sun on a regular basis.

7. Do Moderate Physical Workout :- What our genes truly crave is frequent movement at a slow, comfortable pace: walking, hiking, easy cycling, or other light aerobic activities with a heart rate range of 55 percent to no more than 75 percent of maximum. If possible, make an effort to go barefoot frequently to develop natural balance, flexibility, and leg strength. **Feeling refreshed, revitalized and energetic afterwards indicates that the workout has been successful.** Therefore, it is best not to exercise at more than 50% of your capacity. **Stop exercising when you feel the need to breathe through the mouth. Once you are forced to breathe through the mouth, rather than through the nose, you have gone beyond the 50% threshold of your capacity for exercise at that time. In due time capacity for exercise will naturally increase on its own.**

Any form of physical exertion upsets body processes and causes the secretion of abnormal amounts of stress hormones such as adrenaline. This leaves the body restless and shaky. The body, thus depleted of energy, is unable to do the repair work that arises from the strenuous workout, leaving the cardiovascular system weak and vulnerable to other stress factors. Therefore, if we are able to run for 30 minutes before we are tired, then make the choice to run only for 15 minutes. Getting tired during exercising defeats the very purpose of exercise. Overexercising increases appetite. This stressful exercise and extra eating results in a body fat stalemate.

Eye Health

The only way to save the eyes from going blind in

glaucoma is to unclog the waste-filled duct so as to relieve the pressure on the retina. Fortunately, the appropriate diet and nutrients can heal the eye by clearing out the calcified debris and re-balancing the eyes' acid-alkaline pH. Massive doses of vitamin C in natural foods dramatically reduced the intra-ocular pressure in glaucoma by converting toxic waste to a soluble form so that it could be carried away by the capillaries in the eye. Once the volume of waste in the eye fluids was reduced, the swelling of the drainage canal went down and the excess fluid drained out of the canal, thus eliminating the pressure.

When the blood vessels in the cornea develop leaks, The best way to take care of the eyes' pigment requirements is to eat a lot of vegetables and fruit that have the pigments the eyes need.

Teeth Health

If you have bad cavities or want to immediately stop the rapid process of tooth decay, avoid all sweets and highly sweet fruits like dates, peaches, pineapples, dried fruit, blueberries and bananas until you do not have tooth decay anymore. Only have fruit once around the middle of the day. The fruit you do eat should not be too sweet. If people consume adequate amounts of the good saturated fats, they lose their cravings for sugar and their tooth problems significantly improve.

Phosphorus is perhaps even more important to tooth mineralization than calcium. Organ meats are generally much richer in phosphorous than muscle meats. Vitamin D is essential to balance the ratio of calcium and phosphorous in our blood to stop tooth decay. By restoring the fat-soluble vitamins to our diets, we will regain our health and immunity to cavities. Fat-soluble vitamins are vitamins A, D, E, and K. Eggs also count as a special source of fat-soluble vitamins. Fat-soluble vitamin A is retinol and is

only found in animal fats.

Water-soluble nutrients called carotenes are not true vitamin A. When we are healthy our bodies can make the difficult conversion of carotenes into retinol. Liver is the most concentrated source of fat-soluble vitamin A. If you eat a lot of liver make sure you are getting plenty of sunlight or vitamin D to prevent vitamin A toxicity. Liver may accumulate toxins, so it is vitally important to acquire liver from the highest quality grass-fed or wild caught animals. Bone marrow is an important secret to reversing tooth decay. Bone marrow adds a valuable factor that helps mineralization of tooth dentin and adds a measure of safety to a healthy diet. Don't forget to eat the brain.

The most effective method for healing gum problems is to rinse your mouth with warm salt water. Do not use commercial table salt. Bad breath is many times caused by decaying food trapped below the gum line. Oral irrigation with warm salt water will relieve or improve many cases of bad breath by removing the rotting food particles.

Swish the oil around as long as you can. 5-10 minutes is ideal. Spit the oil out when you are done and rinse your mouth well. The oil pulls out toxins from your gum tissues and helps remove deeply embedded debris. This is a great treatment for gum problems, bad breath, or to increase your overall oral health.

A common symptom of mercury toxicity is bleeding gums and loose teeth.

As your liver gets healthier with a healthier diet, exercise, and therapeutic treatments like herbs, your teeth may gradually get whiter. To naturally remove stains and whiten teeth, brush your teeth with baking soda.

When your mouth closes, your jaw should be in a relaxed and comfortable position. The correct positioning of the jaw and teeth is when the molars naturally and comfortably touch on all surfaces when

the jaw is in the closed, relaxed position.

The body regenerates while we sleep. But if the molars are not comfortably touching, then side effects such as night time tooth grinding or clenching can occur. As the teeth clench at night, they can easily become worn down and overly stressed since the molars are not comfortably supporting the mouth. This is exactly why teeth become infected and eroded. Nighttime clenching and daytime stress from not comfortably touching the molars cause strain on specific teeth depending on how the jaw is misaligned. When the jaw cannot comfortably close then certain teeth can become severely worn or traumatized. The body has a hard time healing those specific teeth because they are constantly being bruised, and these are the exact teeth that become painful and infected.

When our teeth are out of alignment we heal more slowly. Perhaps half or more of tooth infections and tooth pain can be healed simply by helping the jaw relax into a more correct position. **95% or more of the population has a misaligned jaw.**

When the teeth are touching comfortably, the body's nervous system is sent a constant signal of relaxation. The body senses that everything is in alignment, the nervous system relaxes, and the body functions more optimally. As a result, strength, endurance, and reaction time increases. **Because of this nerve relaxation, a person ages more slowly, heals faster, has a positive outlook on life, and generally feels good. It keeps us youthful, helps us heal well, and have strength and energy when we need it.**

Super athletes know these facts and regularly wear mouth guards which slides the jaw into a more correct muscular and skeletal position. These adjustments increase overall muscle strength and endurance.

Common Cold

Cold is not an illness, but the body's first best emergency response to rid itself of toxins. The virus only serves as a trigger for this response to occur. An infection, rather is the body's natural response of neutralizing and removing toxic substances that have been caused by such simple events as overeating, dehydration, consumption of junk foods, and previous exposure to antibiotics.

The immune system, of which 80 percent is located in the intestines, tries to neutralize the hostile bacteria and the poison by mobilizing its defense forces. The result is inflammation, which may occur anywhere in the body. Swellings of the lymph nodes, fever, skin eruptions, etc, are indications that the immune system is responding and still active and intact. This fight can take from 2-6 days or longer, depending on the extent to which a previous course of antibiotics has suppressed the immune system, and damaged the natural intestinal flora.

Under normal circumstances we can live with the bugs without ever getting infected and if we do get infected, our body can deal with them effectively and become immune to them at the same time. This natural resistance to the bugs decreases drastically with the first course of antibiotics taken for a simple infection. Antibiotic resistant organisms require an unclean environment to live and to survive. Once their food source (toxic waste) is reduced, the bacteria will soon begin to withdraw to their original sites and diminish.

Treatment of acidity

Foods that Cause Acid Reflux are : 1. Fried Food, 2. Processed Baked Goods, 3. Coffee, 4. Carbonated Drinks, 5. Hot and Spicy Foods, 6. Alcohol, 7. Too much meat, and 8. Dairy products. Avoid all acid-forming foods. Rice may work well as it is not an acid-forming grain. To avoid an

acid reaction, do not eat sour fruits until symptoms subside.

If one have an excess of stomach acid, he digests food too fast. In that case, he should eat red meat. Red meat, take long time to digest hence slows excessively speedy digestion. When too rapid digestion slows down, acid levels stabilize as the excessive acid is used up.

The raw potato also acts as an appetite suppressant, absorbing the acidic wastes in the stomach that can incite hunger. The alkaline starch in the potatoes heal indigestion in part by absorbing and neutralizing the acid waste—which had probably lain in digestive tract for years. We can speed up healing by drinking a glass of raw potato juice every day or eating slices of peeled, raw potatoes. Although potatoes are digested quickly, even those who digest their foods too fast can do well on the semi-raw potato diet, because potatoes that are barely cooked are broken down slowly. Raw potatoes not only improve digestion by reducing acidity but also heal stomach injuries—ulcers, lesions, and inflammation (gastritis)—by building up the protective mucous lining of the stomach.

The juice of cabbage, high in chlorine and sulfur, cleanses the acid wastes adhering to the mucous membranes of the stomach and intestinal tract. Raw cabbage cleans out the acid waste in the stomach, allowing ulcers to heal and the mucous membrane lining in the stomach to rebuild itself.

The juice of carrots and beets, with their high percentage of minerals—sulfur and phosphorus—effectively clean out the acidic wastes from the liver, kidneys, and bladder. Alkaline minerals are also effective cleansers. Potassium, calcium, sodium, and magnesium in dandelions, endive, and lettuce reduce hyper-acidity in all the organs.

Practically all vegetables. Fruits, (except blueberries, plums, prunes, and cranberries), citrus fruits such as lemons are alkaline-producing in the body. Most unprocessed, cold-pressed oils are neutral or alkaline-forming.

When the individual is eating foods right for him, the rate of digestion is normalized, so acid waste levels drop and acid-alkaline pHs in the fluids throughout the body become balanced. As a result, the speed at which the organ systems function returns to normal. Once the stress-promoting hormones are lowered, the acidic waste is reduced the arterial walls begin to heal. Finally the calcified plaques dissolve and are eliminated.

Chapter VI

Optimizing Health

Take Care of Digestion

(1) The common cause of digestive trouble is swallowing food too quickly. When we chew food thoroughly, necessary digestive juices and enzymes are secreted. As a result all the nutrients in the food can be absorbed.

Habit of swallowing food too quickly indicates anxiety, impatience and nervousness. Chewing food thoroughly could actually improve memory by reducing the release of stress hormones. Magnetic resonance imaging (MRI) has demonstrated that the hippo-campus, which helps control blood levels of stress hormones, is stimulated by the act of chewing. As a result, the simple act of chewing properly lowers both stress and stress hormones. So chewing your food well can actually reduce anxiety levels.

(2) eating only when hungry and only until satisfied is an ideal condition for proper digestion; (3) eating proper food combinations enhances digestion and absorption; (4) eating live, nutritious, enzyme rich foods is beneficial as they help indigestion, (5) eating processed fast food / junk food, using

chemically processed oils, drinking carbonated drinks and alcohol beverages, over-eating etc upsets digestion 6) eating only when calm and rested optimizes digestion as digestive process is totally active and, 7) not drinking water before, during, or immediately after a meal helps digestion because it does not dilute the stomach acid, making it more difficult to digest foods. When the above conditions are not met, our body progressively degenerates and we become victims to both physical and mental illness.

What to Eat

Digestive problems go hand in hand with nutritional deficiencies as certain nutrients and enzymes help digestion. A stalk of celery or a serving of greens has absorbable vitamins and minerals.

Vitamin contents fluctuate greatly with the size of the fruits and vegetables, their maturity, the condition of the soil, country of origin, time of harvesting, and the use of pesticides. The best source of healthy vitamins is fresh fruit, vegetables, legumes, nuts, seeds, etc. Fruits and vegetables also contain important health-essential nutrients. B12 is produced from microbes living in your mouth and gut. Make drinking vegetable soups a daily habit, eat plenty of sprouts, greens and vegetables, and to have easily digested fruits in between the meals. We need whole-food vitamins. Studies show that fruits and vegetables reduces the risk of cancer, diabetes, and heart disease.

Digestion process consumes lot of energy that we receive from any food. Cooking or fermentation breaks down indigestible fiber and help us to digest them.

Cooked vegetables and fruits are easier for us to digest. Cooking actually makes the minerals in vegetables much more available. Dark, leafy-green vegetables need to be cooked, as the nutrients are released through cooking.

Cooking helps to neutralize many naturally occurring

irritants in food. Many foods that are juiced, such as green leafy vegetables and cruciferous vegetables (members of the cabbage family), contain substances that block mineral absorption and depress thyroid function. When these vegetables are cooked, those substances are neutralized.

When the vegetables are juiced, the cellulose is removed and the nutrients are free to be assimilated. However **too much vegetable juice may expose you to unnecessary plant toxins and even excess sugars, depending upon which vegetables or fruits you are juicing.**

A gluten-free diet excludes all foods made from wheat, rye, and barley. Strict avoidance of gluten quickly leads to healing of the small intestinal lining and improved nutrient absorption. The more vegetables and fruits one eats each day, the less likely he will develop food allergies and intolerances. A healthy diet of fruits and vegetables should include one bountiful, mixed salad daily with extra-virgin olive oil, flaxseed oil, or an essential fatty acid oil blend. Be sure to include detoxifying cruciferous vegetables such as broccoli, cauliflower, Brussel sprouts, kale, cabbage, watercress, and kohlrabi.

Food fermentation preserves food, enriches the vitamin and amino acid content, removes plant toxins, and decreases the cooking time. The ideal rice preparation is rice that is first aged for one year.

Beans are high in phytic acid and lectins. To completely eliminate phytates, beans need to be soaked overnight in warm water, germinated for several days, and then soured. Soaking beans overnight and then cooking them eliminates a good portion of phytic acid in smaller beans like lentils. Just boiling beans that are not soaked will not remove a significant amount of phytic acid. Eating plenty of vitamin C will reduce the effect of phytic acid. **The negative effects of phytic acid can be significantly reduced with vitamin C.** Vitamins C and D in our diet protect us against grain

toxins. Soaking and then cooking removes about 50% of phytic acid. With lentils it removes 76% of phytic acid. Roasting wheat, barley or green gram reduces phytic acid by about 40%.

Eating small amounts of proteins with larger amounts of cooked vegetables helps people with problems assimilating protein.

Coconut does not impact iron absorption which implies that it is much lower in the potent plant toxins found in grains and beans. The combination of low phytic acid grains with vitamin D produced optimal bone growth and protection against rickets in diets that contained grains.

Zinc is well absorbed from meat, even in the presence of phytic acid. Therefore, mineral deficiencies caused by phytic acid are rarely a concern among meat-eaters. The removal of toxins from the body involve numerous enzyme systems that are supported mostly by nutrients from animal products. One of the best ways to help the body cleanse is to consume a lot of bone broth, which provides the liver with certain amino acids involved in the process of clearing the residues of metabolism.

Many fruits and vegetables contain carotenes, substances that are the precursors to vitamin A, but not the true vitamin A. Although people can convert carotenes into true vitamin A through a complicated enzymatic process that occurs in the small intestine, it is actually quite difficult to obtain adequate amounts of true vitamin A in this manner. And some people are unable to make this conversion at all. Diabetics, people with thyroid problems, those suffering from various digestive disorders, and babies and children lack the enzymes needed to convert carotenes in plant foods into true vitamin A. Hence eating animal fat is vital.

Eating green vegetables and food rich in antioxidants protect the body from free radicals. Free radicals, are by-

product of oxidation (the burning of glucose for energy), are missing an electron. This destabilizes them so that they go on a rampage, seeking to “steal” electrons from other molecules to replace the electrons they no longer have. Antioxidants like vitamins A, C, and E, beta-carotene, melatonin, and especially lipoic acid give up electrons to these free radicals which have gone berserk and, in doing so, stabilize them so they do no further damage.

Leafy green vegetables contain four times more calcium than whole milk. There is also plenty of calcium in almonds, black molasses, sesame seeds, broccoli, Brazil nuts, millet, oats, and citrus fruits. The difference with this type of calcium is that it is readily absorbed by the human digestive system, provided the digestive system functions efficiently. You can get more absorbable calcium out of 6-8 almonds or a teaspoon of molasses than you can get from one liter of cow’s milk.

A juice made with vegetables high in alkaline minerals such as celery and parsley can neutralize heavy metals in the lungs. Lemon juice in water taken before breakfast is an effective detoxifier of heavy metals in general. With its heavy concentration of negatively charged ions, the lemon in the water bonds with positively charged metal molecules and neutralizes them. Once neutralized, the body has no problem eliminating them. Calcium, iron, and copper lower lead levels; vitamin C, zinc, and selenium remove mercury from the body; and zinc, copper, and iron reduce cadmium levels.

Drink purple juice of purple grapes and not the red wine. To have the benefits advocated for red wine and more, it is better to drink the fresh juice of purple grapes. Although the flavonoids contained in red wine may have some beneficial effects on the blood, the alcohol that goes with it, after initially thinning the blood due the alcohol’s diuretic effects, makes it thicker than it was before. Alcohol

is estrogenic therefore bad for production male hormone testosterone. A study led by Dr. John Folts of the University of Wisconsin Medical School found that 8 or 10 ounces a day of the purple variety of grape juice has a potent effect on the blood cells called platelets, making them less likely to form clots that can lead to heart attacks. A group of natural substances found in many kinds of foods, called flavonoids, seem to have powerful anti-clotting properties. They are amply present in purple grape juice and to a lesser extent also in red wine. If you turn the purple grape juice into wine it loses some of its flavonoids. Plant foods contain about 4,000 flavonoids.

Eating a diet rich in fruits and vegetables is one of the best ways to maintain a healthy circulatory system. When any of the elements encircling the iron in hemoglobin are missing, the chlorophyll molecule in the juice replaces the missing atomic elements. Thus reconstituted, the positively charged iron in hemoglobin can once again exert its magnetism and pull out the negatively charged oxygen molecules in the air sacs of the lungs, with the result that more oxygen is absorbed into the blood.

The best advise is to breast feed as long as is possible, avoid dairy-based formulas altogether, use alternatives such as almond milk, rice milk, and give freshly mashed fruits, vegetables and rice when the baby is ready to eat solids.

Eat Fats

Fat is most preferred source of energy because it does not create waste, it occupies less volume for a given amount of energy when compared with the carbohydrates and is less stressful. Unlike carbohydrates, fat fuel is full of energy and slow releasing and works for a longer lasting period of time. Fat-fuel foods would be a better choice for the purpose of sheer fat loss, by virtue of their low-glycemic and slow-releasing effect on the body.

When our body has received enough energy from the fat food you have eaten, then your mouth, stomach, intestines, and liver send messages to the brain that all energy requirements have been met. Subsequently, your nervous system secretes hormones that stop your desire for more food. This point of saturation is essential for your well being, without it you would continuously want to eat and never feel satisfied. On the other hand, if during one particular meal you eat foods that contain only very little energy or at least not enough to fulfill your energy requirements, then your body will tempt you to eat more during the next meal. This leads to chronic overeating which packs plenty of low-energy food into your intestinal tract. Incapable of properly digesting and absorbing low-energy food, your body turns it into fat and waste. It also clogs up your lymphatic, digestive, and circulatory systems. **Therefore, training your body to gradually shift from carb to fat fuel is a long-term investment in your future capacity to generate energy and sustain a lean physique.**

Cellular membranes that cover the cell are made up almost entirely of fatty acid (the form of fat into which the fat we eat is broken down), and the brain is more than 60 percent fatty acid. Moreover, fatty acids, along with protein (in the form of amino acids) play a vital role in the manufacture of energy. Transportation of oxygen by the red blood cells would not be possible without the fatty acid–protein membrane covering the red blood cell through which oxygen gains entry into the cell. There is evidence that too little fat is harmful to the body.

Mental as well as physical health is dependent on the consumption of enough fats and oils. This is shown in studies in which children with emotional disorders who were put on a low-fat diet became more aggressive and violent.

Omega-3 fatty acids, saturated fats, and cholesterol

all work together synergistically to maintain normal kidney function, which is critical for managing blood pressure and filtering toxins from the body. Use fat-fuel foods to increase your stamina and stay lean through your lifetime.

The wide range of fatty acids in the body point out the variety of fats and oils we should eat to satisfy the body's fat requirements. The fatty acid requirements of the brain are one part omega-3 oils (found in salt-water fish; green, leafy vegetables; and eggs) to four parts omega-6 fats (found in meat and polyunsaturated oils).

Eat raw nuts such as almonds, walnuts, and pecans. Raw almonds are alkalizing and easier to digest than other nuts.

Coconut oil is easily burned up, thus providing the body with an efficient form of fuel that is also good for weight loss. In addition, coconut oil keeps the energy-producing factories in the cells—the mitochondria—in good repair. Coconut oil is a very effective cancer preventive. Furthermore, coconut oil is an excellent cooking oil because it can be heated to a very high temperature without being denatured and becoming carcinogenic.

Use only organic and unrefined oils. Extra-virgin olive oil being greenish and opaque, contain more nutrients than clear, yellow olive oil. Unfiltered olive oil prevents artery damage and cancer.

Corn, soy, and safflower oils should be avoided, since they raise stress hormone levels and are associated with cancer. They also give off toxic lipid peroxides. All refined and heat-pressed oils are harmful to your health !

Get Vitamin D from the Sun Rays

Vitamin D is produced by your skin in response to exposure to ultraviolet radiation from natural sunlight. Vitamin D is “activated” in your body by your kidneys and

liver before it can be used. Having kidney disease or liver damage can greatly impair your body's ability to activate circulating vitamin D. **It is nearly impossible to get adequate amounts of vitamin D from your diet. Sunlight exposure is the only reliable way to generate vitamin D in your own body.**

Calcium absorption is directly linked with the hormonal form of vitamin D, which is synthesized through sunlight. Lack of exposure to sunlight alone can lead to bone density loss. Sufficient levels of vitamin D are crucial for calcium absorption in your intestines. Without sufficient vitamin D, your body cannot absorb calcium. Osteoporosis is commonly caused by a lack of vitamin D, which greatly impairs calcium absorption.

The hemoglobin in our red blood cells require ultraviolet (UV) light to bind to the oxygen needed for all cellular functions. Lack of sunlight can, Therefore, be held co-responsible for almost any kind of illness, including skin cancer and other forms of cancer. Studies revealed that exposing patients to controlled amounts of sunlight dramatically lowered elevated blood pressure (up to 40 mm Hg drop), decreased cholesterol in the blood stream, lowered abnormally high blood sugars among diabetics, and increased the number of white blood cells which we need to help resist disease. Vitamin D deficiency may exacerbate type 2 diabetes and impair insulin production in the pancreas.

Diabetics, too, can benefit from exercise and sunlight. Their blood sugar drops when they exercise or sunbathe. One single exposure to sunlight stimulates the production of the enzyme phosphorylase, which decreases the amount of stored glycogen. Two hours after sun exposure, another enzyme, glycogen synthetase, increases storage of glycogen in the tissues while lowering blood sugar levels. Thus, sunlight acts just like insulin. The effect may last for days. It is important for diabetics

to know that they may need to adjust their insulin dose and should, therefore, regularly consult their doctor while gradually increasing their body's exposure to sunlight.

Patients suffering from gout, rheumatoid arthritis, colitis, arteriosclerosis, anemia, cystitis, eczema, acne, psoriasis, herpes, lupus, sciatica, kidney problems, asthma, as well as burns, have all shown to receive great benefit from the healing rays of the sun. Vitamin D cures Psoriasis. Sufficient vitamin D prevents prostate cancer, breast cancer, ovarian cancer, depression, colon cancer and schizophrenia. "Rickets" is the name of a bone-wasting disease caused by vitamin D deficiency.

It would seem then that as far as the health of the brain is concerned, sunlight for the manufacture of energy is even more important than a healthy diet. UV light is known to activate an important skin hormone called solitrol which influences our immune system and many of our body's regulatory centers, and, in conjunction with the pineal hormone melatonin, causes changes in mood and daily biological rhythms. Vitamin D deficiency causes schizophrenia. Seasonal Affective Disorder is caused by a melatonin imbalance initiated by lack of exposure to sunlight.

One single exposure to the ultraviolet rays of the sun alone has shown to increase heart efficiency by an average of 39 percent, again lasting for as long as five to six days. It should be noted that sunlight acts not like a drug that merely suppresses the symptoms of disease, but rather restores balance in body and mind. Studies from Russia also showed that duodenal ulcers are greatly improved through regular exposure to the sun.

The UV-rays in sunlight actually stimulate the thyroid gland to increase hormone production, which in turn increases the body's basal metabolic rate. This assists both in weight loss and improved muscle development. Farm animals fatten much faster when kept indoors, and so do people who stay

out of the sun. If you want to lose weight or increase your muscle tone, expose your body to the sun on a regular basis.

In the male physiology, muscular development is linked to the production of the male hormone, testosterone. Ultraviolet light increases the level of testosterone by 120% when the chest or back is exposed to sunlight ! The hormone, however, increases by a whopping 200% when genital skin is exposed to the sun.

The populations in Northern European countries like Norway and Finland, which experience months of darkness every year, have a higher incidence of irritability, fatigue, illness, insomnia, depression, alcoholism, and suicide; their skin cancer rates are higher too than those living in the sunny parts of the world. For example, the incidence of melanoma (skin cancer) on the Orkney and Shetland Isles, north of Scotland, is 10 times that of Mediterranean islands. The fact is that those who reside at high altitudes or near the equator where UV radiation is the most concentrated are virtually free of all cancers, not just skin cancers ! This shows that UV radiation does only not cause cancer, but can even prevent it. William Ott, a photographer, went to Florida where the sun shines all year long. He sat in the sun every day from sunrise to sunset—until his cancer had completely disappeared. It stands to reason that exposing yourself to the sun frequently could be a deterrent to the growth of cancer cells since the sun is the source of all our energy. Keep in mind that nothing can beat the health-giving power of sunshine.

Obesity impairs vitamin D utilization in the body, meaning obese people need twice as much vitamin D and thus the sunlight.

The healing rays of natural sunlight (that generate vitamin D in your skin) cannot penetrate glass. So you don't generate vitamin D when sitting in your car or home.

Even weak sunscreens (SPF=8) block your body's ability to generate vitamin D by 95%. This is how

sunscreen products actually cause disease by creating a critical vitamin deficiency in the body. The sunscreen industry doesn't want you to know that your body actually needs sunlight exposure because that realization would mean lower sales of sunscreen products.

Sunbathing early in the morning, in conjunction with a nutritious diet, produce the best effects. Sunlight and exercise each seem to have excellent health and fitness benefits, but when used together, the effects are even multiplied. Regular sunbathing increases strength and size of all muscle groups in the male physique. The combination of sun and exercise is, therefore, ideal to develop a strong and healthy body with optimal reproductive abilities. Both sunlight and exercise have beneficial effects on reducing stress levels. These include decrease of nervousness, anxiety, emotional imbalance; increase of stress tolerance, self-confidence, imagination and creativity; positive changes in personality and moods; reduction of unhealthy habits such as cigarette smoking and alcoholism.

The pineal gland, in the middle of the brain, delays puberty by lowering estrogen levels. It also wakes us up in the morning by absorbing sunlight and brings on sleep when darkness triggers its secretion of melatonin. By sleeping in a darkest possible room at night and getting plenty of sunlight during the day, we can ensure that the pineal gland's ability to reduce estrogen increases and that it may become permanent. To increase exposure to darkness during sleep, wear an eye mask, preferably padded, to keep out as much light as possible. To obtain maximum benefit from the sunlight, try panning. Raise your head toward the sun, close your eyes, and move your head slowly to the left and then to the right, back and forth for at least five minutes at a time.

A safe way to increase bone mineral density is exercise. New research, published in 1996 in the *Lancet*, shows that exercise can substantially increase bone mineral density by

between 14 and 37 per cent. While, excessive exercise and activity deplete the body's calcium stores.

Eat Cholesterol Rich Foods

Our body uses cholesterol to make hormones that help you deal with stress and protect against heart disease and cancer. Our body needs cholesterol to make all the sex hormones, including androgen, testosterone, estrogen, progesterone, and DHEA.

The bile salts are made from cholesterol. Bile is vital for digestion and assimilation of dietary fats.

Our body uses cholesterol to make vitamin D, vital for the bones and nervous system, proper growth, mineral metabolism, muscle tone, insulin production, reproduction, and immune system function. Mother's milk is especially rich in cholesterol and contains a special enzyme that helps the baby utilize this nutrient. Babies and children need cholesterol-rich foods throughout their growing years to ensure proper development of the brain and nervous system.

Cholesterol acts as an antioxidant, protecting us against free radical damage that leads to heart disease and cancer.

Cholesterol is needed for proper function of serotonin receptors in the brain. Since serotonin is the body's natural feel-good chemical, it is not surprising that low cholesterol levels have been linked to aggressive and violent behavior, depression, and suicidal tendencies.

Dietary cholesterol plays an important role in maintaining the health of the intestinal wall. This is why low-cholesterol vegetarian diets can lead to leaky gut syndrome and other intestinal disorders. Our body uses cholesterol to repair damaged cells. The fact is that each cell in your body requires cholesterol to make it waterproof and prevent its membrane from becoming leaky or porous.

One of cholesterol's many roles is to repair tissue damage. Scar tissue is known to contain high levels of

cholesterol, including scar tissue in the arteries. In other words, whenever an artery becomes injured due to acid attacks and buildup of proteins in their walls, you can expect cholesterol to be there to help repair the damage as best as possible. The increased demand for more cholesterol is naturally met by the liver, which can raise production by 400% if necessary.

If your diet, for example, contains a lot of acidic compounds, such as meat protein, sugar and trans fats, your cell membranes become damaged and require repair. To fulfill the repair request by the cells, the body releases a flood of corticoid hormones that cause extra amounts of cholesterol to be transported to areas where it is needed. That this emergency response must lead to elevated cholesterol levels in the blood is not only common sense, but desirable.

If you eat more than the usual amount of cholesterol with your food, your blood cholesterol levels will naturally rise. However, to balance this increase your body will automatically reduce its own cholesterol production. This self-regulating mechanism ensures that cholesterol remains on the exact level that your body requires in order to sustain optimal functions and equilibrium. Obviously, this changes any negative preconceived notions that you may have had about the role of cholesterol in your body. Cholesterol is not your worst enemy, but your best friend.

The Liver Cleanse

Need of cleansing the liver :- One of the liver's most important functions is to produce bile, about 1 - 1½ quart per day. Bile is a viscous, yellowish-green fluid that is alkaline and has a bitter taste. Most food cannot be properly digested without bile. For example, to enable the small intestines to absorb fat and calcium from the food you eat, the food must first be mixed with bile. When fat is not absorbed properly,

it indicates that bile secretion is insufficient. The undigested fat remains in the intestinal tract. When the fat reaches the colon along with other waste products, bacteria break down some part of it into fatty acid components, or else it is excreted with the stool. Since fat is lighter than water, it may make the stool float. If fat is not absorbed, then calcium is not absorbed either, leaving the blood in a deficit. The blood subsequently takes its extra calcium from the bones. **Most bone density problems actually arise from insufficient bile secretion and poor digestion of fats rather than from not eating enough calcium.**

Apart from breaking down fats contained in our food, bile also removes toxins from the liver. One of the lesser known but extremely important functions of bile is to regulate the level of acid and cleanse the intestines.

Gallstones result from overeating, an unhealthy diet and lifestyle, as well as stress and repressed anger. As the stones grow in size and become more numerous the liver cells are compelled to reduce bile production.

Gallstones in the liver or gallbladder critically impede bile flow. Vitamin A is only absorbed from the small intestines properly when fat absorption is normal. Fat absorption cannot be normal as long as gallstones obstruct the bile flow in the liver and gallbladder.

Since gallstones are porous, they can pick up or absorb toxins, bacteria, viruses, parasites and cysts that are passing through the liver. The stones can become a constant source of infection, supplying the body with an ever-increasing number of fresh bacteria.

The attempt to permanently cure intestinal bloating, cystitis, Candida, stomach ulcers, infectious diseases or any of the above conditions is likely to fail if the bacteria-harboring gallstones are not removed from the liver.

The liver is able to return to its natural efficiency

once the stones have been removed through a series of liver cleanses. By maintaining a healthy diet and lifestyle most, if not all, symptoms of discomfort in the body will soon begin to subside. Many allergies will disappear, back pain will come to an end and energy and well-being will improve dramatically. Cleansing the liver bile ducts from gallstones is one of the most important and powerful means to improve your physical, mental and spiritual health.

Liver Cleansing Method

Never cleanse liver when you are suffering an acute illness, such as an upper respiratory infection, the flu or even a simple head cold ! If you suffer from a chronic illness, however, cleansing your liver may be the best thing you can do for yourself.

Liver cleansing method has Five steps : -

1) Softening gallbladders stones by drinking as much apple juice or vinegar one can safely drink for a week.

Malic acid found in apple juice and vinegar softens gall bladder stones and make their passage through the ducts easy and smooth. 1 liter apple juice for a day is recommended. It is taken between the meals period. Apple juice does not substitute the daily intake of water. The fermenting effect of the juice helps widen the bile ducts. An alternative to apple juice is apple cider vinegar: mix 1-2 tablespoons in a glass of water and drink four of these glasses per day, for six days. **It is important not to give the liver any extra work that could interfere with its cleansing efforts.**

Therefore, avoid taking any medication, vitamins or supplements that are not absolutely necessary.

2) Improving digestion and removing constipation.

If the stomach remains congested then by liver cleanse release of gall stones containing bacteria and toxins will not

come out of body through the bowel and consequently they will seep into blood and spread in the whole body worsening the situation. Therefore keeping bowel clean is an important step in liver cleansing method. During 'apple juice drinking week' person eats food that removes constipation and improves digestion.

When applying detox, try to substitute grains with beans, or keep a high ratio, 2:1, of beans to grains. If your blood sugar drops to below 100, gradually incorporate days of high fat into your weekly schedule. Under-eating, when based on liver detoxifying foods alone, can help lower the metabolic stress on the liver, accelerate the removal of toxins, and enhance the liver's capacity to neutralize excess estrogen.

3) Emptying stomach and cleansing bowel.

On the liver cleansing day, last day of the week, person eats light lunch so that food is digested before 6.00 P.M.. At 6.00 P.M. About 1 tablespoons of Epsom salt (a laxative) dissolved in water is drunk. One of the main actions of Epsom salt is to dilate (widen) the bile ducts, making it easy for the stones to pass. Moreover, it clears out waste that may obstruct the release of the stones. It takes Epsom salt drink 1-2 hours to start bowel movements. Bowel movements clean stomach. At 8.0 P.M. another glass of Epsom salt solution is prepared and drunk so that up to 10.0 PM the stomach becomes completely clean. If it does not then enema is recommended. If a person is allergic to Epsom salts or is just not able to get it down, he may instead use the second best choice – magnesium citrate – at the same dosage.

4) Drinking liver cleansing mixture of lemon juice and olive oil.

Around 9.45 PM pour half glass of olive oil in a jar. Extract 3/4th glass lemon / oranges or grapefruit juice. If you do not feel any bowel movement, mix juice with olive oil thoroughly and drink it at 10.0 PM. Turn off the lights and lie

down immediately while your head is raised preferably with two pillows. Gravity helps stone release. Lie perfectly still for at least 20 minutes and do not speak ! Put your attention on your liver. You may even feel the stones traveling along the bile ducts like marbles. There won't be any pain because the magnesium in the Epsom salt keeps the bile duct valves wide open and relaxed, and the bile that is excreted along with the stones keeps the bile ducts well lubricated. Sleep if you can. If you cannot fall asleep, remain in bed. Otherwise, the cleanse may be less effective. Only get up if you feel the urge to have a bowel movement. Check if there are already small gallstones (pea green or tan colored ones) floating in the toilet.

You may feel nauseous during the night and/or in the early morning hours. This is mostly due to a strong, sudden outpouring of bile, gallstones and toxins from the liver and gallbladder. In some cases, some of the oil is forced back into the stomach or it takes longer than usual for the oil to leave the stomach. The nausea will pass as the morning progresses.

5) Drinking Epsom salt in water to cleanse the bowel containing gallbladder stones and toxins.

On the Following Morning at 6:00-6:30 a.m. upon awakening, but not before 6 a.m., prepare and drink another glass of Epsom salts. If you feel very thirsty drink a glass of warm water before taking the salts. Rest, read or meditate. If you are very sleepy, you may go back to bed, although it is best if the body stays in the upright position.

Through each bowel movement gallbladder stones of various size and color are likely to be released.

Around 8:00-8:30 a.m. prepare and drink your fourth and last glass of Epsom salt so that bowel movements may clean the stomach flushing out all the remaining gallbladder stones and released toxins.

Around 10:00-10:30 a.m. person may drink freshly pressed fruit juice. One half-hour later person may eat one or two pieces of fresh fruit. One hour later, person may eat regular (but light) food. By the evening or the next morning, he should be normal and feel first signs of improvement. Person should continue to eat light meals during the following days. The liver and gallbladder underwent major surgery, without medical intervention and any harmful side effects.

How many times liver cleanse :- As long as there are still a few small stones moving from some of the thousands of small bile ducts towards the hundreds of larger and two main bile ducts, they may combine to form larger stones and reproduce previously experienced symptoms however, less severe than before. Yet within less than a week, some of the old sluggishness may return and food cravings re-emerge. This shows that gallstones from the far “corners” of the liver have moved forward and clogged up major bile ducts, thereby affecting digestion once again. To remove all the stones, may require at least eight or ten cleanses which can be performed at 1 month intervals. If you cannot cleanse this often, you may take more time between cleanses. The important thing to remember is that once you have started cleansing the liver, keep cleansing it until no more stones come out. It usually happens after 8-10 cleanses. In more severe cases it may take more. After each cleanse, there will be a sudden increase in energy, the abdomen will feel tighter, and person may lose several pounds.

Body Massage

Repeated or sustained contractions, such as isometric work or exercising without sufficient rest periods, prevents blood flow to the muscle fibres, due to compression on blood vessels and capillaries. This results in muscle fatigue, due to lack of oxygen and nutrients and the accumulation of

waste products such as lactic acid. The strength and speed of contraction becomes progressively weaker until the muscle finally fails to relax completely, resulting in muscle spasm and pain. **When tension in the muscle is relieved through body massage, pressure is decreased and circulation flows normally through the capillary beds. Massage pushes the blood along in the veins. Waste are removed and fresh oxygenated blood and nutrients are brought to the muscles. Therefore, metabolic rate is increased and the condition of the muscles improves and the muscles become healthier.**

Massage is used around joints to increase the circulation and to free ligaments that may have become bound down following injury. Following over-use or injury, these tendons may become inflamed. Massage around the area can restore function. Transverse frictions are useful for freeing tendons held by adhesions.

Massage is effective in loosening adhesions in structures around joints. Frictions across a ligament help to loosen it from underlying structures. Massage and passive movements will help to maintain full range of movement.

Massage will reduce pain, stiffness and muscle fatigue produced by the accumulation of waste following anaerobic contraction. The removal of this metabolic waste, i.e. lactic acid and carbon dioxide, speeds up and normal function is more quickly restored. This is particularly important following hard training, sport and athletic performance, when massage will speed up the recovery of muscles, allowing the athlete to return to training more quickly. The increased nutrients and oxygen will also facilitate tissue repair and recovery.

Massage warms muscles due to the increased blood flow, the friction of the hands moving over the area and the friction of the tissues as they move over each other. This reduces tension and aids relaxation of the muscles. Warm

muscles contract more efficiently and are more extensible than cold muscles. Thus performance is enhanced and the likelihood of strains, sprains, micro-tears or other injury is reduced. Massage prior to exercise must be used in conjunction with (but not instead of) warm-up and stretch exercise.

The elasticity of muscles is improved because manipulations such as kneading, wringing and picking up, stretch the fibres and separate the bundles. Any restricting fibrous adhesions are broken down and any tight fascia surrounding the bundles are stretched, allowing muscle fibers to function normally.

Slow, rhythmical, deep massage has a soothing effect on the nerve endings, promoting relaxation.

Body Massage improves the condition of the skin because the increased blood supply increases the delivery of nutrients and oxygen and speeds up the removal of metabolic waste. Metabolism is increased, which increases cell division. More cells move upwards towards the surface, improving the condition of the skin as old cells are replaced. The color of the skin is improved. Massage produces dilation of surface capillaries which improve the color of sallow skin. Sebaceous glands are stimulated to lubricates the skin and keeps it soft and supple. The oil or cream used in massage also lubricates and softens the skin. Massage is thought to help the dispersal of fat because the deeper movements stimulate blood flow to the area. This softens the area and may speed up fat removal via the circulating blood from that area.

Massage aids shedding of dead cells. The friction of the hands on the skin will rub off these dead cells on the surface. Sweat glands are stimulated to produce more sweat, which aids cleansing and elimination of waste.

Lymph transports the larger particles of waste from the tissues as well as bacteria, viruses or cancerous substances.

Because massage increases lymphatic flow, the rate at which these toxic substances are carried and spread around the body is increased.

Heating the tissues prior to massage enhances the effect of the massage. Any form of heating may be used, for example infra red, radiant heat, steam bath, sauna bath, hot pack.

Contra Indications :-

It is important to identify skeletal bones, particularly those with bony points or prominences, which must be avoided when massaging.

If massage technique is poor or too heavy, the pain sensors in the skin will be stimulated. Painful manipulations will increase tension, which is counter-productive, and care must be taken to avoid this. Similarly, if movements are too light, i.e. barely touching the skin or tickling, this will have an irritating effect that will also increase tension and must be avoided.

Bruised, damaged or broken blood vessels would be further damaged by massage, resulting in increased bleeding. Varicose veins should be avoided as the tissues around the vein may be fragile and easily damaged and there is a tendency for the stagnating blood to form clots. Massage proximal to the vein may prevent these problems.

The greatest danger occurs if the client suffers from phlebitis or thrombosis, or both. The clot or a portion of it may become dislodged, and float in the blood. This will move through the bloodstream and may cause a blockage in a smaller vein. If this happens in the lungs it could be fatal. Dislodging or fragmenting a blood clot is the greatest danger of massage as it could result in death if medical treatment is not administered quickly. Be alert and suspect this condition if a client complains of deep pain in the calf or back of thigh. There may be swelling of the area and the muscles may feel

tense and hard. Refer to a doctor or hospital immediately.

Be particularly aware if the client has swollen or painful lymph glands; do not massage, and seek medical advice.

Any injury or damage to the tissues or fractures of bones must be allowed to heal completely before massage is given to the area. Friction of the hands may open healing wounds or abrasions. If massage is given before healing is complete, there is a danger of further damage to the tissues and delaying the healing process.

This will expose the area to infection by micro-organisms. There will also be a risk of blood contamination between the client and the massager.

Lubricants may produce an allergic reaction in some clients.

Massage of the neck and upper back is frequently done with the client sitting.

Heat should not be used if contra-indicated, nor in the treatment of oedema or acute injury.

Heavier pressure is sometimes required to affect the deeper tissue and muscles. This does not mean the use of greater force but rather the more effective use of body weight. Therefore, massage must be done by a person well trained to perform massage.

Points to remember

01. Consumption of carbohydrates can cause blood sugar surges as well as drops. As a result, person lacks sustained energy levels and experience hunger which causes over eating. Instead eat fats to have sustained level of energy. Eat less proteins, less carbohydrates, more fats, more vegetables, and somewhat sour fruits.

02. Eat only when you feel hungry.

03. Do not mistake thirst with the hunger.

04. Do not use dairy products as they contain bovine growth hormone and other harmful substances.

05. Drink sufficient water always in sitting position.

06. Do not gulp water. Drink water in little sips.

07. Do not drink water just before, during and after having meal.

08. Do not drink water mixed with fluoride or chlorine.

Boil to remove chlorine from the water.

09. Do not drink RO water as it lacks minerals.

10. Water should not be stored in plastic containers as plastic has harmful substances like BPA..

11. Do not use health supplements formula food.

12. Do not use laxatives. Rather use light food that facilitate bowel movement.

13. Keep one day fast every week.

14. Have plenty of sunlight.

15. Do not shallow breath (Chest breath). Breath from stomach (deep or full lung breathing). Breath deep. Deep breathing (stomach breathing) make use of complete lung portions. As a result more oxygen reach to every part of body. This will enhance overall health.

16. Do proper exercise including stretching and balancing preferably four times in a week.

17. Massage your body at least once in a week.

18. When in relaxed position, close your eyes and rationally think about your day to day activities, their utility and progress towards aspired goals. Decide positive steps.

19. Do not use refined sea salt. Use rock salt.

20. Do not use any chemically processed food including refined oils and junk food.

21. Do not eat chemically treated poultry products. Eat only naturally breed poultry.

22. Do not use synthetic vitamins.

23. Do not use allopathy medicines and allopathy treatment unless an emergency. Rather use alternative

therapies.

24. Get minimum of eight hour sound sleep.

25. Always think positive and remain happy as the effects of emotional stress or unhappiness can severely impair digestion, elimination, and immunity, thus leading to a dangerously high level of toxicity in the body.

26. Do not eat while emotionally upset. Eating while being emotionally upset suppresses the secretion of balanced amounts of digestive juices. The bile flora particularly is altered when feeling angry and unhappy.

27. Always remain in erect posture (straight spine). Perfectly erect body posture enhances confidence, helps in getting rid of anxiety and stress, and improves overall personality. It also prevents injuries to spinal cord disks. Erect body posture adds few inches to your height.

28. 20. Eating too quickly reduces saliva production in the mouth cavity, which is a major cause of tooth decay. Reduced saliva production impairs digestion. Therefore chew your food thoroughly.

29. Do not drink soft drinks, coffee, dairy products, alcohol and processed food.

30) Do physical exercise at preferably 4 days in a week. Do not strain your body by over-exercise. When you are compelled to breath through mouth slow down pace or switch to exercising another muscle group. Give sufficient rest to heal body.

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