Simple Baby Steps to *permanent* weight loss

and true cellular health

By GREG J. KELLY
Any advice relating to health or medical matters reflects the private opinion of the person giving this advice. This also applies to herbal and other alternative treatments, and dietary, fitness and nutrition-related advice of all kinds. I take no responsibility for any consequences resulting from following such advice.

Anyone seeking health and/or medical advice is strongly advised to consult a qualified professional regardless of what he/she may read in this book. You are solely responsible for all decisions you make regarding your health care.

I am not a doctor, I am not pretending to be a doctor nor would I want to be a doctor. OK ...onward...

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THE JOURNEY

It's the journey that counts, not the end result.

Find joy in your quest for health. It is yet just another journey in your long life. In my opinion it is the most important journey you can pursue.

My main goal/hope in writing this book is to get you to focus on your health, true, internal cellular health, a level you have most likely never felt before, a level of health very few people ever achieve. I am going to try and open your eyes to new ways of viewing weight loss and your perception of how you consume food and chemicals (usually one in the same). Once you achieve the true health your body is seeking you will lose the weight naturally.

Humans are biologically pre-dispositioned to be nimble and lean herbivores, not sluggish, sick and overweight. Over the course of many centuries and particularly in the last 20-30 years we have lost all semblance of 'natural' living. The world population has, for the most part become an overweight, sluggish, pill popping, sick, lazy, populous with no end in sight. My hope is to get you closer to the genetic body our ancestors had, the true genetic biological makeup you and I were designed to have that has been blurred and distorted by big food and big pharma companies for centuries. You and I are made up of that which is in nature, we are dirt clods.
I have a few basic theories that I believe are absolutes when it comes to losing and keeping weight off. First, diets don’t work. More on that later (much more). Secondly, permanent weight loss comes from being healthy and embracing a healthy lifestyle not dramatic changes or diets. People often say "If I just lose this weight I will be happy and healthy". My belief is it is just the opposite. You can weigh 100 lbs and be toxic, sluggish and believe it or not, have a high fat percentage. Equally, you can be 270 lbs, healthy and robust, just look at a professional linebacker in the NFL. In my opinion true cellular health is the only way to lose scale weight and keep it off. If you are a healthy person on a deep cellular level you will lose the weight and most likely live much longer. Your body is a machine that is begging, indeed craving, doing everything it can to find true health and live longer. It is really hard to kill the human machine, your body is designed to want to survive. Unfortunately we of course are surrounded by "things" that want to slowly kill us. Most of these "things" are in the grocery store and in your medicine cabinet, more about that later.

I am not going to go into great detail about what you should or should not eat for a few reasons. The first reason is you already know what you should not eat. My goal is to get you to take a deep breath and start a new cycle of health. A cycle that begins with what you decide to put in your mouth. There are hundreds of diet books out there written by people with more experience in nutrition than me. If you need that guidance I suggest you find a good "diet book" and see if it helps. My guess is at this point in your life you are fully aware of what you should and should not put in your mouth however, hopefully I can help to convince you that a few simple baby steps in proper food consumption can reap huge life long rewards. A primary focus of the book will be to enlighten you to a few aspects you may not be aware of. I will, however touch on a few of the foods that absolutely need to be purged out of your life ASAP, not so much for weight loss but for health. Secondly, I'm not going to get into "exercise programs". I am sure you already know you need to move your body, there is no getting around the fact that you must move your body to burn calories. This is probably the hardest baby step most of you will have to face. It certainly doesn't mean you need to go run a marathon tomorrow but make no mistake about it, you will need to take a deep breath and face the fact that weight loss is a calorie in, calorie out process. I will discuss basic simple steps to get the ball rolling later in the book. You may find it hard to believe but you will begin to crave the endorphin rush you get from exercise. Let's see if we can replace the chocolate rush with the exercise rush. I know that may be a tough one but hey, we gotta start somewhere right?
There are reams of books and videos on the topic of exercise. My basic contention is that the vast majority of exercise needed for most people can come from walking, riding a bike and a few basic things you can have in your home such as a set of dumbbells and flexible straps etc.

There is no need to buy a gym membership unless you’re going to use it. You can of course go over the top and really put the 'diet' game into high gear but I’m going to show you that you can get permanent results that will last you a lifetime if you will follow the baby steps laid out in this book. I strongly believe that gradual change in diet, exercise, what you put in and on your body will have significant changes that will last you a lifetime rather than some quick fix that is bound to fail. My hope is that you will see the light when it comes to nutrition and exercise. You can absolutely change your life and indeed your body chemistry by following daily baby steps whether you are 10 or 100 years old. Let's face it, a lot of us have set patterns, we are comfortable in many aspects of our lives. Change can be scary especially if we are entering a new unfamiliar arena. Making these changes little by little is the way to do it.

The journey of a thousand miles begins with one step.

_We will move from today’s sick care system to a true health care system that encourages wellness._

_Adam Perlman M.D. Duke Health and Wellness_

A study published in the Annals of Behavioral Medicine found that participants who made one small, permanent change in their food choices and/or physical activity each week (such as drinking one fewer can of soda or walking 5 more minutes each day) lost more than twice as much belly fat, and about 4 times more weight during a 4-month program, compared with those who followed traditional calorie-restriction and physical-activity guidelines. These are the baby steps I am talking about, the simple things that, when added all up make a huge difference. Now doesn't that sound better than some fad crash diet doomed to fail or running a marathon?
There are two basic scenarios I see when most of us say we're going to go on a diet. First we pick a date, set goals, prepare for the change but in the back of our minds we know we have a stable full of justifications and excuses which will make the inevitable failure easier to swallow. Secondly, and I believe the most prevalent, is the 'full conviction diet'. You know, when you say "This is it, no excuses, I won't eat this anymore and I'm going to the gym starting tomorrow and I won't quit until I lose 50 lbs"... and you believe it.

You really do. Your intentions are just and strong, your goals clear, your fridge is cleaned out of all the garbage, you have new gym clothes and a new attitude of success front and center. You tell the world and you're off to show them you can do it. Then 4 months later ...well, you know the story. I think it usually starts with a bag of chips and a hefty dose of well placed believable rationalizations.

How about another option?

How about you forget about the goals, the number on your scale, how tight your pants fit, what you did or didn’t eat today. How about you don’t keep track of how many miles you need to run? How about if I told you that these are NOT the critical elements towards losing pounds and cellular health. What if I told you that a complete shift in how you live your entire life is the key? What if I told you that doing a fraction of a percentage change everyday is far more effective than drastic goals which always seem to be a mountain you/we are unable to climb. What if I could convince you that small, significant, proper baby steps can reap rewards far greater than you could imagine?
You tell me which sounds better for long term success: 'I am going to stop drinking the soda and diet soda completely starting tomorrow even though I have been drinking it for decades' or, 'tomorrow I will have 1 less can than I did today and 1 less can next week'. 'By the 5\textsuperscript{th} of next month I will allow myself only 1 soda a day. By the 20\textsuperscript{th} I will not have any soda at all'. Baby steps.

'Tomorrow I will run 2 miles nonstop'. Or, 'tomorrow I will run until I cannot run anymore, then the next day I will go 100 yards past that and the day after that I will add another 100 yards'. Baby steps.

'By the 10\textsuperscript{th} I will be in these new skinny pants no matter what' or, 'I will eventually get into these pants but the date that I do it is irrelevant'. Which of all these scenarios do you feel you will actually do and which of these do you feel has the true components for success? Drastic or gradual, what always works best in life and success? I venture to say that most of you will agree that a gradual, sustained, thought out approach works best in almost all situations and your health is no different.

Here's the absolute critical belief you must etch into your skull:

\textit{You are not losing weight for your friends or family or anyone else. You are losing weight for the person in the mirror.}
Win or lose, that’s the person who will take the credit or accept the failure. You do not need a diet company to help you. You do not need your best friend to help you. You do not need your spouse to help you. You simply need knowledge and commitment. You need you to help you! We get to a point in our lives when we must realize we are an island unto ourselves, we control the ship win or lose, rich or poor, skinny or fat. We are the captains of our ships, we make the rules. I remember a quote I read in college that said “When you’re 20 years old you look in the mirror and think of the person you will someday be. When your 50 you look in the mirror and realize this is who I am”. So, here we are. Now it’s time to break the mirror, arm ourselves with knowledge (heck, we have to trade youth for something, might as well be knowledge) and begin the new journey to a happy, full, healthy life.

Here is my basis, my foundation for the journey I hope you take.

This is the core of it all:

If you say you're going to do it...do it!

If you do not feel you can do it then don’t say you will or can in the first place. For many readers this is a complete paradigm shift in thinking. Whatever you agree to do, big or small, follow through in all aspects of your life, especially your health. If you say to yourself on Monday morning you are finally done drinking soda and then on Tuesday you drink one, why in the heck even say it Monday? It is time to tighten up your ship! It is time for follow through, it is time to think about your goals big or small and to complete them. The goods news, as far as I am concerned is that the majority of goals needed for true health and permanent weight loss are indeed baby steps.

The ideas and concepts presented in this book are, for the most part, barely noticeable changes however, they add up to big results. Nowhere will you hear me say “You need to run 5 miles tomorrow” or “You can never eat a pizza again”. We will explore simple ways that will do the job much more effectively. My only request is that once you commit to the baby step, you follow through. If your not going to commit to even the simplest task, why even try right? There is no backwards. Once you get to a certain level of progress, no matter how small, you only go forward from that point on.
Before you know it you will have made so many little changes that, taken as a whole will add up to gigantic results. How hard is it to take a teaspoon of coconut oil twice a day? How hard is it to drink a cup of green tea a day? How hard is it to stop using toxic lotions and shampoos each day and replace them with natural choices that do the same thing? How hard is it to get a bit of sunlight or drink spring water? These are a few of the baby steps I am talking about and will explain later in the book. Now, don’t get me wrong here, there is no true health without moving your body, it simply does not exist but it also doesn’t mean you need to climb Mt. Whitney next week or even run a mile this month, or ever. Later in the book I will discuss a few exercise programs that you can push to your own limits. Trust me folks, you do not need some 110 lb hard-body fitness instructor spitting in your face and telling you what a loser you are because you can’t finish your 10th push up, geez talk about wanting to quit. Heck, I’m a fitness freak and that would make me even want to run like the wind. More on this later.

I can tell you what this book is NOT about. It is not a list of foods and exercise you must not eat or how many miles you must run (OK, maybe a few). I think all of us have already been down that road. If your in the drive up window at a fast food restaurant salivating at the thought of a double death burger with bacon and 9 slices of cheese you have a pretty good idea your in the wrong spot right? I certainly don’t need to point it out because you already know it. If you haven’t gone on a walk since the Clinton administration chances are you know you need to do that also. There are plenty of books that have great ideas about what you should and should not eat. There are thousands of books and videos on exercise of which I personally believe you don’t need any. Moving your body and burning calories is not rocket science and you instinctively know when your getting in shape and doing the right thing. Your body machine knows what it needs to survive and thrive, listen to it.

This book is much more about a lifestyle change, a true shift in how you are living your life now. I know for a lot of people this sounds like some kooky foreign dialect considering how the majority of us were raised. My ultimate goal is to inform you and educate you on what’s in the food you are eating, why your eating it, what’s in the lotions and personal products you are using daily that are keeping your body from functioning correctly. I want to try a new approach, heck we’ve tried everything else right?
Make no mistake, you do need to move your body and you will have to feel a bit of the 'sting' if you want to see results. The myth of thinking you can pop a pill and feel like Superman are over, you're not 18 anymore and we all know true results take true effort as with anything in life. I will however give you a few tips that can and will make the process easier and my hopes are that you will embrace a healthier lifestyle which in turn will bring out that thinner you that is in reality waiting to emerge. There is a thin person under all that extra jiggle just waiting to emerge and smile at the world.

We all have our radar as to what perks our attention. A sale at Macy’s tends to perk my woman's attention. Stock picks tend to perk my best friend's attention. Football scores tend to perk dad's attention. Let's face it, we all have something that we care about, things we pay attention to. I'm sure you have things that are on your radar. Well, for me it's nutrition, supplemental nutrition to be exact and even more specifically the lack of nutrition that goes into our human machine year after year, generation after generation. **When your body machine is functioning as it should, you will lose weight.**

This book is really 20 years in the making. 20 years of paying attention to little things needed to grow a healthy, unpolluted body. Things big corporations will never tell you because they cannot make any money on the vast array of simple things that bring true health and cures, not treatments. Stop for one moment and really think how valuable your health is. It's everything. I’m not just talking about major health issues like cancer and long term disease.
I am talking about even the most minuscule foreign invasion into your body. Your entire world changes when you get a microscopic piece of sand in your eye or a tiny splinter in your finger. You can be right in the middle of closing the biggest deal of your life and a fraction of a piece of sand blows in your eye. Guess what? That's right, the deal waits, the world waits. Your health is everything even on an absolute minuscule level. Any alteration to the true natural makeup and balance of your body throws it off course. So why on earth would you want to poison it on a daily basis? Trust me on this: You will eventually pay the price for the choices you are making today. The good news is you can choose to make a change. And guess what? They aren't that hard. You can absolutely alter your body chemistry back to its natural state by simple progressive baby steps. I hope I can get you to embrace this concept by the end of this book. You can reverse the years of damage if you set your mind to it.

I would like you to do one simple thing during the course of reading this book:

Forget about losing weight! Forget the number Haven't you spent enough time focusing on that pesky number? Forget it!

Surely you can put that ever present useless number on the back burner for the next few weeks right? Why not? Has it ever really made you feel very good? This number, like so many other numbers in our lives rarely, if ever makes us feel good. My credit score number. My waist size number. My bank account balance number. My I.Q. number (ugh, really don't want to take a gander at that one) etc... your brain is like the mighty Mississippi. It is full of all the things that make up and flow into your life. The reason the Mississippi is the 'Mighty Mississippi' is because it is fed by a myriad of smaller rivers. Just like the Ol'Mighty Miss, your brain is equally fed by smaller tidbits of information, small rivers of knowledge that feed it daily.
There are many smaller rivers that flow information into your brain all day, perpetually, guess what? You are the gatekeeper! You control the flow of the smaller rivers. You decide what you will allow to flow into your brain. You can dam up the useless, mind numbing flow of crap and negative energy that wants to fill your brain. For the next few weeks I hope you will build dams to all the useless numbers that fill your brain. Starting with the biggest dam busting number of them all...your scale weight! This is the biggest, useless number of them all especially if you are overweight. I haven't stepped on a scale in 10 years, why should I? Why should you? You know when you've lost weight, you know when you've gained weight. Either way, win or lose, it doesn't matter what that man - made number is. For a lot of people the concept of not knowing your weight on a daily basis is a new shift, I get it. But step back for a minute and really think about how useless that number is. Humankind has lived hundreds of generations on this planet without knowing or caring what this particular number is. Being tied to this number benefits so many people besides you. Diet companies, food companies, clothing companies, drug companies etc... down the line, love it when a population gauges it's worthiness on a number on a scale. It helps them, it hurts you. I urge you to put the scale away, look at your health through another perspective. As I touch on later in the book, you can be 270 lbs and totally healthy and fit, likewise you can weigh 100 lbs and be toxic, unhealthy and lethargic. The number is irrelevant and it causes masses of humanity unnecessary anguish on a daily basis. So as we begin our journey to true cellular health let's not worry about yet another useless number. Make the shift in your brain and see the lunacy of chasing a number. Put your scale in the closet or use it as target practice.
A much better gauge to managing your weight is how you feel. Honestly isn’t that a much better way to go through life? Feeling better fat is better than feeling crappy skinny. We only have about 90 years or so on this planet why on earth would you wish to spend a vast majority of those years beating yourself up because you gained 5 pounds over Christmas?
Besides, society and the social norms that society places on beauty change like a Santa Ana wind. One day blue hair and a bone in your nose is cool the next day you’re a freak. Take a look at a few old masters paintings, artists like Rembrandt or Rubens or Titian. These painters were the painters of the Royal Courts. It was there job to make the Queen look good in all her splendid glory. In these paintings you can see that bigger was better. The image of beauty was a woman with a voluptuous body. Times change and our perception of beauty and attraction change as well. We are all different and we all come into this world with a pre set biological set of patterns in place, who we are. Why would you even attempt to challenge your biological makeup? You cant. But you can and should make the best of your environment. By that I mean take advantage of the knowledge we have today about foods and nutrition and exercise and chemicals that go in and on your body etc. You absolutely can change how you feel from the inside out regardless of your weight.

Change your inside and I guarantee the outside will follow!
Today we get all bent out of shape if we have to wait 5 minutes in the drive up window so we can gobble our double decker MSG death burger before we actually roll up the window (trust me it's been done). We meander down grocery store aisles that are absolutely loaded with nutritionally void food, a true plethora of man-made 'food like' products created by big food companies to trigger our brains into buying. **Losing weight and more importantly keeping it off is a lifestyle choice not a diet fad of the day.**

You wake up one day and say 'This is it, it's time' and you start to search for the proper tools to keep the weight off and start a healthier life.

Well, my belief is that the healthier life part comes first and the losing weight part will naturally follow. I think people almost always get this one backwards. They say “I'm going to lose a few inches off these love handles and I will feel better”. You're right, you will feel better no doubt about, but if you begin to adapt to a healthier life and a healthier life style the love handles will disappear on their own and your health will emanate from the inside out. While you are in the process of creating a healthier you, one of the byproducts will be a toned body, a cleaner inside, a sharper mind, more energy, a better attitude and of course the natural byproduct... losing weight. A better you is better than just a skinnier you. Let's try to change more than just a number on a scale, let's change your life.

I thought long and hard about what to call this book. I know I didn't want to create yet another 'diet book'. After all, we all know diets don't work. Sure they work for the diet companies who are trying to sell you a quick fix fantasy, heck they come out smelling like roses. Then 30 days later when the next fad tickles your fancy the process starts all over again. It's a high price to pay just to feel good for a month or two until the weight finds its way back. Sound familiar?

What about those people you see that have lost the weight and a year later they still look great? What are they doing that you're not? What's the secret? **The secret is changing your lifestyle.** What you eat is really just a fraction of the process of losing weight. My dad once told me that by the time you die you have lived several different lives within your chronological years.
Think about it. Point is: You are not the same person you are today that you were even a few years ago and you will not be the same person you are today in a few years from now. So, make the change! These years are going to come anyway, why not make the change now and have those inevitable years be healthy and strong?

I had a very wise friend of my dad's say to me one day as I was standing in his driveway, a very real synopsis of life. I was your typical 18 year old 'know it all smart ass'. He was a philosophy professor who I had respect for, still do. He said to me "When you're 20 you think you know everything. When you're 30 you realize you don't know anything. When you're 40 you begin to learn something. When you're 50 (if you're lucky) you may actually be good at something. When you're 60 you may actually earn a few bucks at that thing you're good at. When you're 70 you just may be able to take it easy and reflect on how dumb you were at 20. When you're 80 you don't give a rats ass about anything and can't remember yesterday so it doesn't matter" OK, those weren't his exact words but you get the idea.

If your reading this book know something loud and clear “My goal is to get you to start a new way of thinking regardless of your age”. If your new life means losing weight then great, it's a wonderful goal. If your only goal is to lose weight then you need to redefine your goals. Doesn't feeling great sound a lot better than losing weight?

I can, with 99% certainty guarantee you that if you begin to make adjustments to your brain and the way you view losing weight, your chances of dropping pounds will, without question follow your new lifestyle. If you focus on getting that number on the scale to drop well, I’m sure it will for the moment, for awhile but then what? Your brain, your patterns will rear their ugly heads again and the same eating habits that got you into this mess will once again take over. I am going to do everything I can to convince you that losing weight is a byproduct of a healthy life, not the other way
OUR ANCESTORS

A few million years ago when all this wonderful genetic imprinting was taking place humans had a hard time finding food and they generally had to work pretty dang hard to get whatever they could find. You had to hunt. You/we had to move our bodies in order to survive, we were, for the most part perpetually hungry or at the very least, thinking of our next meal all the time. This way of life lasted for hundreds of thousands of years and is at the core of our evolutionary makeup. Have you ever seen any fat cavemen? Me neither. When we were lucky enough to find a weak wholly mammoth or slow moving buffalo we would hunt it, run after it, throw a spear and pray to the heavens that the last three days of stalking, running and hunting would pay off. If it did and we were lucky enough to make the kill, we had to consume the meat quickly before it went bad, we gorged ourselves, kinda like my Uncle Bob at thanksgiving.
We had to gorge ourselves because of course there was no refrigeration and no viable way to preserve the meat. Hence, our human bodies would do everything they could to retain the precious and few fats for survival until the next kill which could be days away or even weeks. We had to because this is the way we stored the energy needed for the next hunt. And so on and so on for about a million years or so. We are pre-dispositioned to store fat as a natural means of survival just like any animal today that doesn’t have access to an all you can eat buffet. It is ingrained within the human DNA to store fat. You need fat for survival. But there is a huge difference between 'storing fat' and 'being fat'. As I have said over and over, we are still to this day, just cavemen in nice suits and pretty cars but cavemen nevertheless.

Today of course, we store our fat in an ice cream container in the freezer or at the fast food drive in but back then the fat you stored for survival came from the animal you just ate. And to top it off there wasn’t much fat to go around, lots of protein but little fat. Ahhh the good ol days when all you had to do is run a friggin marathon for a piece of saber-tooth tiger meat...yummy. No wonder we have drive up windows and refrigerators. Ain’t evolution grand?

So, you can see why we’re all fat. We have broken the natural, biological system of how we get fat. Satisfaction is only a walk to the refrigerator or a drive to the fast food joint, and when you get there you are typically loading up on high fat, MSG, sugars, low content 'food-like' products... to top it off you’re doing it all day, all year, year after year as a way of life. We are so far removed from our lean ancestors that if a caveman came back to life today and walked up to a fast food window and ordered the basic fare, he would probably explode and die within minutes. The toxins, the massive instant fat overload, the unbelievable sugar rush...bammo. We of course have slowly adapted to the evolutionary demise of nutrition in our food just as any animal must adapt for survival. It’s just that we have gone backwards! We have devolved. If we ate as nutritionally well as our hairy ancestors we would be supermen.

Now consider that, with a little willpower and knowledge you can surpass the clean diet of yesteryear even in today’s world. You can turn your entire polluted biochemistry around. You can become strong, lean and healthy even today, in fact even more so.
Just as we have 'devolved' our diets, we have also made huge strides in understanding the human body and of course the foods that can and do make it healthy. It's really your choice as to which way you choose to go. Both sides are available to you. You can continue to consume what 'they' present to you on the store shelves or you can, via baby steps make a new and refreshing paradigm shift in your entire thought process of what you consume and how you move your body. I did it, so can you. I don't know about you, but I do everything I can to avoid hospitals. Hospitals are where you go to get sick and die. Sure, if I break my arm falling out of a tree, rush me to the hospital and pump me full of drugs. However, excluding some unforeseen calamity, you are in control as to just how often you need to pass through the hospital doors. I am a product of the 70s. I grew up on Lucky Charms, Cap’n Crunch, the ice cream man, pizza every weekend, orange soda, hot dogs (you don't even want to know what's in them...trust me), more ice cream, second hand cigarette smoke, margarine, fried chicken, hours in front of the TV watching Gilligan’s Island and Brady Bunch reruns etc...heck the most nutritious thing I probably ate as a kid were the dirt clods we would occasionally eat in the back yard. Somewhere along the line, I think it was probably in college after I read a report on how long it takes the human body to 'dissolve' a steak, I made the change. The light bulb hits us at all different times and I am hoping your light bulb will go on before you finish this book. My parents are products of the 50’s where whatever the man in the white suit with the stethoscope hanging around his neck said was the truth. We now know better. My dad made the change in his 70s! He went from a medicine cabinet full of toxic prescription drugs and over the counter drugs to 1 drug and a completely new diet, he is healthier now than ever. I know this because he feels the need to share his blood work stats every year, just wish he would wait until the turkey dinner was over but...oh well. Never forget that your body is nothing more than anything and everything else found in nature. Everything found in you is found in dirt, the ocean, the air. What happens when you put bleach in the water? What happens when you pour oil on dirt? What happens when you pump diesel smog into the air? It becomes polluted. What happens to your body when you pump refined sugars, over the counter medicines, prescription medications, toxic lotions and shampoos, Red 40, Yellow 5, air fresheners, dies, fragrances, etc...into and on your body? The list is long but my point isn't. The closer you become to what you were biologically created from, the healthier you will be.
Maybe I'll go back to my childhood dirt clod diet. I would venture to say that you don't need to go back thousands of years, even your grandparents diet was purer, cleaner and closer to nature than ours is today. They, for the most part ate food, real food, food that was grown within a few miles of the store they found it in. We, for the most part eat food like products manufactured in factories, frozen, boxed and shipped across the country.

They are manufactured to look, smell, feel and taste good, and they do because if they didn't we wouldn't buy the stuff. But these 'food like products' are things your biological body cannot recognize, they are so far from the natural foods of our ancestors that we wage a biological battle every time we put this stuff in our mouths. Our bodies are at war with the unnatural concoctions we put in and on it, a daily battle, a lifetime battle that needs to end. It is asking a lot to ask your body to lose weight when you slam it with a toxic swath every day. You wake up and start the same ol' process again and again and yet you ask your body to work miracles and feel good, and lose weight, and don't get sick. How can you expect it to respond your wishes when you are shoving poison in it?

I will share some ideas and truths later in the book about how you can get closer to the natural healthy state your body is craving. The sad reality is we live in the time we live in. We cannot totally avoid pesticides, pollution, toxins, this is the world we have created for ourselves and we must do the best we can with the tools we have to re create health within this world. I am here to tell you however that you can pick and choose the best that man has created and lessen the worst that man has created and forge ahead with the daily battle...and win!

The main thing I would love my readers to remember is that the closer you try to imitate pristine nature, the healthier you will be. The more you consume the things you are made of, the stronger you will become, the stronger and healthier you become the thinner your body will naturally, genetically and biologically shift towards. Ask yourself one simple question each day. 'Do I want to lose one pound or do I want to be 1% healthier?' Losing one pound does not necessarily make you healthier. Being healthier is the true goal. There are hundreds of variables to health, one of which is losing weight so why focus all your attention on one single aspect? Let's focus on fine- tuning your body machine. If your body were a sports car would it be running perfectly if all you did was change the oil? No. You need to check the belts, the engine timing, electronic ignition, fluids, tire pressure, electronics, transmission fluid etc...down the line.
Well, how can you possibly just focus on one aspect of health, your scale weight and presume that that is all you need to find health? OK, you get the idea, so let's focus on the entire machine. Let's turn your body into a perfectly balanced fat burning machine. Let's take a look at the specific components of our machine.

Roughly 96 percent of the mass of the human body is made up of just four elements: oxygen, carbon, hydrogen and nitrogen, with a lot of that in the form of water. The remaining 4 percent is a sparse sampling of the periodic elements chart (just like a dirt clod). But never forget that this 4% is critical, so critical in fact that a myriad of disease and sickness will develop if we are even a fraction of a percentage shy in any of these trace elements! Some of the more prominent elements are called macro nutrients, while those at the level of parts per million or less are referred to as micro nutrients.

All of these nutrients perform various functions, including the building of bones and cell structures, regulating the body's pH, driving chemical reactions and many functions we have yet to discover.

A normal balanced diet consists of thousands of compounds (some containing trace elements) whose effects are the study of ongoing research. Here is a quick rundown, with the percentage of body weight in parentheses.

Oxygen (65%) and hydrogen (10%) are predominantly found in water makes up about 60 percent of the body by weight. It's impossible to imagine life without water, more about that later in the book.

Carbon (18%) is synonymous with life. Moreover, carbon bonds can be formed and broken with a modest amount of energy, allowing for the dynamic organic chemistry that goes on in our cells.

Nitrogen (3%) is found in many organic molecules, including the amino acids that make up proteins, and the nucleic acids that make up DNA.

Calcium (1.5%) is the most common mineral in the human body, nearly all of it found in bones and teeth. Ironically, calcium’s most important role is in bodily functions, such as muscle contraction and protein regulation. In fact, the body will actually pull calcium from bones (causing problems like osteoporosis) if there's not enough of the element in a person's diet.
Phosphorus (1%) is found primarily in bone.

Potassium (0.25%) is an important electrolyte (meaning it carries a charge in solution). It helps regulate the heartbeat and is vital for electrical signaling in nerves.

Sulfur (0.25%) is found in two amino acids that are important for giving proteins their shape.

Sodium (0.15%) is another electrolyte that is vital for electrical signaling in nerves. It also regulates the amount of water in the body.

Chlorine (0.15%) is usually found in the body as a negative ion, called chloride. This electrolyte is important for maintaining a normal balance of fluids.

Magnesium (0.05%) plays an important role in the structure of the skeleton and muscles. It also is necessary in more than 300 essential metabolic reactions.

Iron (0.006%) is a key element in the metabolism of almost all living organisms. It is also found in hemoglobin, which is the oxygen carrier in red blood cells. Half of women don't get enough iron in their diet.

Fluorine (0.0037%) is found in teeth and bones.

Zinc (0.0032%) is an essential trace element for all forms of life.

Copper (0.0001%) is important as an electron donor in various biological reactions.

Without enough copper, iron won't work properly in the body.

Iodine (0.00016%) is required for making of thyroid hormones, which regulate metabolic rate and other cellular functions. Iodine deficiency is an important health problem throughout much of the world.

Selenium (0.00019%) is essential for certain enzymes including several anti-oxidants.

Chromium (0.0000024%) helps regulate sugar levels by interacting with insulin but the exact mechanism for the action is still not completely understood.
Manganese (0.000017%) is essential for certain enzymes, in particular those that protect mitochondria.

Molybdenum (0.000013%) is essential to virtually all life forms. In humans, it is important for transforming sulfur into a usable form. In nitrogen-fixing bacteria, it is important for transforming nitrogen into a usable form.

Cobalt (0.0000021%) is contained in vitamin B12, which is important in protein formation and DNA regulation.

I don't need to touch on all the elements but as you can see even the most minuscule amount of any element plays an important role. These are the same elements found in dirt. These are the same elements found in the ocean. These are the same elements that are in the earth. In your quest for true cellular health you must embrace and seek these elements in their pure form.

The closer you become to your natural biological makeup, the healthier you will be. The healthier your body machine is, the stronger, leaner, slimmer you will be. Hmmm....that dirt clod diet is looking better everyday.

More die in the United States of too much food than of too little.

~John Kenneth Galbraith

**OH THOSE TRICKY DIET INDUSTRY GUYS**

Currently, (as of 2016) more than one in three American adults over 20 is obese — up from roughly one in four 20 years ago. I want that number to sink in. Assuming we have roughly 320 million people in this country we can estimate that about 80 million people are obese! Not overweight, obese! When in the history of humankind has this 'disease' ever reared its ugly head in such numbers? Never before. That's why the weight loss business is indeed big business.
Diet companies, weight-loss supplement manufacturers, diet book authors and obesity doctors, the numbers are staggering. Companies that focus on weight-loss programs (and I won’t name any but you know who they are) raked in about $2.4 billion last year.

When you add in the sales of supplements geared towards weight loss you can add another $14 billion, not to mention the hundreds of thousands of surgeries a year to help patients lose weight. Diets and the promise of weight loss is huge and yet there are more overweight people in this country than ever before. How can that be? How can we have all these companies helping people lose weight and yet we are fatter than ever? Simple. Diets don’t work. The promise of results are what sells diet programs. The emotional feeling is what they sell. The major diet companies spend a fortune trying to figure out what verbal responses people will respond to and then incorporate those messages into their advertising. I would venture to say they spend more on psychologists than they do on nutritionists.

This is big business. This is yet another industry filling the emotional needs of the people. A lot of companies are willing to stretch the truth of what their products will do just to get a piece of this huge gravy train and they stretch it in a big way.

According to the most recent data from the Federal Trade Commission, roughly 15% of weight loss ads contain false claims or false information. Already this year, the FTC has fined companies about $34 million over deceptive advertising claims. I could list the companies here but it will just get me in hot water with them, besides, you know who they are. My point is, I believe that the diet industry exploits ‘colorful’ claims more than just about any other industry. It’s an emotional game they play with consumers and for the most part they win to the tune of billions a year and yet there are more fat people than ever. Hmmm?

Some of the biggest players in the industry have even been battling each other over top dog bragging rights. In 2010, Weight Watchers (the largest provider of weight loss services in the U.S., with more than 43% market share) sued Jenny Craig in U.S. District Court in New York over its ads that said that “Jenny Craig clients lost, on average, over twice as much weight as those on the largest weight-loss program.” Weight Watchers claimed that no major clinical trial was done that proved this statement and that those assertions were false and misleading. The two companies reached a settlement: Jenny Craig, though it admitted no wrongdoing, agreed to never again publish, broadcast or
disseminate the ad in any form. In a statement issued at the
time, Jenny Craig said, “We challenge Weight Watchers to
compete directly with us in a head-to-head clinical trial.” This is
of course one example but the main thing to remember is that
win or lose, the diet industry as a whole keeps the word 'diet'
within the lexicon of our culture. Good or bad we continue to ride
their roller coaster. Forget the word 'diet' in the context of 'I need
to go on a diet'. Diet is simply a term that compromises all foods
and we are here to tighten yours up.

There are some diet supplements that work no question about
that but when you see red flags like 'Lose ten pounds in ten days'
or words like “guaranteed” or “scientific breakthrough” or
"amazing" be aware. I have one simple question regarding
Americas perpetual diet money making circle:

**IF DIETS ACTUALLY WORKED WHY ARE WE ON THEM SO OFTEN?**

It seems to me that if a diet actually worked the average person
would only need to do it once and, presto...no more fat. The fact is
diets work very very well for the company pushing their 'newest'
'guaranteed to work' scheme down your throat. They make
billions selling dreams. Researchers at the University of California
found that people who diet typically lose 5% to 10% of their
starting weight in the first six months, but between one-third and
two-thirds of them end up regaining more weight than they lost
within four to five years. Diets don't work, lifestyle changes do.
According to a study published in 2006 in the Journal of
Marketing Research, people who saw a “low fat” label on a food
package ate up to 50% more of that food in a sitting than people
who didn’t. Let us not forget that our bodies, in order to survive
are continually and perpetually seeking nutrition, not just food
and calories. The body will eat and eat and eat until it gets the
vitamins and minerals it needs to stay alive. The problem is that
foods today are massively devoid of nutrition so, we keep shoving
food down our throat in a never ending quest to obtain the
nutrition we need. All too often when discussing diets we think only
of calories, fats, sugars etc, we forget about basic macro and micro
nutrients our physical being needs to survive and thrive.
Despite the fact that the percentage of men who are overweight (73%) is higher than the percentage of women who are overweight (64%), membership in many weight-loss programs is dominated by women. It is estimated that 90% of Weight Watchers members are women. Diets are obviously not the answer, we can see that clearly.

*Inside some of us is a thin person struggling to get out, but they can usually be sedated with a few pieces of chocolate cake.*

~Author Unknown

**OUR LIFESTYLE TODAY**

Let's face it, the world of today is a heck of a lot different than the world of your grandparents in just about every way possible. One of the biggest generational changes we see is the *quantity* of food that is now available and the *quality* of that food. In a nutshell: We have tons and tons of food and for the most part it is exceedingly devoid of nutrition, it is filler food manufactured by large corporations. A tomato of today is nothing like the tomato your grandmother may have picked from her garden and this is just one example of the plethora of changes in the nutritional value of food.

Your body is programmed for survival, it has to be, just like every other living thing on earth. If it wasn't it would soon go the way of the dinosaur. In our natural quest for survival we need to eat, as all things do. Our bodies send signals that we are hungry, we interpret these clues and we consume food to keep the machine alive. One critical aspect of interpreting these clues that I believe most humans are not aware of is that the body not only tells us when were *hungry* but it also lets us know we are *nutritionally void* in some critical vitamin or element. In it's natural biological struggle to survive, our bodies will crave certain foods in an effort to get you to supply that missing nutrient in that food, not just calories. Ever notice the diet patterns of a pregnant woman? Her body is craving various forms of nutrition that have nothing to do being hungry.
Ever notice how when you see a chocolate cheesecake you start salivating worse than Pavlog's dogs at an all you can eat buffet.

The problem begins when, in today's nutritionally deficient world we simply cannot get the nutrition our bodies are craving and indeed are demanding for survival. This lack of balance, in my opinion, is at the core of obesity and major health issues. This lack of nutrition can and does go on for an entire lifetime for millions of humans especially in the modern western world. From birth to death your body is continually craving the nutrition it is perpetually needing to grow and survive. We so often misinterpret this nutritional need with caloric need. The good news is you have the capacity to correct this.

Imagine if you spent your entire life eating only bananas. Bananas are good no doubt about it and you would most definitely have no problem with your magnesium and potassium levels but what about the other 90 or so vitamins and minerals your body is demanding for survival?

Even if you ate the single most nutritious thing on earth your entire life, you would have a short life no doubt about it. You need the variations Mother Nature supplies for your survival, for all survival. Now consider the patterns today for most of us on the planet. We get into our car, drive to a huge building full of florescent lights and chemicals floating all over the place. We gaze in amazement at all this wonderful pre-packaged, instant gratification, ready to go stuff, an unbelievable cornucopia of colors and smells, foods that would have boggled the minds of the previous generation. Everything you can imagine, everything you could want, and of course everything you don't need. Yet, you buy anyway because it's there. Then we take these cans and boxes and bottles and we put them in our over sized carts and push them to our cars that are fortunately only 20 feet away because we circled around the parking lot 9 times to get the best spot right next to the handicapped space. We probably stuff ourselves with a morsel or two on the way to the car and of course on the way home. Then we put our nutritionally void caloric jackpot on the shelf, in the freezer, in the fridge, on the counter. Ahhhh.... it's ready.
The problem is it's always ready!

24 hours a day, 7 days a week...there is never a famine! Our bodies are in perpetual consumption mode year after year, decade after decade. We are not designed to stuff ourselves continually year after year especially with 'food like' products and sedentary lifestyles. When was the last time you were really hungry? I mean going maybe 2-3 days without food kinda hungry? Probably never. Why should you be, we live in the land of plenty.

The home-cooked family dinner is no longer the norm as it once was. The increase in one-person households, single-parent families, and families with two working parents has fueled the demand for easily accessible, inexpensive take-out meals. Of the 30 fastest growing franchises in the United States 12 were fast food companies. Part of McDonald's corporate mission is the goal of establishing enough outlets that Americans are never more than 4.5 minutes from the nearest franchise. In 1970, food eaten away from home accounted for 34% of the average American's food budget; by the late 1990s, this had grown to 47%. Snacking has become a way of life in the United States; in 1999, Americans consumed 54.5 gallons of soft drinks, 10.3 pounds of chocolate, and 21.4 pounds of chips, pretzels, and nuts per capita.

Not only have our opportunities to find food away from home increased, so have the portion sizes of those foods. Most of us are on what I call 'the circle of death'. We eat this nutritionally void food our entire lives. Eventually some ailment rears its ugly head and we pay the price for this life long abuse. We then take some sort of prescription pill to help ease the inevitable problem. The pill (by design) will create yet another problem which will require another pill etc... before we know it we are on the toxic circle of death.

It's a win win for all the big boys. Big food wins. The medical industry wins. The drug companies win. Eventually the mortician is the biggest winner. This is the circle I am going to try to convince you to get off of forever. You can and you will.

I cannot begin to tell you how many older people have come up to me to share their stories of getting off the circle of death, people that have cleared out their medicine cabinets and replaced drugs with nutrition. You can detoxify your life even in today's world. Yes you can!
Let's do some math. One day in hospital compared to cost of better eating.

A day spent as an inpatient at an American hospital costs on average more than $6,000, five times the charge in many other developed countries, according to the International Federation of Health Plans, a global network of health insurance industries.

One day...$6000 dollars! (2015)

Would you not, logically do everything you possibly could to avoid this? Forget the hassle of the insurance forms, discomfort, worry, inconvenience and having to wear those hospital gowns that let everyone get a good look at your rear end. Imagine the healthy organic food you could buy for $6000 a year. Wouldn't you gladly change a year of healthy food for one day in the hospital? Eating organic is a very simple baby step you can do effortlessly, daily. Do it. We'll talk about this more in a bit.
Whew, talk about the drug of choice for this country. The health consequences of ongoing sugar consumption is measured in unhealthy lives and billions of dollars in medical care not just fat waistlines. Many medical experts classify sugar as a lethal toxin, at best it is without a doubt, an addictive substance. It is indeed a seductively sweet poison on which Americans are hooked, and hooked we are. Americans eat a lot of sugar. On average, about 150 pounds a year. It’s no secret that we are eating more sugar than at any other time in history. Consider that in 1700, the average person ate 4 pounds of sugar a year. By 1800, it was 18 pounds. By 1900, it was about 90 pounds. Today the average person consumes 150 pounds of sugar a year. To put that in perspective that’s about 21 teaspoons a day! With numbers like that there is no way we can deny the fact that sugar is an addictive substance.

It just so happens this statistic is nearly identical to the statistics showing that one in 4 Americans is either pre-diabetic or has type 2 diabetes. How many people had diabetes in 1900? My guess is not many.

So what’s the big deal?

Here’s what’s supposed to happen when you eat: Your stomach produces a hormone to signal your brain that you’re hungry. As you start eating, your pancreas releases another hormone called insulin, which enables your body to store glucose (which you get from food) as fat. Finally, in response to the insulin, your fat cells send out a third hormone, leptin, which travels to your brain to tell it to decrease your appetite.
When everything works, you're unlikely to overeat, and you can burn energy properly, just as your caveman ancestors did.

Here's what happens if you eat too much sugar. The subsequent insulin rise can make you put on weight but it is the large amounts of fructose that really wreaks havoc on your system. Although both glucose and fructose are types of sugar, fructose doesn’t stimulate the pancreas to release insulin the way glucose does, and it doesn't cause ghrelin levels to drop or leptin levels to rise, so your body doesn't know when it's had enough. Without those internal shut off controls, you're going to gain weight and eat too much.

Regularly consuming lots of fructose also causes your liver to accumulate fat, which makes it resistant to insulin. To compensate, your pancreas has to release more and more insulin, until finally this large, overworked gland burns out, sugar collects in your blood, and you have type 2 diabetes. What's more, the strain on your liver can lead to high blood pressure, lipid buildup, heart disease, and more abdominal fat.

Finally, fructose may also reduce your enjoyment of food. Dopamine, a neurotransmitter, signals pleasure, and new studies show that if you eat too much fructose, you tamp down your dopamine receptors so that it takes more and more fructose to feel pleasure. That's how sugar can easily become an addiction, which is why it's so hard to give up. This is the addiction process we go through when we consume sugar and in particular, fructose. Fructose is one of those things that has to go from your kitchen right now. This step is not a baby step, this is now! There really is no way to lose weight, especially around the belly while consuming fructose.

This does not mean the end of all sugar consumption however, there really is no weight loss without sugar control. You must decrease your daily sugar intake! You must decide what sacrifices you want to make.

How healthy do you want to be? This is a critical baby step. You do not need to go cold turkey on sugar consumption but you do need to begin the purge on many levels.
Take a look at some of the hidden levels of sugars in our favorite fruits as an example:

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Raw (per 100g)</th>
<th>Total Sugar (g)</th>
<th>Fructose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple</td>
<td>10.3</td>
<td>56%</td>
<td></td>
</tr>
<tr>
<td>Apricot</td>
<td>8.4</td>
<td>6%</td>
<td></td>
</tr>
<tr>
<td>Banana</td>
<td>22.6</td>
<td>24%</td>
<td></td>
</tr>
<tr>
<td>Blueberry</td>
<td>11.8</td>
<td>48%</td>
<td></td>
</tr>
<tr>
<td>Boysenberry</td>
<td>7.1</td>
<td>30%</td>
<td></td>
</tr>
<tr>
<td>Cherries</td>
<td>13.9</td>
<td>47%</td>
<td></td>
</tr>
<tr>
<td>Figs</td>
<td>9.5</td>
<td>48%</td>
<td></td>
</tr>
<tr>
<td>Grapefruit</td>
<td>5</td>
<td>20%</td>
<td></td>
</tr>
<tr>
<td>Grape</td>
<td>15.5</td>
<td>50%</td>
<td></td>
</tr>
<tr>
<td>Kiwifruit</td>
<td>9.6</td>
<td>42%</td>
<td></td>
</tr>
<tr>
<td>Lemon</td>
<td>2.1</td>
<td>33%</td>
<td></td>
</tr>
<tr>
<td>Rock Lemon</td>
<td>6.1</td>
<td>48%</td>
<td></td>
</tr>
<tr>
<td>Nectarine</td>
<td>7.8</td>
<td>17%</td>
<td></td>
</tr>
<tr>
<td>Orange</td>
<td>7.7</td>
<td>25%</td>
<td></td>
</tr>
<tr>
<td>Peaches</td>
<td>7.3</td>
<td>14%</td>
<td></td>
</tr>
<tr>
<td>Pear</td>
<td>10.8</td>
<td>73%</td>
<td></td>
</tr>
</tbody>
</table>
And this list is basically a list of *good* foods.

Sugar content in some of our favorite foods:

**Granulated Sugar and Other Sweeteners**

*Up to 99% Sugar*

It should be no surprise that pure granulated sugar is the #1 food highest in sugar, consisting of up to 99% sugar. Brown sugar is 97% sugar, honey is 82% sugar, sorghum syrup is 75% sugar, molasses is 55% sugar, and sweetened condensed milk is 54% sugar. If you must choose a natural sweetener try stevia or xylitol.

**Soft Drinks**

*Up to 94% Sugar*

Drink powders are typically all sugar. Lemonade powder for example can be up to 94% sugar. Check labels to look for low sugar varieties. Soft drinks are typically only 11% sugar, but a single 12oz can will contain around 38 grams of sugar which is more than twice the amount of sugar you would find in a medium sized banana.

**Candies and Nougat**

*Up to 83% Sugar*

Of all sugared treated, nougat contains the most sugar at 83%. Candied fruits can also be up to 81% sugar, while chewing gum and most hard candies are around 63% sugar.

**Dried Fruits**

*Up to 81% Sugar*

Dried apples contain the most sugar being 81% sugar in total, dates are 66% sugar, dried pears are 62% sugar, raisins are 59% sugar, dried apricots are 53% sugar, dried figs are 48% sugar, and prunes are 38% sugar. Most fruit roll ups, or leather fruit rolls are around 50% sugar, or half sugar.

**Cookies, Cakes, and Pies**

*Up to 71% Sugar*

Sugar is often the key ingredient in most sweet tasting cookies and cakes. Macaroons contain 71% sugar, making them one of the highest sugar cookies around. Other cookies can be up to 63% sugar. Cakes tend to be a little better due to increased levels of flour, but can be up to 57% sugar, particularly with frosting or icing!
Spreads, Jams, and Preserves

Up to 60% Sugar
Spreads for sandwiches and toast are often packed with sugar. Marmalade is 60% sugar, chocolate flavored hazelnut spreads can be up to 54% sugar, most jams and preserves are 49% sugar, and peanut butters can be up to 10% sugar!

Ready to Eat Cereals, Cereal Bars, and Oatmeal Packages

Up to 56% Sugar
Most ready to eat cereals which come in a box are packed with sugar, this is even true for those that claim to be "whole grain". Read the label on the back of the box and check the sugar content for the serving size. Commercial ready to eat cereals can be up to 56% sugar. Cereal, granola, and fruit/nut bars can be up to 55% sugar, this is particularly true for the bars that claim to be low fat, as sugar content is often boosted to account for the lack of fat. Commercially prepared instant oatmeal packs can contain up to 39% sugar, so check labels carefully and try to choose packages which are unflavored.

Sauces - Ketchup, Chocolate Syrup, and Salad Dressing

Up to 50% Sugar
Sauces and dressing can often be a source of hidden sugars. Chocolate syrup can be 50% sugar, salad dressings can be 29% sugar, and ketchup (castup) can be 23% sugar. Ketchup can also be loaded with high fructose corn syrup. Watch out for labels that are low fat, or low salt (sodium), as the sugar content will often be increased to account for the loss in flavor. There are plenty of ketchup brands that use cane sugar, read the labels.

Canned Fruit Packed in Syrup

Up to 22% Sugar
Canned fruit packed in heavy syrup can be up to 22% sugar, that is 58 gram of sugar per 8 ounce cup. Juice packed fruit can be up to 14% sugar, and water packed fruits can be 10% sugar.

These are just the top ten. Sugar is in everything. Rather than say “OK, I'm not going to eat more than 10 grams of sugar the entire time I'm on this diet”. How about “Today I am going to eat less sugar than yesterday, I'm not going to cheat, I'm going to be true to myself”. Which one of those choices do you feel has a better long-term success rate? Baby steps. In a nutshell: Sugar is the fuel for almost every bad ailment in the body. Disease, bacteria, viruses, sickness in general all thrive in the body because of sugar.
IF YOU'RE NOT GOING TO DO IT, DON'T SAY YOU WILL

In the Middle Ages, they had guillotines, stretch racks, whips and chains. Nowadays, we have a much more effective torture device called the bathroom scale.

~Stephen Phillips

LET'S GET MOVING

I really agonized as to whether I was going to get into exercise programs and it occurred to me that most likely the majority of my readers are probably just starting to look at a new way of life. My fear was that if I start ranting about miles, calories, sit ups etc... it would not be good. I believe that by the end of this book the vast majority of you will seek out programs to elevate your own goals. So...I'm not going to rant and rave about getting off the couch and running a marathon. I believe that by the time you finish the book you will automatically want to get moving. There are of course thousands of books and videos on how to get your body in motion so, I don't need to be yet another. However.... (you knew that was coming) in your quest to be healthier there really is no way around the fact that you need to move your body. The level and degree is up to you. Many people have been sedentary for years and the thought of breaking a sweat is worse than an IRS audit while getting a cavity filled by a hyped up chimpanzee. You will hear me say this over and over “you must accept and adapt changes in your life if you are serious about getting healthy”. For many readers some of these changes are going to be hard, I get it. The good news is ALL of these changes can be gradual baby steps and I highly recommend that you begin to plant the "I gotta get moving" seed in your head. Nothing says you have to go from a 300 pound 23 hour a day Twinkie snorting couch potato to a marine on speed over night. However, you must accept that certain things need to change and I'm guessing you know what they are.
The difference between the person who loses 50 pounds and has it back 3 months later and the person who loses 50 pounds and keeps it off is 'change'. Real lifestyle changes, not diets. Let's take you and make it a better you, a happier better informed you. Thousands of people do it every day and today is your day. Ask yourself “What am I waiting for?” Well, what are you waiting for? It's time. The fact that you picked up this book tells me you're ready. Let's make a deal. By the time you finish this book your excuses run out. Deal? Now, that doesn't mean you take two years to finish the book.

As far as I am concerned there is no true health without physically moving your body. Sure, you can starve yourself and lose a heck of a lot of weight, but are you healthy? No, and of course it will all come back because the tools to keep it off have not been utilized. As I mentioned early in the book, we are essentially cavemen to this day, certainly we are no different than our hairy, grunting, spear chucking ancestors, biologically. Humans were designed to hunt and run and move for survival. We are bipedal, our bodies are designed to walk which is why we have big thighs, strong legs and butt muscles. Of course in today's world the concept of hunting to survive is obsolete but never the less this is genetically in our biological design. Getting off the couch and hunting down 4 pop tarts doesn't really count. Once again, take a deep breath and realize that you need to make a change, some real changes. The main thing to remember is there are many ways to maintain weight loss without moving your body, in my opinion there is no true cellular health without exercise and true cellular health is what we are after.

The easiest baby step you can do towards moving your body and indeed gaining great rewards is walking...that's it. Walking is what your body was designed to do. Cheetahs, deer, dogs and cats etc...were designed for quick bursts of speed for hunting or survival. Camels, elephants, turtles etc... were designed for slow long distances to forage for food. They all have four legs that they use by design for their particular need.

We have 2.

We have two very strong legs that are proportionately large compared to any other animal. Look at the percentage of our overall height that is our legs? Just about half of our entire body is legs. Thousands of years ago when we went from hunched over primates to homo erectus it was an evolutionary development for survival as is done with all species over time.
Standing tall to see over the grasses allowed us to free our hands which in turn gave us the ability to make weapons and tools to hold while we walked which of course then brought us to the point of no return, we are erect from here on out.

Human beings are designed to walk long distances, slowly, upright. For many people walking the distance of a football field may seem like a trek over Mt. Everest, I get it, but even the trek over Everest begins with a single step. Only you know your level of what you can do. Pick a spot, maybe it's at the end of the driveway, maybe it's at the end of the road, maybe it's down to the corner store, maybe it's walking to Argentina. Regardless of the distance, pick your end point and walk to it. Tomorrow go a bit further and further yet again the next day, even if it is only by a matter of feet, it's progress! Create a realistic point way down the road that will be your ultimate goal. Think of a spot that may be miles away, visualize it. A tree, a building, an intersection, something that is far but within your reach somewhere down the line.

Make it a seemingly impossible distance. Give yourself 90 days to get to that spot ( remember you have to get back). I guarantee you will make it there and I bet it will be before 90 days. I also bet you will make it with ease and have a wonderful sense of accomplishment and endorphins.

Become a walker.

"Walking is man's best medicine."
Hippocrates

Add Intervals.

When you walk, instead of walking at a steady pace the entire walk, increase your speed for short periods of time. This enables you to burn more calories that you would use if you continued at a steady pace. While you are walking using intervals, you can add some incline changes as well. Walking up and down hills uses more energy than walking on a flat surface. If you are walking on a treadmill, you can use a setting on the treadmill that uses varying inclines. Make walking an important part of your life and take it seriously. For many people it may be all you need, especially if you are elderly or just starting out with your new life.
I like to put on the music, pick up a couple rocks that weigh no more than a pound or two. Swing them around as you walk, over your head, upper cut motions, punching motion etc...be creative and get your upper body moving as well. Rock walking can burn up to 3 times the calories than just walking alone.

Also, drink a glass of Matcha Tea before the walk. It has the unique ability to burn fat 4 times as much. More on Matcha later in the book. Good stuff.

Make Small Changes.

You can park in a spot that is as far away as possible from the entrance of a store. Instead of sitting down on your break at work, walk around the building or walk in place. When you have the option to take the stairs or go up an elevator or escalator, choose the stairs. Anything you can do to add a few steps during the course of your day, do it. baby steps. The main message is to incorporate walking into your life. It is the simplest way to begin an exercise routine. Walk to the point of being slightly uncomfortable. Regardless of your current exercise routine, add walking to your world. Get a pedometer and shoot for 10k steps a day.

I try to do 100 push-ups a day. Maybe 20 in the morning and various numbers throughout the day that eventually add up to 100. Push-ups are full body core exercises and simple to do. My suggestion is you start the process of doing as many as you can from the moment you wake up until you hit the sack. In true baby step fashion, do one more tomorrow than you did today. Push-ups are a great barometer of your progress. So, tomorrow wake up and do 5 or even 4 or as many as you can...correctly. The next day, do one more than yesterday and so on. My guess is, with your new found level of nutrition and cellular energy, you will find yourself doing more push-ups than you ever dreamed of. Remember...one more than the day before. As discussed earlier, there is no backwards. If you do 50 on Monday then the minimum for Tuesday is 51 etc..

If you cannot do a push up try doing planks. Go to YouTube and type in 'plank'. You will see how its done. Full core exercise. If you cannot do any planks then find something you can do. The moral here is to begin to make a few lifestyle changes which will include some sort of exercise. It's time.

Baby Steps.
"If all the medicine in the world were thrown into the sea, it would be bad for the fish and good for humanity"

O.W. Holmes, M.D. (Prof. of Med. Harvard University)

DETOXIFY YOUR LIFE

This is possibly my biggest personal rant of all. More than stuffing our faces on a daily basis, more than not moving our bodies for years at a time, more than anything else we do to crawl into the circle of death is the toxic environment that bombards our every cells daily, perpetually. There are indeed very few places we can go on this planet where we are not breathing bad air, drinking dead water or eating nutritionally depleted food. We live in a toxic bubble, a world we created. We are surrounded by toxins in the air, in our water, in our food, in our houses, in our clothes, in our workplace...everywhere. The detergents and lotions, toothpaste, furniture, our carpets and air conditioning, our cars and workplaces, it’s everywhere in the modern world which you and I are a part of and there is no escaping it. All we can really do to minimize our exposure, (besides moving to the middle of the Amazon Rain Forest) is educate ourselves on ways to minimize our exposure.
I remember watching a survival reality show in which they dropped the guy off on some speck of land somewhere in the middle of the Pacific Ocean. I mean this guy was in the middle of nowhere on an island the size of my grandmas backyard. Even on this little 2 acre spot of land in the middle of nowhere there were hundreds of plastic bottles and garbage all around. We cannot escape it so we must find a way to live with it. Currently there is an 'island' of trash twice the size of Texas swirling round and round in the Pacific Ocean, no joke. The Great Pacific Garbage Patch. We cannot escape the mess we've created.

It is estimated that there are well over 45,000 NEW man made chemicals on this planet since the end of World War II. In other words, we live a world full of chemicals that your grandparents never even knew could exist. Yes, it's true a lot of these chemicals have done mankind a great service but let us not forget, we are made up of essentially the same elements found in nature. The elements that are the structure of life itself are the same elements we carry in us. I doubt that any of these new 45,000 man-made chemicals have anything to do with the natural, biological makeup of the healthy human body. The further we get from nature the less 'natural' we become. The less natural we become the more we have to battle for our health. I don't want to sound like some freaky granola-eating hippie but I ask you if a life of getting vaccinations, consuming prescription and over the counter pills, eating processed unnatural foods, putting chemicals in and on our bodies, driving in our cars to go half a mile to go get more nutritionally void food is the way?

This is our time, this is our 100 year stretch of time on this planet. 100 years ago the people living had their own set of problems and issues to deal just as the people 100 years from now will have. The main difference, I feel, is two fold : First we have 7+ billion people on this planet compared to 2 billion at the turn of the 20th century. Simply put, we need chemicals as a tool for survival. We cannot support the food needs of the planet without some man-made interventions. Secondly, we have become 'brainwashed' into the "lifestyle of the modern man". I don't know about your grandparents but mine had to work about 12 hours a day just so they could maintain the simplest of needs, and I am sure their grandparents had it even worse. We have become lazy, we eat 'food like' products, we consume massive amounts of prescription and over the counter drugs to satisfy a real or perceived condition. We are byproducts of the world we have created...and we are paying the price in a big way, obesity is just one of the many repercussions of our current lifestyle. The good news is that there are alternatives.
These alternatives are much simpler than you think. These changes are indeed small baby step changes.

Think about these choices: Walking on the beach barefoot in the sun, eating an apple or orange off a tree, swimming in the perfect PH of the ocean, breathing the fresh air of the country or forest, using grape seed or coconut oil on your skin, letting air flow though your home, becoming more like nature herself. I ask you which one of those choices would lend itself to a longer healthier life? Mother Nature wants to heal you and get you healthy, she has tools, free tools in wild abundance surrounding you every minute of your life, yet, how can she compete and heal you when you bombard yourself with a daily onslaught of toxins? YOU need to let her help you and I hope to give you the push you need to get the ball rolling.

I want you to see the light and make changes.

My point is that we have all grown up in this toxic world with little thought of any other way, this is all we know. Well...there is another way and if I can get you to embrace even a few new concepts then I will feel I did my job. The great news is these changes are simple by nature, there is nothing dramatic about the changes and the percentage of success for your new found health goes up dramatically. I am asking you to accept a new philosophy that will, without question change your life.

It changed mine.
OK, so you wake up every morning telling yourself, this is it 'Today I'm going to eat right and do some exercise'. Sounds reasonable. Then you proceed to shampoo your hair, maybe some hair spray, slap on some antiperspirant, brush your teeth, maybe put on some lotion and cologne and put your clothes on for another day. The vast majority of Americans do this routine daily, for their entire lives and have no idea they are smothering themselves in an unbelievable man-made toxin bath unknown even one generation ago!

In fact the average person will absorb over 100 man-made chemicals in the first ten minutes of their day! Read the back of your shampoo and conditioner label, there's a good 50 chemicals right there alone. Now take a gander at the ingredients in your soap and lotion...bammo you're probably over 100 already, and this is before you even start putting food in your mouth! Ugggg....don't get me started!

How on earth can you ask your body to lose weight, embrace cellular health and not get sick when it is now attempting to purge the massive toxic onslaught it just got slammed with? Don't be to hard on yourself, I realize it's all new information but, be prepared to change. As I will say over and over again, 'losing weight and keeping it off is a lifestyle, not a diet' and part of that lifestyle is a new healthier you, a you without chemicals flowing through your body, a natural you. In the final chapter of this book I will create links to manufactures who, I believe make superior chemical free products to get you started. Have you ever seen or heard of tribal cultures that live smack dab on the equator where the sun would fry an egg and none of them ever have skin cancer, why? They live their entire lives getting baked by the sun, real sun, the kind of sun that takes your breath away at seven in the morning. Yet they never have skin cancer? They are human just like you and me.

They have the same DNA structure and genetic makeup? So what is the difference? I will tell you what I believe to be one critical reason: They don't use toxic sunscreens. This is just one example that you can carry over to many other products that you consume. That's right, they don't use sun screen and they have much less skin cancer! For a lot of readers I can just see the wheels turning in your head. However, think about it for a minute. For thousands of generations humans used nothing or clay or natural oils to protect them from the sun and they had no skin cancers. Then sunscreen was invented and bottled in the 50s and 60s and skin cancer rates began to rise.
I'm just picking on sunscreen as an example to get you to begin to re evaluate EVERYTHING you put in and on your body. Let's take a look at sunscreens as an example because it is one of the worst toxic offenders.

So what exactly is in most major sunscreen brands?

For starters, Oxybenzone. This is a hormone disrupting chemical which penetrates the skin and enters the bloodstream. It is the most popular ingredient in chemical based sunscreens and only blocks UVB ray (the sun’s good rays that provide vitamin D production). Avoid any sunscreen that has this chemical at all costs, especially for children. Vitamin A (Retinyl Palmitate)– A 2009 study by U.S. government scientists released by the National Toxicology Program found when this is applied to the skin in the presence of sunlight, it may speed the development of skin tumors and lesions. Avobenzone, Benzophenones, Octylethoxycinnamate, PABA are commonly used ingredients that are known free radical generators and are believed to damage DNA or lead to cancers. Avobenzone is easily absorbed through the epidermis. In sunlight, avobenzone degrades and becomes ineffective within about 1 hour. Scientists discovered that benzophonones, one of the five of six chemicals commonly used in chemical sunscreens studied, seemed to mimic estrogen and recommended more studies to look at possible long-term effects as a hormone disruptor. Homosalate and Octylmethoxycinnamate (octinoxate) are also common sunscreen ingredients. They have shown estrogenic activity in lab tests - disrupting hormones, affecting development of the brain (particularly the hypothalamo-pituitary-gonadal system) and reproductive organs in laboratory rats.
Could it just possibly be that it is the chemicals and not the sun that is causing the cancers? It's a new day for you and knowledge is power. Empower yourself.

How To Choose A Safe Sunscreen:

• Look for titanium dioxide and zinc oxide based mineral sunscreens, which do not penetrate the skin and provide UVA protection against the sun’s most damaging rays.

• Choose non-nano products that do not have small particles that can absorb into skin

• Choose sunscreens that are unscented or use essential oils as fragrance

• Just so you know I'm not picking on sunscreen alone, take a look at this chart comparing cancer rates among developed and less developed countries. I think we can safely assume that the humans in the developed countries have greater access and more exposure to a plethora of man made chemicals than those of poor, undeveloped countries. In our quest to get closer to the natural composition of the human body we must consider the damage done by exposure to unnatural man-made chemicals. Are they really doing us good or are they harming us? The chart below makes a strong case that the toxic bubble we live in is perhaps doing more damage than good.

<table>
<thead>
<tr>
<th>Cancer</th>
<th>World</th>
<th>More Developed</th>
<th>Less Developed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bladder</td>
<td>5.3</td>
<td>9.5</td>
<td>3.3</td>
</tr>
<tr>
<td>Non-Hodgkin lymphoma</td>
<td>5.0</td>
<td>8.6</td>
<td>3.6</td>
</tr>
<tr>
<td>Leukemia</td>
<td>4.7</td>
<td>7.2</td>
<td>3.8</td>
</tr>
<tr>
<td>Kidney</td>
<td>4.4</td>
<td>9.2</td>
<td>2.6</td>
</tr>
<tr>
<td>Pancreas</td>
<td>4.2</td>
<td>7.2</td>
<td>2.8</td>
</tr>
<tr>
<td>Cancer</td>
<td>WORLD</td>
<td>More Developed</td>
<td>Less Developed</td>
</tr>
<tr>
<td>------------------------</td>
<td>-------</td>
<td>----------------</td>
<td>----------------</td>
</tr>
<tr>
<td>Lip, oral cavity</td>
<td>4.0</td>
<td>4.7</td>
<td>3.7</td>
</tr>
<tr>
<td>Brain, nervous system</td>
<td>3.4</td>
<td>5.1</td>
<td>3.0</td>
</tr>
<tr>
<td>Thyroid</td>
<td>4.0</td>
<td>7.4</td>
<td>3.0</td>
</tr>
<tr>
<td>Melanoma of skin</td>
<td>3.0</td>
<td>9.6</td>
<td>0.8</td>
</tr>
<tr>
<td>Larynx</td>
<td>2.1</td>
<td>2.7</td>
<td>1.9</td>
</tr>
<tr>
<td>Other pharynx</td>
<td>1.9</td>
<td>2.7</td>
<td>1.7</td>
</tr>
<tr>
<td>Gallbladder</td>
<td>2.2</td>
<td>2.1</td>
<td>2.2</td>
</tr>
</tbody>
</table>

As we can see by this chart, people in developed countries have, in many cases twice the cancer rates as those in less developed countries. Of course it is impossible to conclude with certainty the root cause however, I can say with certainty that, if for no other reason than economic ability, the people in the less developed countries simply cannot afford and therefore do not have access to the thousands of products that we have in the west and developed countries. For the most part, people in developing countries live off the land and with the land, they need to for survival. Our survival depends on having enough gas in our car to drive a mile to the store. It is my contention that the vast majority of cancers are caused by exposure to the lifetime onslaught of man made chemicals. The sun is not causing the cancer, it's the chemicals we put on our body and absorb to protect us from the sun that cause the cancer. Are the "products" we use really benefiting us or the manufacturer?

Is the person living in a tree in Borneo and growing his own food or the fisherman in Tuvalu really missing out on anything? OK, maybe a trip to the movies once in awhile and a nice car but, in the long run it's unlikely that he will be laying in a hospital bed with tubes coming out of his body while being pumped full of medicine.
So, who really is better off? If you ask the Borneo guy to spend one day in a major city my guess is he will be scrambling to find the quickest ticket he can back to his tree house. Anyway...something to think about.

Lastly, here are a few other facts and disease stats to consider:

**Heart Disease**

• Every day 1700 people die from this disease.

• Every year at least 1 trillion dollars are spent to clean hardened arteries.

**Cancer**

• Every year, there are 1 million new colon cancer patients.

• Every year 600,000 people die from colon cancer.

• Every year in US, about 6.5 billion dollars is spent to treat colon cancer.

• Every year there are 246 million new diabetes patients. This is growing at an alarming rate.

Every year 175 billion dollars are spent in order to treat diabetes.

**Obesity**

• 1.7 billion people are obese in the world. There are approximately 7.2 billion people on the planet.

• Each year adults spend approximately 93 billion dollars in order to treat obesity.

• Every year 2.6 million people die from obesity or obesity related disease.

• Meat raising polluted 70% of drinkable water in the world due to animal fecal matters.
SUNDAY FAST

No one said it would be easy, let's face it. One of the hardest things I had to do on my quest to cleanse my body was to fast. I had heard and read about people who fasted for a month! A month with no food?? Are you kidding? Well if they can do a month I can certainly do a day I said. About 12 hours into my day I could have sworn an entire box of chocolate chip cookies started talking to me...'over here, come on it won't hurt, we're your friend and we miss you'. Things like that. Of course after 12 hours of hunger pangs and semi hallucinations I caved. The funny thing about 'caving in' is once you decide to do it, you really let loose.

I think I ate about 15 of those damn cookies in about 8 minutes and of course found myself in a self induced repentant sugar coma that lasted for the next 3 hours. But boy oh boy did they taste good. However as we all know, we pay the price eventually. The guilt, the self imposed feeling of failure at not being able to stick to something etc... you know the drill. One of the main things I hope you can grasp from this book is the need to change certain behaviors, hard-to-change behaviors ingrained in you since birth. You know what I'm talking about, the justifications and readily available excuses and rationales that seem to magically pop into our heads once we cave in. Well, if you are now serious about health and serious about the weight loss that will inevitably follow from a healthy lifestyle, you need to step up and stepping up is hard. Let's face it, for most of us it took 30 to 40 years to develop our current daily behaviors. The way we sleep, talk, dress, eat, think and drive, etc... now if you are a bad driver, well I can't do much about that. If you dress like a circus clown, well I can't do much about that either. But I think I can help with a few other deep seated behavioral changes and real change will take real effort so take a deep breath and be prepared to go down another path, for most an unfamiliar path.

I guarantee you in the long run the sacrifices you make on this journey will manifest themselves in a thousand new ways. OK, now that that rant is over I would like you to do a 24 hour fast. Just 24 hours and the good news is you get to pick the day. Plan ahead and think about it. My only request is once you commit, you cannot break that commitment. My regimen these days is that I wake up Sunday morning and do not eat until Monday morning.
During that fast I will drink green tea and some other type of juice. Trust me, by the time Monday morning rolls around I am starving but I did it. I did it and it was hard. I feel good, clean and my pants are a fraction looser. This is a simple tool that you should begin to make a mainstay of your new life. No carbs, no sugar, no pills, nothing your body needs to do to break down foods. Let your body purge any potential toxic buildup and accumulated foods in your colon. You can do this!

In the quest to detoxify your life and to allow yourself the opportunity to let your body naturally begin to lose weight you need to change what you not only put in your body but what you put on it as well. Many people do not realize that what you put on your body can, in many ways keep us in perpetual battle mode. When we feed ourselves our body has certain built in protection tools that keep us from getting sick and potentially dying. Like all living animals we sometimes eat the wrong things. Our eyes tell us to avoid this or that. Our tongue receptors may tell us the food may be bad so we spit it out of our mouths. Our nose may tell us it smells bad so we don’t eat it in the first place. Our saliva starts the breakdown process immediately to protect us and to begin the digestion process. Our stomach has acids that will attack nasty invaders and cause us to vomit thereby getting the poison out. When we ingest anything, our body naturally has a pre-conditioned response and in some cases this response is necessary to stay alive. For thousands of years it was a trial and error process and lot’s of people died due to lack of knowledge.
However, when we put something on our skin like parabens, phthalates or sulphates or hundreds of other man-made chemicals, we absorb it immediately without benefit of any of these protective mechanisms. It's in our system right away. My contention is that in general we, especially in western societies, do FAR more damage to our bodies with the things we put on our body rather than what we put in our bodies. The sole exception to this may be prescription pills (more on that later). If you want to lose weight, get healthy first, not the other way around. Focus on the health aspect first. Let the weight loss be a natural, inevitable by product of your new healthy body.

Most people have no idea that personal care products do not need approval from the FDA. A study done by the National Institute of Occupational Safety and Health lists 884 chemicals in use by the cosmetic industry as toxic substances. But according to the FDA, cosmetic companies are responsible for testing their own products to insure safety. You heard correctly, companies are monitoring themselves. These are usually large international companies who's primary responsibility is to shareholders ...Your health and concerns are way down the list. Their profits are at the front. I'm going to bite my tongue and not name any of them here because this book is not about bashing any particular group or corporation, it's about getting you healthy from which weight loss will be a welcome by-product.

Approximately 11 percent of the 10,000 plus ingredients used by cosmetic companies have gone through testing to determine possible health risks. That's not a very good percentage. The European Union recently put a ban on using 450 chemicals found in personal care products, most of these however are thriving on the shelves of American stores.

As mentioned there are thousands of hidden chemicals in lotions, antiperspirants, shampoos, soaps, conditioners yadda yadda yadda. I learned a long time ago that no one is protecting you when it comes to these products. Caveat emptor- let the buyer beware. It is up to you to arm yourself with knowledge about these products and for the most part the large companies know full well that a beautifully designed box with a fresh leaf image on the box will outweigh the contents inside that box and the small print in the consumers mind. My experience is that generally if the product comes from a large multi national company your odds of toxic, nutritionally void ingredients increases dramatically.
They tend to use the cheapest ingredients available in order to maximize profits. They have shareholders they must account for. Once again although I will refrain from naming any of them here.

I want to touch a few of the major man-made toxic nightmares that are in the vast majority personal care products you find on your store shelves.

*Remember, there is no money in the cure.*

*There are billions in the treatment.*

**SLS**

Without a doubt the granddaddy of all the over the counter toxins is Sodium Laureth Sulfate. SLS is found in 90 percent of all shampoos and soaps. It penetrates the skin very easily and once inside the body, it collects in the heart, liver, lungs and brain. SLS damages the immune system. SLS contains endocrine disruptors and impairs proper structural formation of young eyes. If SLS mixes with other chemicals, it becomes carcinogenic stew. SLS is used primarily because it is an extremely cheap dirt attractant. Check your bottle, if you see SLS throw it out. Baby Step.

Propylene glycol is highly toxic and causes brain, liver and kidney damage if consumed in significant quantities. In Europe, where the authorities are much more cautious about what is allowable in cosmetics and foods, propylene glycol is limited to mostly non-food uses.
- Some other chemicals to be on the lookout for are DEA, MEA and TEA which are all hormone disrupting chemicals.

- Dibutyl phthalate is banned in Europe because it has been linked to cancer. It is most commonly found in nail polish, but since it is used to hold scent in a product, it sneaks into hairsprays and deodorant. The FDA does not require manufactures to list this on the label.

Artificial colors are problematic as well. Artificial colors like Blue 1 and Green 3 are carcinogenic. Colors with FD & C pigments are made from coal tar, which is also banned in Europe and studies have shown that it is carcinogenic. Check your labels, baby step.

Of course I cannot even begin to put a dent in the list. My goal is to help you become aware and to read ingredients, especially the first 4 to 5 listed on the bottle. Ingredients are listed by weight so the farther down the ingredient list the less of that ingredient is in the bottle. It is worth it to read the labels. This is one of the easiest baby steps that can keep you from the dreaded hospital visit. By and large these toxic ingredients are prevalent in major national chains.

You can increase your chances of getting a healthier product by about 99% if you do your shopping at local health food stores. I have several of my own products in health food stores and the vetting process to get my soaps and lotions on the shelves is stiff. For the most part these local stores will not even allow sulphates and parabens and DEA through the front door. Sure, you pay a little more but ask yourself what one day in a hospital costs? Consider not only the financial cost but the physical and emotional headaches that go along with doctor visits. My mantra is simple

“Do everything you possibly can to stay out of the hospital system”.

If it means paying a bit extra for better food or toxic free lotions and soaps, do it. We have all grown up in a culture of believing that if we see it on the store shelf or if a doctor prescribes it to us than it must be OK. This is the mindset you must learn to re-evaluate. Hey, I’ve been there just like you. I would make a purchase based on the color of the box or a picture of a natural leaf on the bottle or some other misconception that led me to believe whatever is in that box or bottle must be good for me.
I am here to say that well over 90% of everything in the major supermarkets is probably unhealthy at best and at worst, toxic to the human body.

I understand I sound like a kook, I get it but I wouldn’t say it if I didn't strongly believe it after doing years of extensive research. The vast majority of these manufacturers are after profits, not your health. Your health and well being is so far down the list it's not even perceptible. Next time you walk down the detergent aisle take a deep breath. You will hardly be able to breath. You want those cheap toxic chemicals in and on your body? Think. Do any of these chemicals have any place in your natural world? Do these corporations care about your health or do they care about making the sale? There are alternatives to almost everything you would find in a conventional store. You must begin the paradigm shift in your head. You must begin to be aware of what you're putting on your body. The light needs to go on in your head. Just because it has ‘always been the way’ does not mean it's the right way, it's just the way we know. Until now.

My question to you is simple:

*How can you ask your body to lose weight and feel healthy when it is in a constant battle of survival trying to purge the daily onslaught of toxins you put in and on it? Isn't one battle enough?*

*Weight-loss is a byproduct of a healthy body, not the other way around.*
Over the years I have seen and heard just about every potential concoction and snake oil potion known to mankind. Diets and promises come and go like the wind. However, every once in awhile truth rings out. Below I have put together a list of what I feel has true merit, simple things that I believe can make a huge difference in the overall health and function of your body.

Creating true cellular health begins with getting closer to the earth in all the things we consume and put on our bodies. Mother Nature is doing everything she can to help you out, continually. Believe it or not we are made up of all the things in nature. We are water, we are hydrogen, we are oxygen, we are phosphorus and magnesium etc.

We are silver and gold, iron and copper. We are in reality... glorified dirt-clods. There is a little bit of every element in the human body just as there is on the planet. As time has gone by we have completely shifted from all the goodness Mother Nature provides in abundance to a packaged, sanitized, toxic, chemical world of convenience and perpetual shelf life. We have altered our natural being. The tomato your grandmother grew in her garden has about 400 times the nutritional value of the grapefruit sized, pesticide laden super tomato you see in stores today. This of course is just one example of how far we have distanced ourselves from the goodness Mother Nature sets in front of you daily. If you swim in the ocean you will absorb Mother Natures perfect PH balanced water. If you sit in the sun for a few minutes each day you will get the plethora of benefits she has to offer on a daily basis. If you drink her pure spring water you will get the life enhancing qualities that is in that water. If you breath her fresh clean air you will reap huge rewards. I know I sound like some tie die wearing hippie but give me a minute and open your mind and let me see if I can at the very least convince you to make a switch. Hey, look at the good news. Any of these things listed below are a lot easier than running 10 miles a day right? Let's go from sluggish to sleek, from toxic to pure, from tired to alive, from 'I'll start tomorrow' to 'I'll start today'. Let's take a few critical simple baby steps and change your life and the way you view your body. Let's change your entire perception and outlook on your role in this world. Let's step back and think rather than accept what is put in front of us. Let's change. The healthy and sleek body you are seeking is begging to come out. Your natural genetic make-up is craving health. Your body machine is the most amazing machine the world has ever seen. Give it a break. Let's begin to, at the very least, embrace a few new ideas and concepts of how you fuel and take care of your machine.
THINGS TO PUT IN YOUR BODY

Below is a short list of wonderful health enhancing foods. The reason you don't see the majority of these items on the store shelves is because, for the most part, giant corporations can't find a way to make money off them. Can't really bottle the sun right? Mother Nature is not for sale and her powerful gifts are free to those who choose to seek them.

I encourage you to do your own research on the things listed below, my goal is to point you in the right direction and get you started on a new path of discovery. The list below is a short but significant list to get you started. These are easy, cheap and painless baby steps. Losing weight and getting healthy is really a series of getting rid of the bad and replacing it with the good.

The list below is the 1% club. These are the little baby steps you can do that are harmless and will reap huge rewards towards a healthy body. I want to touch on what I feel are the biggest bang for the buck foods. Densely packed nutritional powerhouses that can change your life. For a lot of readers these may seem 'far out' or 'crazy' but I guarantee you one thing, OK -two things: They will not kill you and I'm betting you will notice differences in a very short order.

These are, in my opinion life-changing foods that can have tremendous effects on your health, especially if you have been eating badly your whole life. These super duper foods can recharge a sluggish body and put you on the right track in quick order.
WHEATGRASS

Wheat-grass is a live food. In other words, you consume it fresh. The importance and benefits of live foods is something most people have never even considered. The health benefits are truly astounding, so astounding that live foods can *and have* healed cancers and disease. Live foods must be incorporated into your newly found healthy lifestyle and one of the best places to start is with wheat-grass. Some of the astounding health benefits of wheat grass are:

- Increase of red blood-cell count, cleansing of the blood, organs and gastrointestinal tract of debris.

- Wheat grass also stimulates the metabolism and the body’s enzyme systems by enriching the blood. It also aids in reducing blood pressure by dilating the blood pathways throughout the body. Restores alkalinity to the blood. The juice’s abundance of alkaline minerals helps reduce over-acidity in the blood that is very common particularly in sugar laden western diets.

- Wheat grass is a powerful detoxifier and liver cleanser. The enzymes and amino acids found in wheat-grass can protect us from carcinogens like no other food or medicine. It can actually strengthen our cells and detoxify the bloodstream. Wheat grass also has the unique ability to chemically neutralizes environmental pollutants.

- Recent studies show that wheat-grass juice has a powerful ability to fight tumors without the usual toxicity of drugs that also inhibit cell-destroying agents.

- Contains beneficial enzymes that help in the digestion of foods which in turn can increase weight loss.
Neutralizes toxic substances like cadmium, nicotine, strontium, mercury, and polyvinyl chloride. These are the toxins we are bombarded with daily, wheat-grass is one of the few compounds that have the ability to 'grab onto' these toxins and pull them from the body.

Offers the benefits of a liquid oxygen transfusion since the juice contains liquid oxygen. Oxygen is vital to many body processes: it stimulates digestion and protects the blood against anaerobic bacteria. Cancer cells cannot exist in the presence of oxygen. As I mentioned earlier, certain live foods can actually battle and beat cancer cells.

These are a few of the major benefits of wheat-grass. It is easy to grow and adds life to your house. You can order raw wheat-grass seeds online, type in wheat-grass and you will find several videos on how to grow it right in your house. You can purchase a juicer or simply cut the blades, add some water and put them in the blender and strain. I use a bit of honey and strain the liquid into a glass, presto ...as good as it gets. Nothing is healthier than live foods yet we rarely if ever get them. You can go to places like Jamba Juice and get shots of wheat grass or, like me you can grow it yourself and press it fresh at home. If you have kids around they love to water and cut the grass, great family project and it gets the kids on the right track early. Check it out online, there are many 'in home' kits.
GREEN TEA

Tea’s health benefits are largely due to its high content of flavonoids, plant-derived compounds that are antioxidants. Green tea is one of the best food sources of a group called catechins. Catechins are powerful in stopping oxidative damage to cells and appear to have other powerful disease-fighting properties. Studies have found an association between consuming green tea and a reduced risk for several cancers, including skin, breast, lung, colon, esophageal, and bladder. This is one of the easy baby steps. What could be easier than incorporating a glass of green tea with a dab of raw honey and a clove daily?

As mentioned above green tea is loaded with powerful polyphenols like flavonoids and catechins. These are complete and significant antioxidants. They can reduce the formation of free radicals in the body, protecting cells and molecules from damage. These free radicals are known to play a role in aging and all sorts of diseases. One of the more powerful compounds in green tea is the antioxidant (EGCG), which may be one of the main reasons green tea has such powerful medicinal properties. Try to choose a higher quality brand of green tea, because some of the lower quality brands can contain excessive levels of fluoride. This is one of those things that truly should be organic, the cost is rather insignificant compared to the rewards.

Generally the large well known companies should be avoided when buying green tea. Green tea has been shown to increase fat burning and boost the metabolic rate, in human controlled trials. In one study of 10 healthy men, green tea increased energy expenditure by 4%. One study showed that fat oxidation was increased by 17%, indicating that green tea may selectively increase the burning of fat. In one controlled trial study in 240 men and women that went on for 12 weeks. In this study, the green tea group had significant decreases in body fat percentage, body weight, waist circumference and abdominal fat.
GREEN TEA AND CANCER

Cancer is caused by uncontrolled growth of cells. It is one of the world’s leading causes of death. It is well known that oxidative damage contributes to the development of cancer and that antioxidants can have a protective effect. Studies found that women who drank the most green tea had a 22% lower risk of developing breast cancer, the most common cancer in women. Furthermore in another study men drinking green tea had a 48% lower risk of developing prostate cancer, which is the most common cancer in men. Furthermore, a study of 69,710 Chinese women found that green tea drinkers had a 57% lower risk of colorectal cancer. Multiple other observational studies show that green tea drinkers are significantly less likely to get various types of cancer.

The catechins in green tea have other biological effects as well. Streptococcus mutans is the primary harmful bacteria in the mouth. It causes plaque formation and is a leading contributor to cavities and tooth decay. Studies show that the catechins in green tea can inhibit the growth of streptococcus mutans.

Green Tea And Cardiovascular Disease.

Cardiovascular diseases, including heart disease and stroke, are the biggest causes of death in the world. Green tea has been shown to dramatically increases the antioxidant capability of the blood, which protects the LDL cholesterol particles from oxidation. Given the beneficial effects on risk factors, it is not surprising to see that green tea drinkers have up to a 31% lower risk of cardiovascular disease. My personal ritual with green tea is to buy a quality loose tea, boil some spring water, add a cinnamon stick which I chew on afterwards when it’s soft, throw in a clove seed and presto...the perfect cup of tea. I also, always drink from glass rather than plastic which can leach BPAs when heated.

SUPER TEA

This just landed on my radar in the last few months and is worth taking a good look at: Matcha Tea.
Matcha Green Tea has been consumed for hundreds of years by Buddhist Monks, Samurai Warriors, and millions of the Japanese population. The green tea leaf is world renowned for its weight loss benefits, antioxidant content and energy boosting properties. Matcha Green Tea is a fine powdered form of shade grown green tea leaves. This means you consume the entire leaf and your body can benefit from all of its nutritional properties. 1 cup of Matcha Green Tea contains 10 times the antioxidants of regular green tea!

As we have discussed earlier in the book, antioxidants are naturally occurring chemicals in foods that help your body fight diseases, prevent aging, and ensure your body is operating at its peak potential. When it comes to actual antioxidant content, Matcha Green Tea cannot be beat. It is very near the top of the ORAC Scale.

A study in the American Journal of Clinical Nutrition demonstrated that Matcha Green Tea extract has unique thermogenic properties that promote increased fat oxidation. The study found that consuming Matcha Green Tea increased thermogenesis (the rate your body burns calories) from 10% to 40% of daily energy use. Another medical study determined that drinking a cup of Matcha Green Tea before physical activity resulted in 25% more fat burning during the activity. Due to its unique weight loss properties, Matcha Green Tea gently boosts your metabolism and burns fat without any negative side-effects to your body. There is no increased blood pressure or increased heart rate. Matcha Green Tea is a safe, natural alternative to questionable weight loss products. Every serving of Matcha Green Tea contains between 30mg - 40mg of caffeine. Even though this is much less than a cup of coffee that contains up to 200mg of caffeine, matcha drinkers will experience an extended, clean boost of energy. Historians report that Samurai Warriors often drank Matcha Green Tea before entering battle. They enjoyed the energy boost and increased physical endurance it provided. A recent University study determined that drinking Matcha Green Tea can improve your physical endurance by up to 24%.

Matcha is rich in L-Theanine, a rare amino acid that promotes a state of well-being, alertness, and relaxation. Matcha Green Tea was originally introduced in Japan to help with medication practices. During long hours of sitting and intense meditation, Zen Buddhist monks would drink matcha to remain alert and focused, yet calm and relaxed.
L-Theanine is common in all tea, but Matcha Green Tea has 5 times more than any other black or green tea. L-Theanine also completely eliminates the unwanted side-effects of caffeine which is a natural component of green tea. L-Theanine is known to extend the energy brought on by small amounts of caffeine, and promote concentration and focus all without the nervous energy found in coffee or other energy drinks. Matcha Green Tea contains many different types of antioxidants. There is a unique, potent set of antioxidants known as catechins that aren't regularly found in other foods. University studies shows it slows the growth of deadly cancer cells, and can even help prevent them from forming in the first place.

A study conducted at the University of Colorado in 2003 confirmed that drinking 1 cup of Matcha Green Tea has 137 times the amount of EGCg compared to a conventional cup of green tea! This is powerful indeed. EGCg and other catechins found in Matcha Green Tea also fight free radicals throughout your body that can result in cellular and DNA damage that is hard to reverse. Over 60% of the catechins found in Matcha Green Tea are of the EGCg variety.

This should be incorporated as yet another simple baby step in your quest for true cellular health. Get some today and make sure you consume at least one glass daily as a new way of life, especially before workouts. Have some in the fridge in a glass container and take a few swigs before your power walk or workout, maximize the benefits of your workout by increasing the fat burning potential. You're going to sweat and groan anyway right? Might as well get the most from it. Good stuff.

**Personal Tip:**

_in the morning brew up some spring water in a non aluminum or non Teflon coated tea pot, add some Matcha Tea, a dab of honey, throw in a stick of cinnamon and a drop of clove oil. In my opinion this is just about the healthiest concoction known and it tastes great. This is a mega powerhouse anti oxidant drink. Be sure to never use plastic cups when you use hot water, use glass. Any way you can incorporate clove oil into your diet, do it._
Cocoa is one of nature’s many miracles, and it is in fact considered a super food all on its own. Cocoa makes other so-called super-fruits pale in comparison. It can be ranked at the top when it comes to health benefits. I believe that after water, cocoa is the healthiest known substance you can put into your body on a continual daily basis. Over the years a steady stream of science has emerged that shows that cocoa possesses extraordinary life-imbuing and disease fighting properties. Most notably, cocoa demonstrates significant benefits for the cardiovascular system, helping to reduce the risk of heart attack and stroke, reduce the risk of high blood pressure, and even reduce the risk of cancer. Cocoa contains over 700 known compounds and for all we know there may be many more that remain yet to be discovered. Of particular interest to scientists are the antioxidant health compounds in cocoa.

Antioxidants are compounds that plants manufacture to prevent their own cells from premature destruction due to exposure to heat, light, air, moisture and time. In the human body, many of these compounds prevent reactive oxygen species (ROS) from destroying cells and causing premature aging and disease. Cocoa is especially rich in polyphenols, a group of protective antioxidant compounds found in many plant foods such as red wine and tea.

The polyphenols include anthocyanins, isoflavones, flavanones, flavanols, and flavones. Of special interest to health researchers are flavanols in cocoa, including flavan-3-ols, catechins, epicatechins and proanthocyanidins. These naturally-occurring substances not only protect the cells of our bodies from premature destruction, but they also help to reduce the risk of deadly diseases.
Cardiovascular disease is a primary killer of adults. The polyphenols in cocoa are cardio-protective in two ways. They help to reduce the oxidation of low-density lipoproteins (LDL), or so-called ‘bad cholesterol.” Oxidation of LDL is considered a major factor in the promotion of coronary disease, most notably heart attack and stroke. Additionally, polyphenols inhibit blood platelets from clumping together. By inhibiting this clumping, polyphenols reduce the risk of atherosclerosis. Since atherosclerosis is a major killer of American adults, the protection provided by the polyphenols in cocoa is of real value. Of all foods known, cocoa has the highest antioxidant polyphenol content and provides the greatest cardio-protection. In fact, no heart drug, of any kind even comes close to imparting the heart benefits of cocoa. Mother Nature at work again.

Another dimension of the benefits of cocoa and chocolate consumption in general concerns mood. Cocoa is rich in agents that enhance the production of various feel-good chemicals in the brain, notably serotonin and dopamine. This means that cocoa possesses anti-depressant, mood-elevating properties. See, I told you there was good news here. Cocoa is a complex cocktail, whose compounds come at the brain in a thousand ways.

Of the mood-modifying compounds in cocoa, one is PEA, or phenethylamine. This chemical, which occurs in chocolate in small quantities, stimulates the nervous system and triggers the release of pleasurable opium-like compounds known as endorphins. It also potentiates the activity of dopamine, a neurochemical directly associated with sexual arousal and pleasure. The giddy, restless feelings that occur when we are in love are at least partly due to PEA, the same feeling my uncle has when the turkey is brought out at thanksgiving.

Cocoa is responsible for increasing brain levels of serotonin, the so-called feel-good brain chemical. For this reason cocoa provides a highly desirable mood boost to women during PMS. In fact, women are consistently more sensitive to cocoa than men. Now, this does not mean go out and snort a giant bag of Hersheys kisses however, dark chocolate on a daily basis is beneficial. Milk chocolate is loaded with sugars and oils that are detrimental to the body.

My daily cocoa fix usually consists of a glass full of cocoa powder in some rice milk. It's truly the nectar of the Gods, taste great and my body is absorbing all the powerful effects while I sleep. The darker the better, 60% or better.
Personal Tip:

At night before bedtime brew up some rice milk and add a heaping tablespoon of pure cocoa powder.

My wife is a light eater. As soon as it's light, she starts to eat. ~ Henny Youngman

CINNAMON

Cinnamon falls under the "to good to be true category", but it's true. How can something that tastes so good be so good for you? This spice was, at one time as valuable as gold, literally. Spice traders would match ounce for ounce gold and cinnamon. The health benefits are far more valuable than gold. I want to touch on a few of the top benefits of this wonder spice and its ability to not only increase health benefits but its unique ability to help in the battle of the bulge.

Cinnamon Boosts Metabolism Rate.

There has been significant research that suggests that cinnamon burns calories by boosting the metabolism. As soon as a person consumes cinnamon the metabolism rate increases. This alone is of course not the holy grail in weight loss but it certainly adds to the process.
Why we think cinnamon might work as a weight loss aid.

As your body consumes excess sugar, the liver converts this sugar into fatty acids or fat. Cinnamon has the ability to increase your blood sugar metabolism meaning it breaks down sugar for absorption into the body as energy. That might mean less fatty acids are produced for your body to store. A substance called insulin is what helps the body absorb the sugar that is in the blood stream. Cinnamon has been found to have an insulin like effect. But for those with normal insulin function, cinnamon maybe be metabolizing sugar even more efficiently and therefore making you less susceptible to over eating. Several studies have found that cinnamon has properties that help those with insulin resistance. Ceylon cinnamon is particularly popular because it has low levels of Coumarin. Cinnamon helps us to metabolize sugar in a better way. This prevents the body storing extra fat and help us to loss weight quicker. Another important cinnamon benefit is that it stops most food cravings and binge eating. In my opining this is the one of the important cinnamon weight loss benefits. It gives you control over your actions and helps prevent overeating. Cinnamon has shown an amazing ability to stop medication resistant yeast infections. This applies to Escherichia coli bacteria and Candida albicans fungus. Cinnamon Oil was one of three leading essential oils effective against Candida. Real Ceylon Cinnamon Tea infused with cinnamon bark oil could be an excellent way to fight internal Candida infections and boost your immune system. As a digestive, cinnamon dramatically reduces the uncomfortable feelings associated with IBS especially the bloating. It does this by killing bacteria and healing infections in the GI tract and enabling the gastric juices to work normally. Cinnamon oil is a promising solution in the treatment of Tumors, Gastric Cancers and Melanomas. Studies show that sugar maybe causing or sustaining cancer cells and cinnamon may have a mitigating effect by controlling blood sugar levels in the body. Another study found good results with leukemia and lymphoma cancer cells. Cinnamon in its various forms has two chemical constituents called Cinnamaldehyde and Eugenol (From Cinnamon Oil). These have been used to develop nutraceuticals that have proven fairly effective in fighting Human Colon Cancer Cells (Eugenol) and Human hepatoma cells (Cinnamaldehyde). So the evidence seems to suggest that cinnamon is starving cancer cells of the sugar needed to sustain them.
With an ORAC value of 267,536 μmol TE/100g (USDA 2007) cinnamon is one of the top seven anti-oxidants in the world. Consider anti-oxidants as good for your whole body, repairing damage to virtually all parts of your body from skin to organs.

Cinnamon For Weight Loss

If you would like to try Cinnamon for weight loss, then make sure you take ceylon cinnamon which has low Coumarin levels. Cassia cinnamon is acceptable for occasional consumption but if you are taking Cinnamon on a daily basis ceylon cinnamon is the better choice. Besides ceylon cinnamon tastes very mild, is slightly sweeter (zero sugar) and has a wonderful aroma. You should not take more than 6g of cinnamon per day. Try this for about 5 weeks then stop for 1 week and then start again. This seems like a safer approach and you will not get sick of taking cinnamon. More importantly it will prevent any toxic build up. If you take anything too much however good it is for you there will be toxic build up. So pace yourself.

The anti-bacterial properties of cinnamon play a crucial role in getting rid of harmful bacteria without damaging your teeth or gums. It’s one of the reasons that cinnamon oil is often used in chewing gums, mouthwashes, toothpaste and breath mints. An Israeli study done at the University of Tel Aviv found sufficient evidence to conclude that cinnamon can delay the effects of five aggressive strains of Alzheimer's inducing genes. The latest finding indicate that two compounds found in cinnamon — cinnamaldehyde and epicatechin may be effective in fighting Alzheimer's. If this is a concern of yours I suggest you look into the study.

I order 6" cinnamon sticks from bulkfoods.com and try to munch on one a day for a week, then a week off. If you place the stick in a glass of water for an hour or so, it gets soft and easy to chew. Try to use cinnamon powder daily if you can’t get the sticks. Cinnamon is an easy, inexpensive and wonderful baby step towards a healthier lifestyle.

Food is like sex: when you abstain, even the worst stuff begins to look good.

~Beth McCollister
COCONUT OIL

Conventional thought used to consider fats like coconut oil to be unhealthy and contribute to heart disease. We now know that this isn’t true. In fact, coconut oil is actually a heart-healthy food that can keep your body running smoother in a variety of ways. The intake of coconut oil can help our bodies battle both viruses and bacteria that can cause illness. Even more, it also helps to fight off yeast, fungus and candida. Coconut oil can boost thyroid function that helps to increase metabolism, energy and endurance. It increases digestion and helps to absorb fat-soluble vitamins. Coconut oil is a very simple baby step towards health and a smaller waist line. Coconut oil contains a saturated fat called lauric acid. It has been shown that lauric acid increases the good HDL cholesterol in the blood to help improve proper cholesterol ratio levels. Coconut oil lowers cholesterol by promoting its conversion to pregnenolone, a molecule that is a precursor to many of the hormones our bodies need. When the thyroid does not function optimally, it can contribute to higher levels of bad cholesterol.

Now for some real good news...coconut fats have special fats called medium chain triglycerides (MCTs). It has been shown that breaking down these types of healthy fats in the liver leads to efficient burning of energy. One study found that women who consumed 30 milliliters (about 2 tablespoons) of coconut oil daily for 12 weeks not only did not gain more weight, but actually had lowered amounts of abdominal fat, a type of fat that is particularly difficult to lose, and is a big contributor to heart problems.
One study examined the effect of medium-chain fatty acids on metabolism. Participants' metabolisms were evaluated before and after a meal rich in these fats. On average, metabolism increased by 48 percent. In obese individuals, the increase was as high as an astounding 65 percent. Studies have shown this thermogenic effect can last for 24 hours. A study published in the *American Journal of Clinical Nutrition* reported that medium-chain fatty acids were three times more effective at raising the metabolism than long-chain fatty acids. Researchers concluded that replacing long-chain fatty acids with medium-chain fatty acids was an effective method for weight loss.

*A few other benefits:*

Coconut oil slows down the digestion of food, which helps you feel fuller after a meal.

Because it slows digestion, coconut oil also helps prevent blood sugar fluctuations after a meal by slowing the rate carbohydrates are broken down into blood glucose.

The medium-chain fatty acids in coconut oil help to destroy candida, a condition of yeast overgrowth in the body which triggers symptoms of weight gain, carbohydrate cravings, fatigue and many others. Eliminating candida is an important part of achieving permanent weight loss and increasing proper absorption of nutrients. I suggest that the first thing you do before anything else is go the health food store and get a candida cleanse kit.

-Coconut oil is excellent for detoxification. It cleanses the body, balances the digestive tract and nourishes all cells in the body. These benefits restore your health and pave the way for natural weight loss. Get healthy first and the weight will naturally disappear.
Tips for Using Coconut Oil:

Start small. If you've never taken coconut oil before, start with one teaspoon a day and slowly work up to maybe 2 a day max. The kind of coconut oil you choose is very important. Organic, unrefined extra virgin coconut oil is the best choice since it preserves all the natural goodness of the oil. I have a jar on the counter and take about a half teaspoon 3-4 times a day. It's important to keep the oil in your body so, smaller more frequent doses is a better way. A typical jar should last about 2 months or more. This is a very cheap and effective baby step.

DIATOMACEOUS EARTH

Most people have probably never heard of this microscopic gem. Diatomaceous earth is made from the fossilized remains of tiny, aquatic organisms called diatoms. Their skeletons are made of a natural substance called silica. Over millions of years diatoms accumulated in the sediment of rivers, streams, lakes, and oceans. There is no life without Silica! Silica plays an important role in many body functions and has a direct relationship to mineral absorption. The average human body holds approximately seven precious grams of silica.
How Diatomaceous Earth Works in the body.

When diatomaceous earth is taken into the body it starts working in a variety of different ways. As it moves through the stomach and digestive tract, it attracts and absorbs bacteria, fungi, protozoa, viruses, endotoxins, pesticide and drug residues, E-Coli, and heavy metals. These toxins are absorbed and passed out of the body. In addition, any larger parasites that happen to be in the stomach or digestive tract are killed by the DE. All of these activities result in a much healthier body with less sickness.

Diatomaceous Earth is very hard. On the hardness scale where diamonds are a 9, DE is a 7. This is very important, because as those millions of tiny hard DE cylinders pass through the small and large intestines, they "scrub" the walls. After only a few months of taking DE the intestine wall is no longer coated with mucus and bacteria laden molds but CLEAN!! My mantra regarding health is “get it out”. Get the toxins out of your body and stop putting new toxins in. The main advantages towards getting it out are: Regular bowel movements. You should be going 4 times a day. It takes food about 5 hours to pass through your body from the time you eat it. If you keep that waste stored in your body it becomes toxic and yet another 'thing' your body must deal with.

Healthier Colon

This is especially important as we get older. A clean healthy colon keeps away polyps, cancers, and ulcers. Today, many people are spending thousands of dollars to get colonics to do the same thing as DE does. With a coated colon many nutrients never get absorbed. After your colon is clean you need to start consuming top ORAC foods so they can be absorbed. Good circle to be in - better nutrition, higher absorption. My guess is this two sided combination alone should make a noticeable difference in your energy and sleep patterns. Your body is at the beginning stages of running as it was designed, clear of years of toxic buildup.

As you begin to absorb the DE small amounts of Diatomaceous Earth get absorbed into the blood stream as silica. One of the benefits of Silica is that it helps to destroy bad fats. You can expect your cholesterol levels to drop significantly. Of course drug companies don't want you to know this because you will stop buying their cholesterol drugs, but once again...Mother Nature to the rescue.
The benefits of silica are many. The problem in absorbing silica is that in our foods today there is very little silica and what is there is easily destroyed when frozen or cooked. Chances are you are, like many others drastically lacking proper silica in your body.

The intake of silica through DE can help you in many ways. Here are a few other benefits of silica:

Silica lowers bad cholesterol and raises good.

Silica fades age spots from the inside out.

Silica stimulates metabolism for higher energy levels.

DE has a negative charge and bacteria have a positive charge. It is believed that it sweeps bacteria out of the body by trapping it in its honeycomb shaped skeletal form.

Silica supplementation helps repair and maintain vital lung tissues and protects them from pollution. By maintaining or restoring the elasticity of lung tissues, silica reduces inflammation in bronchitis.

It acts as a cough decreasing agent. Silica tones the upper respiratory tract (nose, pharynx, larynx) and reduces swelling because of its positive action on the lymphatic system.

Cancer can not survive in cells that have the correct levels of Silica.

Silica can help prevent kidney stones and heal infections of the urinary tract. It is a natural diuretic which can increase excretion of urine by 30 percent, thus flushing the water-excreting system and restoring normal function to these vital organs.

The presence of sufficient silica in the intestines will reduce inflammation of the intestinal tract. It can cause disinfection in the case of stomach and intestinal mucus and ulcers. Silica can prevent or clear up diarrhea and its opposite, constipation.

Silica proves effective with female discharge, abscesses and ulcers in the genital area and cervix, as well as mastitis (especially for breast feeding mothers).
The intake of silica acts as a supportive treatment for inflammation of the middle ear. Because of the beneficial effectiveness on the lymphatic system, silica can be used for swelling of the lymph nodes in the throat.

Silica can normalize circulation and regulate high blood pressure (hypertension).
Silica can decrease vertigo, headache, tinnitus (buzzing of the ears) and insomnia.

Silica can help diabetes by promoting synthesis of elastase inhibitor by the pancreas.

Silica can help arterial disease by strengthening the blood vessels. Studies confirm that with age, silica disappears from the aorta, the heart’s key blood vessel thus weakening its critical connective tissue and resulting in a greater cardiac risk.

By improving the elasticity of the joints, silica helps rheumatism.

Silica can help avoiding or alleviating Alzheimers disease by preventing the body from absorbing aluminum and may flush out aluminum from the tissues. Silica can stimulate the immune system.

I have a jar of DE on my counter and will take a flat teaspoon once a day 2-3 times per week. I generally take it with water but you can take it with a juice and you won't notice any taste at all. As with all my supplements I generally take nothing on Sundays. I just flush with spring water and let my body purge everything that has potentially built up during the week. Just go online and type in 'food grade diatomaceous earth'. There are several places to get it. You can purchase a 2 year supply for about $20. How’s that for money well spent?
NUTRITIONAL YEAST

Nutritional yeast is a wonderful, easy supplement for your diet. It's one of those inexpensive, highly nutritional supplements readily available.
Nutritional yeast is a complete protein, meaning that among the 18 amino acids it contains, nine are essential ones that your body cannot produce. Nutritional yeast also provides the compounds beta-1,3 glucan, trehalose, mannan and glutathione, which are associated with enhanced immunity, reduced cholesterol levels and cancer prevention. You get a significant dose of the minerals iron, selenium and zinc when you consume nutritional yeast as well and one serving of nutritional yeast provides about four grams of fiber.
Nutritional yeast is a source of B vitamins, including thiamine, folate, B-6 and niacin. Just a half tablespoon will provide you with a day’s worth of B vitamins. These vitamins help you extract the energy from food and produce red blood cells.
Nutritional yeast is a plant-based source of protein, making it a staple in many vegan kitchens.
Nutritional yeast also contains little sodium and fat. It's also gluten-free, so people who must avoid this protein found in wheat products can enjoy it. Additionally, nutritional yeast lacks Candida albicans, the type of yeast that aggravates the fungal infection known as candidiasis. It's free of dairy and soy as well.

While brewer’s, baker’s and nutritional yeasts are technically made from the same species of yeast, they are actually different products with different effects on the body.

- **Baker’s yeast:** Baker’s yeast is purchased alive and used to leaven bread. The yeast is killed during cooking but adds an earthy, yeasty flavor to bread.
- **Brewer’s yeast:** Brewer’s yeast is alive and is used to brew beer. The dead yeast cells leftover from the brewing process can be consumed as a nutritional supplement but have a very bitter taste.
- **Nutritional yeast:** This yeast is grown specifically to be used as a food product. The yeast cells are killed during manufacturing and not alive in the final product. It is used in cooking and has a cheesy, nutty or savory flavor.

To produce nutritional yeast, S. CEREVISIAE cells are grown for several days on a sugar-rich medium like molasses.
The yeast is then deactivated with heat, harvested, washed, dried, crumbled and packaged for distribution. Usually stores will carry only fortified nutritional yeast which is the type you want. This type contains synthetic vitamins added during the manufacturing process to boost nutrient content.

Nutritional yeast is sold as flakes, granules or powder and can be found in the spice section or bulk bins of health food stores. It is naturally low in sodium and calories, as well as fat-free, sugar-free, gluten-free and vegan.

Nutritional yeast also contains anti-viral and antibacterial properties which combined with the vitamin profile makes it a unique superfood and therefore can be useful for the following indications:

1) Candida infection
2) Chronic acne
3) Loss of appetite
4) Diarrhea
5) Immune system stimulation

Good news for athletes

In 2013, research published in the British Journal of Nutrition confirmed that nutritional yeast may boost post-exercise immunity. Athletes who ate three-quarters of a teaspoon of a type of fiber found in nutritional yeast per day ended up having higher amounts of circulating monocytes two hours after intense exercise. Researchers tested the nutritional-yeast fiber on marathon runners. Compared to placebo, the runners who ate the fiber cut in half the number of days they were sick over the following two plus weeks after the race. As reported by Dr. Michael Greger: "Those runners who were taking the equivalent of a daily spoonful of nutritional yeast cut their rates of infection in half. And they felt better, too. They were asked how they felt on a scale of one to ten. People taking the sugar pills were okay, down around four or five, but those taking identical looking capsules of the fiber found in nutritional yeast were up at six or seven."
Nutritional yeast is also a high-quality source of protein (71 percent by weight) that is easily digested. As explained by Kimberly Snyder, C.N., "Yeast is a single celled microorganism that feeds off sugar." She continued:

"It needs the same vitamins and amino acids that we humans do, yet because nutritional yeast is grown on sugary foods lacking in some nutrients, the yeast is forced to manufacture its own amino acids and vitamins through biochemical reactions.

Nutritional yeast is unique in that it is truly a protein-rich food, low in fat and carbohydrates, and very easily digested. Getting another 5-10 grams per day through nutritional yeast can be excellent — especially if you're active or trying to build strength or muscle."

I get mine in the bulk bins at the local store. I usually take about two rounded teaspoons daily. It is a great superfood that should be in your cabinet right away. Yet another simple baby step to cellular health.

**Personal Tip:**

*I have a cabinet that I use exclusively for my supplements. I open it several times a day and inside is nothing but my supplements. I suggest you find a space and fill it only with the good stuff.*
Sun is life.

Without it we would be sick and die.

Remember when you were a kid on the beach and your mom would slather about a gallon of sunscreen all over you and then cake the thick white titanium dioxide on your nose just to make sure every other kid laughed at you for the rest of the day? Well, mom had good intentions no question but believe it or not all those chemicals are still in your body. Sunscreen has got to be one of the worst things you can put on your body and to top it off we slap it on when we are perspiring and absorbing it through our skin without any benefit of protection that we get when we consume through our mouth.

As discussed earlier, when was the last time you heard of someone in Africa living on the equator getting skin cancer? Ya, me neither. How can that be? How can an entire population of people living in sun baked environments have virtually no skin cancer and those of us in much more temperate environments have thousands of cases per year? Even in your grandparents generation how often did you hear of anyone with skin cancer? They were using natural oils or nothing at all. My contention and research has led me to believe that the cancers we have in today’s world are due in a large part to the chemicals we put on our skin. Ultra Violet light is just one frequency of light; there are eight others - infrared, and the seven spectrum’s of visible light. Like many things, we are just beginning to understand the true power of Mother Nature and just what she can do for us if we let her. My basic contention for a healthy life is the closer to nature we can be, the better health we will have.
Here are a few proven benefits of getting a moderate amount of sun exposure:

The sun's light kills bad bacteria.

Sunlight has a beneficial effect on skin disorders, such as psoriasis, acne, eczema and fungal infections of the skin.

Sunlight lowers cholesterol. The sun converts high cholesterol in the blood into steroid hormones and the sex hormones we need for reproduction. In the absence of sunlight, the opposite happens; substances convert to cholesterol.

The sun's rays lower blood pressure. Even a single exposure significantly lowers blood pressure in individuals with high blood pressure. On the other hand, pharmaceutical drugs such as Statins have side effects, such as robbing the body of Coenzyme Q10. CoQ10 is essential for cellular and heart energy.

Sunlight penetrates deep into the skin to cleanse the blood and blood vessels. Medical literature published in Europe showed that people with atherosclerosis (hardened arteries) improved with sun exposure. Sunlight increases oxygen content in human blood. It also enhances the body's capacity to deliver oxygen to the tissues; very similar to the effects of exercise. The sun has a great effect on stamina, fitness and muscular development.

Sunlight builds the immune system. White blood cells increase with sun exposure. These cells are called lymphocytes, and they play a major role in defending the body against infections. Sunlight can cure depression. The noon sunshine can deliver 100,000 lux. When we sit in offices for the best part of the day, out of the sun, under neon and artificial lights (150-600 lux), we are depriving ourselves of the illumination of nature. Sunlight deprivation can cause a condition called seasonal affective disorder (SAD), a form of depression. It is more common in winter months, but also common in people who work long hours in office buildings.

Exposure to the sun should be done SLOWLY! If you are not used to the sun, then your skin will be more sensitive to it. Avoid sunburn by building up your tolerance SLOWLY. Talk about an easy baby step towards better health...this is it.
It's free, it's abundant and Mother Nature will always have enough for everyone (Unless of course you live in the Northwest during the winter....ughh). Nothing better than a glass of green tea while watching the sun set.

*Personal tip:*

Make some time each day to just sit in a quiet place and absorb the sun on your face and body. This can be anywhere from 5 to 20 minutes depending on the intensity of the sun. Relax and think good thoughts. Breath in deep and hold it for two seconds then slowly release. 5 seconds breathing in, 2 seconds hold and release. Do that 5 times while absorbing the goodness of the sun.

**BENTONITE CLAY**

Who would have ever guessed that the dirt clods you were eating as a kid (at least I was) could be so healthy. It's true. I know for a lot of people this may be a hard one to swallow and it borders in the fringe of acceptability and this is where you think I've really lost my mind but...we need to take a close look at dirt, well not dirt as we know it but rather Bentonite Clay.

In my continual preaching of 'getting closer to earth' this is about as close as you can get and the health benefits are significant. As I mentioned earlier, the world we live in today is in reality a giant toxic bubble. On average a person living in the world today can expect to come in contact with thousands of toxic chemicals everyday! Day after day, year after year we are bombarded with a plethora of man-made chemicals in our air, water, food, cosmetics, medicines, cars, houses etc.... it's everywhere and it's getting worse. In your quest for true cellular health, getting these toxins out of your body is critical. Bentonite clay is a perfect detoxifying agent with remarkable health benefits. A healthy cell by design must be able to excrete waste material on a consistent basis. When toxins build up faster than they can be eliminated, it causes major problems in the body. This is particularly prevalent in western cultures. Many symptoms of toxic bio accumulation include, dizziness, headaches, sluggishness, chronic fatigue, trouble sleeping, skin problems, hormone issues, digestive problems and even cancers.
THE HISTORY OF CLAY CONSUMPTION

Clay and dirt are substances that have been used for thousands of years by indigenous people around the world, including our ancient ancestors. To this day approximately 200 cultures consume dirt/clay in their diets. In Europe, it is widely used to aid digestion and for anti-aging benefits. Bentonite clay alkalizes and detoxifies the body. Bentonite clay provides a great medium as a detoxification treatment, because it is safe and highly effective. Clay has an alkaline pH and high negative ionic charge that act as powerful antioxidants. These attributes allow clay to help alkalize the body and pull toxic pathogens and environmental toxins out of the body cleanly.

Clay is a grouping of super charged minerals that are lying inert. They get their negative electromagnetic charge from the thermodynamic heat that created the clay millions of years ago. When combined with water, the clay gains strength and energizes the body when consumed. It also has the ability to adsorb an enormous amount of toxins as a sponge-like magnet and carry them out of the body. This could be one of the critical aspects of a long, cancer free life as we see in many clay eating cultures. Clay has a magnetic affinity for heavy metals, viruses and intestinal parasites among other things. The energy of the clay stimulates the revitalization and rebuilding of damaged cells and tissues.

The safety of using clay:

Bentonite clay is one of the safest, easiest and least expensive detoxifying substances available. It is noninvasive and causes no harm when used correctly. Many people notice a huge reduction in pain, irritation and inflammation upon using bentonite clay. Clay is extremely absorbent, so it draws toxic substances and swells to many times its size in water. Start with just $\frac{1}{2}$ tsp in water until you are able to effectively tolerate it. I do this once a week at bed time at least 1 hour after eating. Do not eat an hour before or an hour after drinking clay.

Do not use clay with any pharmaceutical or homeopathic therapies. The action of clay is inhibited by medication, and the clay can also adsorb the energies of the drug or homeopathic remedy. Clay should be ingested on an empty stomach at the beginning or end of the day. Drink plenty of water throughout the day to ensure you are getting the full benefits of the clay.
Pollen is the male seed of flowers. It is required for the fertilization of the plant. Bee pollen is approximately 40% protein. It is considered one of nature's most completely nourishing foods. It contains nearly all nutrients required by humans. About half of its protein is in the form of free amino acids that are ready to be used directly by the body. One of the most interesting facts about bee pollen is that it cannot be synthesized in a laboratory. Many thousands of chemical analyses of bee pollen have been made with the very latest diagnostic equipment, but there are still some elements present in bee pollen that science cannot identify. The bees add some mysterious "extra" of their own. These unidentifiable elements may very well be the reason bee pollen works so spectacularly against so many diverse conditions of ill health. However, even more important as far as humans are concerned, they are also responsible for the pollination of more than 80 percent of green growing things.

One teaspoon of pollen takes one bee working eight hours a day for one month to gather. Each bee pollen pellet contains over two million flower pollen grains and one teaspoonful contains over 2.5 billion grains of flower pollen. Bee pollen contains all the essential components of life. Because bee pollen contains all the nutrients needed to sustain life, it is being used on an ever-larger scale for human nourishment and health, it is a complete food. Bee-gathered pollens are rich in proteins, free amino acids, and vitamins, including B-complex and folic acid.
According to researchers at the Institute of Apiculture, Taranov, Russia:
"Honeybee pollen is the richest source of vitamins found in nature in a single food. Even if bee pollen had none of its other vital ingredients, its content of rutin alone would justify taking at least a teaspoon daily, if for no other reason than strengthening the capillaries. Pollen is extremely rich in rutin and may have the highest content of any source, plus it provides a high content of the nucleics RNA [ribonucleic acid] and DNA [deoxyribonucleic acid]."

Bee pollen is richer in proteins than any animal source. It contains more amino acids than beef, eggs, or cheese of equal weight. When bee pollen is given to anemic patients, their levels of hemoglobin (oxygen-carrying red blood cells) increase considerably. There is new evidence that bee pollen in the diet acts to normalize cholesterol and triglyceride levels in the blood: upon the regular ingestion of bee pollen, a reduction of cholesterol and triglycerides was observed. High-density lipoproteins (HDL) increased, while low-density lipoproteins (LDL) decreased.

Bee pollen works wonders in a weight-control or weight-stabilization regimen by correcting a possible chemical imbalance in body metabolism that may be involved in either abnormal weight gain or loss. The normalizing and stabilizing effects of this perfect food from the bees are phenomenal. In weight-loss programs, bee pollen stimulates the metabolic processes. It speeds caloric burn by lighting and stoking the metabolic fires. Bee pollen is a low-calorie food. It contains only ninety calories per ounce. (An ounce is about two heaping tablespoons.) It offers 15 percent lecithin by volume. Lecithin is a substance that helps dissolve and flush fat from the body. This is one reason why bee pollen lowers low-density lipoproteins (LDL) faster than any other food while helping increase the helpful high-density lipoproteins (HDL).

By boosting the value of each nutrient present in the food you eat, bee pollen also eliminates cravings. Its natural phenylalanine content acts as an appetite suppressant. Phenylalanine is a natural amino acid that the body requires. It acts on your appestat, the control center that signals fullness and hunger.
Professors N. Mankovsky and D. G. Chebotarev, two Russian scientists, confirm honeybee pollen stimulates cell renewal. They say, "The rejuvenation of skin and body cells can be encouraged by the administration of the poly-vitamins, microelements, enzymes, hormones, and amino acids present in bee pollen. These nutrients are needed by the body to form new tissue." They go on to praise the properties of bee pollen, calling them "vital to a form of internal and external rejuvenation at the cellular level."

A spoonful at breakfast, preferably taken with a piece of fruit: the fruit fibers reinforce the activity of the fresh pollen. You'll be pleased to know that bee keepers are able to remove pollen from hives without harming the bees or disturbing their routine.

Nutrient breakdown of bee pollen.

• 30-40% protein by weight
• Fatty acids
• Vitamin C
• Iron
• Zinc
• Copper
• Magnesium

Ingestion produces allergic reactions in sensitive individuals. Attempts to hyposensitize patients by administering bee pollen may produce severe anaphylaxis and other acute or chronic responses. Although rare, bee pollen can cause serious, sometimes fatal, adverse reactions. Some case reports of acute hepatitis and photo-sensitivity following ingestion of bee pollen have been reported.
HIMALAYAN PINK SALT

Himalayan Pink Salt comes primarily from the mountains of Nepal and contains 84 natural occurring elements in their purest form. This is by far the purest salt available on earth and is absolutely uncontaminated with any toxins or pollutants. The classic table salt most of us use is comprised of two completely nutritionally void elements: Sodium and chloride...yummy.

In our quest to 'become closer to the earth' and live and breath in harmony with her rather than battle her and inevitably lose the battle, we can make simple changes, one of which is the salt on your table right now. Throw it out. The benefits of Himalayan Crystal salt compared to sea salt is...well, there is no comparison. Himalayan salt’s unique cellular structure allows its minerals to exist in a colloidal form, meaning that they are tiny enough for our cells to easily absorb. The Himalayan mountain range stretches across Asia passing through China, Nepal, Myanmar, Pakistan, Bhutan, Afghanistan, and India.

A couple of hundreds of millions of years ago when the world was pure and clean, crystallized sea salt beds deep within the Himalayans, were covered by lava. Aside from being kept it in a pristine environment that has been surrounded by snow and ice year round, the lava has protected the salt from modern-day pollution leading to the belief that Himalayan Pink salt is the purest salt to be found on earth. It is now hand-mined from the mountains and available throughout the world.
The health benefits of using natural Himalayan Crystal Salt may include:

• Controlling the water levels within the body, regulating them for proper functioning

• Promoting stable pH balance in the cells, including the brain.

• Encouraging blood sugar health

• Promoting cellular hydroelectric energy creation

• Promoting the increased absorption capacities of food elements within the intestinal tract

• Aiding vascular health

• Supporting healthy respiratory function

• Increasing bone strength

• Naturally promoting healthy sleep patterns

• Promotes kidney and gall bladder health when compared to common chemically-treated salt

AVOID TABLE SALT

Table salt is composed of 97.5% sodium chloride and 2.5% chemicals like iodine, absorbents and sugar. Yes...there is even sugar in salt. I told you it was in everything. The table and cooking salt found in most homes, restaurants, and processed foods is void of nutritional value, lacking beneficial trace minerals. Processing salt turns it into sodium chloride, an unnatural salt the human body actually sees as a toxic invader! The body cannot dispose of it in a natural, healthy way which can lead to irritation of the tissues, water retention and high blood pressure. Commercial refined salt is not only stripped of all its minerals except for sodium and chloride, but is also chemically cleaned, bleached and heated at unnecessary high temperatures. In addition, it is treated with anti-caking agents which prevent salt from mixing with water in the salt container. These agents also prevent dissolving within our system leading to build up and then deposit in organs and tissue,
causing health problems. Finally, the iodine that is added into salt is usually synthetic which is difficult for your body to process properly. Under U.S. law, up to 2% of table salt can be additives. This is probably one of the easiest baby steps you can take. They both taste the same yet one is a nutritional powerhouse and one is nutritionally void. You can now get Himalayan Crystal salt at almost any grocery store and certainly at any health food store.

**SPIRULINA**

This is yet another simple baby step towards true health.
Some of the benefits of Spirulina:

1. Spirulina is 65% protein and amino acids including the essential fatty acid gamma linolenic acid (GLA). It contains all essential amino acids. *

2. Spirulina contains Omega 3-, 6 and 9.

3. Spirulina is extremely high in Chlorophyll, which helps remove toxins from the blood and boost the immune system. This is critical to attaining true cellular health.

4. Spirulina has a very high concentration of bio-available iron and is excellent during pregnancy and for those with anemia.

5. Spirulina contains vitamins B-1 (thiamine), B-2 (riboflavin), B-3 (nicotinamide), B-6 (pyridoxine), B-9 (folic acid), vitamin C, vitamin D, vitamin A and vitamin E. It is also a source of potassium, calcium, chromium, copper, iron, magnesium, manganese, phosphorus, selenium, sodium and zinc.
It is one of the best single powerhouse superfoods and should be incorporated into your diet. Spirulina is also incredibly high in calcium with over 26 times the calcium in milk, making it excellent for children and the elderly.

Some research has suggested that Spirulina may be helpful in allergies and allergic reactions. Recent evidence suggests that it binds with radioactive isotopes and may be useful for radioactivity exposure or radiation therapy.

The protein in Spirulina is highly usable and has a net protein utilization rate of between 50-61%

Spirulina can bind with heavy metals in the body and help remove them. This, I feel is possibly the best reason for taking spirulina. There are very few elements in the natural world that can bind and eliminate heavy metals.

Spirulina can increase fat burning during exercise.

*People with a metabolic condition called phenylketonuria (PKU) should avoid taking spirulina. People with this rare condition cannot metabolize the amino acid phenylalanine. Spirulina is rich in all amino acids, including phenylalanine. If you have an autoimmune disease, such as multiple sclerosis, rheumatoid arthritis, or lupus, you should avoid spirulina. Theoretically, it could stimulate your immune system and make your condition worse.

*The first thing you lose on a diet is your sense of humor.*

~Author Unknown
What are the benefits of Apple Cider Vinegar? Plenty.

• Rich in potassium, a mineral that is often times lacking in adult diets. This mineral is key for growth, building muscles, transmission of nerve impulses, heart activity etc. Rich in acetic acid. This acid helps to slow the digestion of starch which can help to lower the rise in glucose that commonly occurs after meals.

• Rich in ash which gives ACV its alkaline property. This aids your body in maintaining proper pH levels for a healthy alkaline state. This is the main benefit of ACV as far as I am concerned and the main reason I am endorsing it. Alkalinity is critical for proper PH and cellular health, this is a quick and easy way to maintain proper levels.

• It can help regulate blood pressure and reduce bad cholesterol.

• Rich in malic acid which gives ACV its anti-viral, anti-bacterial and anti-fungal properties.

• May help improve bowel irregularity and helps to remove toxins from the body at a faster rate.

• It can help clear up skin conditions and blemishes.

• ACV helps with weight loss by breaking down fats so that your body can use them rather than store them. A few lab studies have found that ACV may be able to kill cancer cells or slow their growth.
Now, as far as weight loss goes...

One of the benefits that apple cider vinegar brings to the table is weight loss. Try taking 1 to 2 tsp. of apple cider vinegar with water right before a meal. This helps to reduce appetite because of a fiber compound found in the vinegar called pectin. This substance mixes with the water and expands in the stomach, which tricks your brain into saying "we're full". When the body retains water, weight naturally goes up. Water retention can be a side effect of having too much sodium. Apple cider vinegar has a high amount of potassium in it. When taking apple cider vinegar, the potassium helps to flush the sodium content out of the body. This in turn can lead to less retained water and a loss of weight.

When acetic acid in apple cider vinegar comes in contact with foods, it helps promote the absorption of iron. A high iron absorption leads to a high oxygen utilization, which can raise your metabolic rate. When the metabolic rate is high, a lot of calories are burned. Of the three macronutrients, fats are the most calorie dense, weighing in at 9 calories per gram. Apple cider vinegar helps reduce the transit time of fats in the stomach because it improves digestion. This in turn leads to weight loss as less fat can be absorbed by the body.

One important point here is you must get the cloudy ACV. Do not get the clear vinegar manufactured by the large corporations, it is simply colored vinegar. I like Braggs with Mother. It has to be cloudy not clear. I keep a bottle in the fridge and take a few swigs daily. Drop a cap full in a cup, mix in a little water and drink it. I will do this twice a day to help balance my alkaline levels and reap the other benefits mentioned above.

_A waist is a terrible thing to mind._
GARLIC

Garlic (Allium sativum), an herb used widely as a flavoring in cooking, has also been used as a medicine throughout ancient and modern history to prevent and treat a wide range of conditions and diseases.

Garlic belongs to the onion genus Allium. It has been used by humans for thousands of years and was used in Ancient Egypt for both culinary purposes and its therapeutic benefits. This is one of the best bangs for the buck. It is readily available, cheap and powerful. Garlic needs to be a staple in your new diet.

Lung cancer risk.

People who ate garlic at least twice a week had a 44% lower risk of developing lung cancer according to a study carried out at the Jiangsu Provincial Center for Disease Control and Prevention in China.

The researchers, who published their study in the journal Cancer Prevention Research, had carried out face-to-face interviews with 1,424 lung cancer patients as well as 4,543 healthy individuals.

Hip osteoarthritis.

Women whose diets were rich in allium vegetables had lower levels of osteoarthritis. Examples of allium vegetables include garlic, leeks, shallots, onions and rakkyo. The study authors said their findings not only highlighted the possible impact of diet on osteoarthritis outcomes, but also demonstrated the potential for using compounds that exist in garlic to develop treatments for the condition.
The long-term study, involving more than 1,000 healthy female twins, found that those whose dietary habits included plenty of fruit and vegetables, "particularly alliums such as garlic", had fewer signs of early osteoarthritis in the hip joint.

A powerful antibiotic.

Diallyl sulfide, a compound in garlic was 100 times more effective than two popular pharmaceutical antibiotics in fighting the Campylobacter bacterium, according to a study published in the Journal of Antimicrobial Chemotherapy. The Campylobacter bacterium is one of the most common causes of intestinal infections. Senior author, Dr. Xiaonan Lu, from Washington State University, said "This work is very exciting to me because it shows that this compound has the potential to reduce disease-causing bacteria in the environment and in our food supply."

Heart protection.

Researchers at Emory University School of Medicine found diallyl trisulfide could be used as a treatment for heart failure. Hydrogen sulfide gas has been shown to protect the heart from damage. However, it is a volatile compound and difficult to deliver as therapy.

Hence, the scientists decided to focus on diallyl trisulfide, a garlic oil component, as a safer way to deliver the benefits of hydrogen sulfide to the heart.

In animal experiments using laboratory mice, the team found that after a heart attack the mice that had received diallyl sulfide had 61% less heart damage in an area of risk, compared to the untreated mice. The team presented their findings at the American Heart Association (AHA) Scientific Sessions conference in Orlando, Florida in November, 2011. In another study, published in the Journal of Agricultural and Food Chemistry, scientists found that garlic oil may help protect diabetes patients from cardiomyopathy. Cardiomyopathy is the leading cause of death among diabetes patients. It is a chronic disease of the myocardium (heart muscle), which is abnormally thickened, enlarged and/or stiffened. The team fed diabetic laboratory rats either garlic oil or corn oil.
Those fed the garlic oil experienced significantly more changes associated with protection against heart damage, compared to the corn oil fed animals.

High cholesterol and high blood pressure.

Researchers at Ankara university set out to determine what the effects of garlic extract supplementation might be on the blood lipid (fat) profile of patients with high blood cholesterol. Their study was published in the Journal of Nutritional Biochemistry. The study involved 23 volunteers, all with high cholesterol; 13 of them also had high blood pressure. They were divided into two groups:

1. The high-cholesterol normotensive group (normal blood pressure)

2. The high-cholesterol hypertensive group (high blood pressure)

They took garlic extract supplements for four months and were regularly checked for blood lipid parameters, as well as kidney and liver function. At the end of the four months the researchers concluded "...garlic extract supplementation improves blood lipid profile, strengthens blood antioxidant potential, and causes significant reductions in systolic and diastolic blood pressures. It also leads to a decrease in the level of oxidation product (MDA) in the blood samples, which demonstrates reduced oxidation reactions in the body." In other words, the garlic extract supplements reduced high cholesterol levels, and also blood pressure in the patients with hypertension.

Prostate cancer.

Doctors at the Department of Urology, China-Japan Friendship Hospital, Beijing, China, carried out a study evaluating the relationship between Allium vegetable consumption and prostate cancer risk. They gathered and analyzed published studies and reported their findings in the Asian Pacific Journal of Cancer Prevention. The study authors wrote "Allium vegetables, especially garlic intake are related to a decreased risk of prostate cancer".
Unique Nutrient Features of Flaxseeds

The first unique feature of flax is its high omega-3 fatty acid content. Among all 127 World's Healthiest Foods, flaxseeds comes out number one as a source of omega-3s! The primary omega-3 fatty acid found in flaxseeds is alpha-linolenic acid, or ALA. Flaxseed also has lignans. Lignans are fiber-like compounds, but in addition to their fiber-like benefits, they also provide antioxidant protection due to their structure as polyphenols. The unique structure of lignans gives them a further health-supportive role to play in the form of phytoestrogens. Along with isoflavones, lignans are one of the few naturally occurring compounds in food that function as weak or moderate estrogens when consumed by humans.

Among all foods commonly eaten by humans, researchers rank flaxseeds as the number one source of lignans. Sesame seeds come in second, but contain only one-seventh of the total lignans as flaxseeds. To give a few further examples, sunflower seeds contain about 1/350th as many lignans, and cashews nuts contain about 1/475th as many lignans as flaxseeds.

A third unique feature of flaxseeds is their mucilage (gum) content. "Mucilage" refers to water-soluble, gel-forming fiber that can provide special support to the intestinal tract.
For example, gums can help prevent the too rapid emptying of the stomach contents into the small intestine, thereby improving absorption of certain nutrients in the small intestine. Arabinoxylans and galactoxylans are included within the mucilage gums found in flaxseeds. This combination of features—omega-3 fatty acids, high-lignan content, and mucilage gums—is a key factor in the unique health benefits of flaxseeds. The specific areas of health benefit described below all draw in some way from this unique combination of nutrients not found in other commonly eaten nuts or seeds.

Cardiovascular Benefits.

The primary omega-3 fatty acid in flaxseeds—alpha-linolenic acid, or ALA can be helpful to the cardiovascular system in and of itself. As the building block for other messaging molecules that help prevent excessive inflammation, ALA can help protect the blood vessels from inflammatory damage. Numerous studies have shown the ability of dietary flaxseeds to increase our blood levels of ALA, even when those flaxseeds have been ground and incorporated into baked goods like breads or muffins. When flaxseeds are consumed, two other omega-3 fatty acids have also been shown to increase in the bloodstream, namely, eicosapentaenoic acid (EPA) and docosapentaenoic acid (DPA). Increases in EPA and DPA also help provide inflammatory protection.

Protection of our blood vessels from inflammatory damage is also provided by the lignans in flaxseeds. These lignans can inhibit formation of platelet activating factor (PAF), which increases risk of inflammation when produced in excessive amounts. The overall anti-inflammatory benefits of ALA and lignans in flaxseeds has been further validated by studies in which flaxseed-enriched baked goods (like muffins) lead to decreases of 10-15% in C-reactive protein (CRP) levels. CRP levels are a commonly used indicator of inflammatory status in the cardiovascular system. Risk of oxidative stress in the blood vessels can also be lowered by flaxseed intake. In addition to being a very good source of the mineral antioxidant manganese, polyphenols in flaxseed including flaxseed lignans provide measurable antioxidant benefits. The antioxidant benefits of one particular flaxseed lignan, secoisolariciresinol, have been especially well-documented. Decreased lipid peroxidation and decreased presence of reactive oxygen species (ROS) in the bloodstream have both been associated with flaxseed intake in amounts of approximately 2 tablespoons per day.
Intake of flaxseeds has also been shown to decrease the ratio of LDL-to-HDL cholesterol in several human studies and to increase the level of apolipoprotein A1, which is the major protein found in HDL cholesterol (the "good" cholesterol). This HDL-related benefit may be partly due to the simple fiber content of flaxseeds, since 2 tablespoons of ground flaxseed provide about 4 grams of dietary fiber.

Although direct studies on flaxseed and blood pressure are limited (and mostly confined to flaxseed oil versus ground flaxseed), numerous studies have shown the ability of increased omega-3 fatty acid intake to help regulate blood pressure and to help reduce blood pressure in persons who have been diagnosed with hypertension. With its excellent content of the omega-3 fatty acid alpha-linolenic acid (ALA), flaxseed can definitely help us increase our overall omega-3 intake and, by doing so, decrease our risk of high blood pressure.

Antioxidant and Anti-Inflammatory Benefits.

It is important to realize that the antioxidant and anti-inflammatory benefits of flaxseed do not apply only to the cardiovascular system. Oxidative stress (which is often related to deficient intake of antioxidant nutrients) and excessive inflammation (which can also be related to deficient intake of anti-inflammatory nutrients) are common risk factors for a wide variety of health problems. These problems include development of insulin resistance, type 2 diabetes, asthma, obesity, and metabolic syndrome. There is preliminary evidence that flaxseed intake can decrease risk of all the problems above by increasing our anti-inflammatory and antioxidant protection.

Cancer Prevention.

The antioxidant and anti-inflammatory benefits of flaxseeds also make them a logical candidate for cancer prevention. That's because chronic inflammation (even low level inflammation) and chronic oxidative stress are risk factors for cancer development. In the case of flaxseeds, evidence of risk reduction is strongest for breast cancer, prostate cancer, and colon cancer. Breast cancer and prostate cancer are included in the list of cancers know as "hormone-related" cancers. Their risk reduction may be more closely related to flaxseed than risk reduction for other cancers due to the high lignan content of flaxseed. Three of the lignans found in flaxseeds can be converted by intestinal bacteria into enterolactone (ENL) and enterodiol (END).
ENL and END have direct affects on our hormonal balance and in this way may play an especially important role in hormone-related cancer. In addition to decreased risk of breast and prostate cancer following flaxseed intake, there is also some preliminary evidence that ENL and END may be able to alter the course of hormone-dependent tumors once they are formed.

The lignans provided by flaxseed have also been shown to spark increased activity by certain Phase II detoxification enzymes that are responsible for deactivating toxins in the body. This support of the detox process may help prevent accumulation of toxins that might otherwise act as carcinogens and increase cancer risk.

**Digestive Health.**

Benefits of flaxseed for the digestive tract—although mentioned earlier throughout this food profile—are worth repeating here. The strong fiber content of flaxseeds—including their mucilaginous fiber—help to delay gastric emptying and can improve intestinal absorption of nutrients. Flaxseed fibers also help to steady the passage of food through our intestines.

**Other Health Benefits.**

One final note about the health benefits of flaxseeds involves their feeding to animals. We've seen repeated studies on the content of beef, chicken, and eggs that reflect significantly increased omega-3 content in these foods when flaxseed meal and/or flaxseed oil are added to the diets of cows and chickens. For persons who enjoy these foods in their meal plan on a regular basis, this increased omega-3 content can really add up. Some manufacturers of beef, chicken, and eggs provide omega-3 information on their product packaging. Consumption of certified organic animal foods in which flaxseed was added to the animals' feed can be an effective way of increasing your omega-3 intake.

**FLAXSEED AND WEIGHT LOSS**

Flaxseed also has the unique ability to make you feel full for a few hours which of course can curb cravings. New studies show that flaxseed can burn fat even if you consume the same amount of calories! It does this by increasing blood flow to your muscles and transporting enzymes which in turn enable fat to be used properly for energy.
Your body will burn fat quicker rather than muscle when you need energy. This is one of the easier baby steps to true health and weight loss. Get a bottle of organic flaxseed oil, keep it in the fridge and take a few sips from it during the course of the day.

**TURMERIC**

Turmeric is more than a new craze. Its health benefits are solid and profound. In your new quest for cellular health and the inevitable weight loss that follows, you need to get some turmeric in your diet.

It has been used in India for thousands of years as a spice and medicinal herb. Recently, science has started to back up what the Indian culture has known for a long time... it really does contain compounds with medicinal properties. These compounds are called curcuminoids, the most important of which is curcumin.

Curcumin is a very strong antioxidant. However, the curcumin content of turmeric is not that high... it’s around 3%, by weight. Curcumin is poorly absorbed into the bloodstream. It helps to consume black pepper with it, which contains peperine... a natural substance that enhances the absorption of curcumin by 2000%.
Oxidative damage is believed to be one of the mechanisms behind aging and many diseases. It involves free radicals, highly reactive molecules with unpaired electrons. Remember, that the level of free radicals in your body is a solid indicator of how long you will live. The main reason antioxidants are so beneficial, is that they protect our bodies from free radicals.

Curcumin happens to be a potent antioxidant that can neutralize free radicals. Curcumin also boosts the activity of the body’s own antioxidant enzymes so you get double the benefit. Curcumin may also help reverse many steps in the heart disease process. Perhaps the main benefit of curcumin when it comes to heart disease, is improving the function of the endothelium, which is the lining of the blood vessels. In one study, 121 patients who were undergoing coronary artery bypass surgery were randomized to either placebo or 4 grams of curcumin per day, a few days before and after the surgery. The curcumin group had a 65% decreased risk of experiencing a heart attack in the hospital.

Turmeric and Cancer

Cancer is characterized by uncontrolled growth of cells, bad cells that want to take over your body.

There are many different forms of cancer, but they do have several commonalities, some of which appear to be affected by curcumin supplementation. Researchers have been studying curcumin as a beneficial herb in cancer treatment. It can affect cancer growth, development and spread at the molecular level. Studies have shown that it can reduce angiogenesis (growth of new blood vessels in tumors), metastasis (spread of cancer), as well as contributing to the death of cancerous cells. In one study in 44 men with lesions in the colon that sometimes turn cancerous, 4 grams of curcumin per day for 30 days reduced the number of lesions by 40%
New research on treating Alzheimer's disease.

There may be good news on the horizon, because curcumin has been shown to cross the blood-brain barrier. Very good news indeed.

Inflammation and oxidative damage play a role in Alzheimer’s disease. As we know, curcumin has beneficial effects on both. But one key feature of Alzheimer’s is a buildup of protein tangles called Amyloid plaques. Studies show that curcumin can help clear these plaques. Whether curcumin can really slow down or even reverse the progression of Alzheimer’s disease needs a bit more research but it’s effects are promising.

**Curcumin and Depression**

Curcumin has shown some promise in treating depression. This is exciting news. In a controlled trial, 60 patients were randomized into three groups. One group took prozac, another group took a gram of curcumin and the third group took both prozac and curcumin. After 6 weeks, curcumin had led to improvements that were similar to prozac. The group that took both prozac and curcumin fared best. There is also new evidence that curcumin can boost the brain neurotransmitters serotonin and dopamine. I recommend that you find one with bioperine (another name for piperine), which is the substance that enhances absorption of curcumin by 2000%. Without this substance, most of the curcumin just passes through your digestive tract.

**Termeric and fat**

Fat burning is critical to weight loss. Thermogenesis is a process that takes place when fat is burned by the central nervous system in order to maintain body temperature. Curcumin in turmeric can fasten to capsaicin receptors and increase thermogenesis rates. This leads to greater fat burning and helps with weight loss. The daily dosage of standardized curcumin powder is 400-600mg thrice daily. It is best to use turmeric as part of diet along with black pepper and fats to improve its absorption.
Once a day I will boil some water, add about 1 level teaspoon of turmeric, a pinch of pepper and a teaspoon of honey. Stir with a cinnamon stick...presto quite possibly the best combination for true health you can imagine.

When you take a good look at this golden gem you come to the conclusion that it must be part of your daily regime.

PROBIOTICS

It all starts in the gut.

Probiotics are live bacteria and yeasts that are naturally found in the intestinal flora, or the microorganisms living in the lining of your gut.

They're often known as "good bacteria" because they keep your gut healthy.

Scientists believe these microorganisms work in the gut by:

• Decreasing the amount of "bad" bacteria
• Replenishing the "good" bacteria
• Restoring a favorable bacterial balance
• Stimulating the immune system

Foods With Probiotics

Common foods that contain healthy bacteria include:

• Yogurt
• Juices
• Aged cheeses
• Kefir
• Sauerkraut
• Miso
• Tempeh
• Kimchi
• Soy drinks
• Pickles
WEIGHT LOSS

Probiotics help to balance the ratio of good and bad bacteria in our system, notably in our gut. But there are also some other benefits of probiotics as well. Scientists have also linked probiotics with weight loss as well. There have been several studies but notably a 2014 Dutch study and a 2015 Japanese study has linked Lactobacillus as the probiotic that is able to help humans lose weight. This probiotic is easily available in plain yogurt, sauerkraut and kimchi etc. Many fermented foods contain lactobacillus and we can improve our intake of probiotics and consequent weight loss by adding to our daily diet fermented foods. Lactobacillus has also been found to reduce cholesterol and also assist to breakdown carbohydrates in our system. We need to consume lactobacillus-rich foods on a daily basis to enjoy the weight losing benefits.

WEIGHT LOSS STUDY

Researchers from Laval University in Quebec instructed 125 overweight men and women to follow a 12-week weight-loss diet, followed by a 12-week maintenance period. Half of the participants swallowed probiotic pills every day, and the other half took placebo pills.

The results? After the 12-week weight-loss period, the women who took the probiotic pills had lost 9.7 pounds, on average, while the women who took the placebos only lost 5.7 pounds. After the 12-week maintenance period, the women who took the placebo pills maintained a stable weight—but the probiotics group continued to slim down, losing 1.8 more pounds, on average. By the study's end, the women in the probiotics group also had less of the intestinal bacteria related to obesity in their systems. It is believed that probiotics may help you slim down because they make your intestinal walls less permeable. As a result, fewer of the molecules that may contribute to obesity, type 2 diabetes and glucose intolerance are able to enter your bloodstream. To get the slimming effect, the researchers suggest eating more foods that contain probiotics and following a healthy diet that’s low in fat and high in fiber. Personally I keep a jar of raw sauerkraut in the fridge and take a few spoon fulls a few times a day. I also do my best to consume a few heaping spoon fulls of plain yogurt daily.
You may experience mild gas or other stomach issues while taking probiotics. This is normal and should pass over time if you keep the probiotics in your system.

**RESVERATROL**

Resvera...what? I know for a lot of readers this is a new one but, this falls under the 'scientific breakthrough' category. So what exactly is this stuff? Sounds like an unknown planet from outer space. Fortunately it’s a little closer to home and a heck of a lot easier to get your hands on.

Resveratrol is a powerful polyphenol most commonly found in red wine, dark chocolate and grapes. Researchers became interested in exploring the health benefits of resveratrol after they observed the surprisingly low rates of heart disease found in populations that consume a diet high in saturated fat and red wine. New studies suggest that resveratrol may have health and longevity benefits in humans.

A 2003 study at Harvard University found that resveratrol mimics the effects of caloric restriction in yeast cells, boosting their life spans by as much as 70%.

In a study published in 2006 in the journal Cell, researchers in France found that resveratrol protects mice against diet-induced insulin resistance and obesity. Mice given the resveratrol supplement demonstrated improved endurance levels during exercise. The researchers also studied the cell-signaling pathway in the mitochondria of these mice. Resveratrol activated a protein in the sirtuin family (SIRT1), which then stimulated the activity of another protein involved in mitochondrial function. Other recent studies have found another member of the sirtuin family of cellular proteins that may play a major role in how fat is produced and stored, offering a new target for treatments to prevent obesity and reduce the risk of type 2 diabetes.

Resveratrol is found in abundance in grapes, peanuts, some berries (blueberries and bilberries), red wine, purple grape juice, some pines, and Japanese knotweed.

- Resveratrol may improve health and longevity by mimicking some of the effects of caloric restriction. Resveratrol has been shown to extend life span in mice. Resveratrol shows promise in offsetting the effects of obesity and poor lifestyle choices, and may even help avert disorders related to mitochondrial
dysfunction, such as Parkinson’s and Alzheimer’s disease.

- Resveratrol helps protect the cardiovascular system by supporting healthy blood lipids, averting blood clots, and preventing heart damage.

- Resveratrol may have important anticancer benefits. In laboratory studies, resveratrol has been found to inhibit the growth of numerous cancers. Scientists have also noted that red wine drinkers suffer a decreased risk of colorectal cancer.

**Resveratrol and Cancer**

In addition to its anti-aging and anti-heart disease effects, resveratrol may promote longevity through another avenue—that of fighting cancer, one of the chief causes of death in older adults. Resveratrol has been found to inhibit the proliferation of a variety of human cancer cell lines, including those from breast, prostate, stomach, colon, pancreatic, and thyroid cancers.

Resveratrol appears to reduce the activation of nuclear factor-kappab (NF-kb), a protein that has been implicated in cancer by acting like a switch to turn on inflammatory processes.

Researchers from the State University of New York at Stony Brook looked at the drinking habits of 360 red and white wine drinkers with similar lifestyles. White wine consumption had no association with colorectal cancer incidence. On the other hand, regular red wine consumption was linked to a 68% reduced risk of the cancer.
The researchers believe that resveratrol was most likely the component in wine that was behind the apparent benefits. The findings confirmed results from an earlier study conducted by the same group showing that wine consumption reduced colorectal cancer risk by 45%. Not bad.

An earlier study published in the Journal of Carcinogenesis found that dietary resveratrol helped prevent breast cancer in female rats. Starting at birth, rats were fed either a control diet or a diet supplemented with resveratrol. At the age of 50 days, both groups were exposed to a cancer-inducing chemical. The resveratrol-fed rats were significantly protected against breast cancer, demonstrating fewer tumors per animal and longer tumor latency.

Another discovery and advantage of resveratrol is that it can improve how your body handles what you eat and whether it’s stored as fat or burned for fuel, known as insulin sensitivity.

As mentioned previously, research has shown that resveratrol protected mice from the harmful effects of a high-calorie diet, including heart disease, weight gain and diabetes.

Resveratrol appears to act on adiponectin, which is produced by our fat cells and helps us lose fat by improving our insulin sensitivity. Not only that, but according to a Purdue University study, this supplement may be able to block immature fat cells from developing and prevent existing fat cells from growing! This is exciting news on the battle of the bulge. Insulin is the only hormone that tells your body to either store or burn fat. As far as baby steps go, resveratrol probably has more bang for the buck than any other compound available today.

How Much Resveratrol Should You Take?
The positive effects of resveratrol have been shown at a wide variety of doses ranging from a few milligrams to over a thousand milligrams daily.
So how much resveratrol a day should you take? General consensus is that 400-500mg daily is sufficient. If you order from Mega Resveratrol all the dosage info will of course be on the bottle. Be sure to get your resveratrol in standardized form to insure no fillers. Look for 'pharmeceutical grade'. It can be pricey but in my opinion the benefits are strong and compelling.

You cannot get the amounts you need simply from drinking wine or eating dark chocolate (trust me I've tried), you must supplement. I rarely endorse any company however, there is such a proliferation of junk out there that I thought it best to just help my readers cut through the mess. The best source I have found is a company called Mega Resveratrol. No fillers just pure standardized resveratrol. Megaresveratrol.net

You may want to take a look at this video from a 60 Minutes segment. I think you will find it interesting and quite an eye opener. If you are truly trying to achieve true cellular health resveratrol is about as cellular as you can get. I am sure this will hit the radar of mainstream media in the next few years. https://www.youtube.com/watch?v=qNanExS_bos

Resveratrol may enhance the effect of blood thinning medications (i.e. Coumadin, Aspirin, etc.) and increase the risk of bleeding. Individuals with allergic reaction to grapes, red wine or polyphenols, are advised not to consume resveratrol.
ORAC values refer to the Oxygen Radical Absorbance Capacity of a food, as determined by the U.S. Department of Agriculture (DOA). By testing the ability of foods and other compounds to subdue oxygen free radicals, the DOA was able to determine each compound's antioxidant capability. The ORAC values in the following chart reflect these findings. Your new goal is to consume as many of these as you can as often as you can. These are the foods that keep you healthy and protected. Once you begin to purge the toxins from your system and clean it out, these high ORAC foods will take their place.

There is a cumbersome scientific explanation of how these numbers are created but for the most part, and for simplicity I found it best to just accept the standardized numbers presented below. I wouldn't recommend chomping down on a handful of cloves but I would find a way to work them into the diet. Personally I take a clove and add it to my glass of green tea, it's a great way to absorb the benefits of clove.

<table>
<thead>
<tr>
<th>Food</th>
<th>ORAC Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clove</td>
<td>1,078,700</td>
</tr>
<tr>
<td>Myrrh</td>
<td>379,800</td>
</tr>
<tr>
<td>Coriander</td>
<td>298,300</td>
</tr>
<tr>
<td>Fennel</td>
<td>238,400</td>
</tr>
<tr>
<td>Clary sage</td>
<td>221,000</td>
</tr>
<tr>
<td>Marjoram</td>
<td>130,900</td>
</tr>
<tr>
<td>Melissa</td>
<td>134,300</td>
</tr>
<tr>
<td>Item</td>
<td>Amount</td>
</tr>
<tr>
<td>---------------</td>
<td>--------</td>
</tr>
<tr>
<td>Ylang ylang</td>
<td>130,000</td>
</tr>
<tr>
<td>Wintergreen</td>
<td>101,800</td>
</tr>
<tr>
<td>Geranium</td>
<td>101,000</td>
</tr>
<tr>
<td>Ginger</td>
<td>99,300</td>
</tr>
<tr>
<td>Patchouli</td>
<td>49,400</td>
</tr>
<tr>
<td>Vitamin E oil</td>
<td>3,309</td>
</tr>
<tr>
<td>Pomegranate</td>
<td>3,037</td>
</tr>
<tr>
<td>Blueberries</td>
<td>2,400</td>
</tr>
<tr>
<td>Kale</td>
<td>1,770</td>
</tr>
<tr>
<td>XanGo juice</td>
<td>1,644</td>
</tr>
<tr>
<td>Tahitian Noni</td>
<td>1,506</td>
</tr>
<tr>
<td>Strawberries</td>
<td>1,540</td>
</tr>
<tr>
<td>Spinach</td>
<td>1,260</td>
</tr>
<tr>
<td>Raspberries</td>
<td>1,220</td>
</tr>
<tr>
<td>Brussels</td>
<td>980 sprouts</td>
</tr>
<tr>
<td>Plums</td>
<td>949</td>
</tr>
<tr>
<td>Broccoli</td>
<td>890 flores</td>
</tr>
</tbody>
</table>
“Health is like money, we never have a true idea of its value until we lose it.”

~Josh Billings

ALKALINE YOUR BODY

The vast majority of humanity, especially in western cultures is acidic primarily due to our diets and pill popping. Different regions of the body use different pH levels in order to perform optimally. There are complex systems that maintain subtle balances, thus the magic of the human body. Your blood pH level is normally around 7.35 – 7.45 (slightly alkaline) but your stomach needs to be a very acidic environment in order to digest and is normally pH 1 – 2 (acidic). Even these levels fluctuate. A seven-year study conducted at the University of California, San Francisco, on 9,000 women showed that those who have chronic acidosis are at greater risk for bone loss than those who have normal pH levels. Many of the hip fractures among middle-aged women are connected to high acidity caused by a diet rich in animal foods and low in vegetables. -American Journal of Clinical Nutrition
“The countless names of illnesses do not really matter. What does matter is that they all come from the same root cause...too much tissue acid waste in the body!”—Dr. Theodore A. Baroody

“Immune cells that are too acid or too alkaline do not produce antibodies or cytokines (chemical messengers to regulate other immune cells), and they have impaired phagocytosis (the ability to engulf and destroy microbes). As a result, the affected individual becomes susceptible to viral, bacterial, fungal and other infectious microbes as well as cancer,” says Dr. William Lee Cowden. Acid/alkaline imbalance causing disease is not a new concept. In 1933, Dr. William Howard Hay maintains that all disease is caused by “self-poisoning” due to acid accumulation in the body.

An overly acidic condition weakens the body and can become dangerous. Our body requires a slightly alkaline condition to function well. Blood, for example, needs to be 7.4 pH. A shift in blood pH of just 0.2 could result in death. Obviously, the body does not want to die so it is forced to borrow minerals (calcium, sodium, potassium and magnesium) from vital organs and bones to neutralize the acid. A condition of high acidity may go undetected for years, causing the body to suffer prolonged damage.

How Do We Balance Our pH?
Our typical diet consists mostly of acidifying foods (proteins, cereals, sugars). Alkaline foods such as fruits and vegetables are often eaten in much smaller quantities; not enough to neutralize the excess of acidifying foods we consume. Common habits like excessive tobacco, coffee, and alcohol are extremely acidifying. Our body is approximately 20 percent acidic and 80 percent alkaline; it is recommended that we consume approximately 20 percent acidic foods and 80 percent alkaline foods. Typical western diets are just the opposite, we consume far more acidic foods than alkaline and therefore live in an almost perpetual state of being acidic.

The acid in the acid/alkaline balance is not the same as stomach acid. A healthy stomach pH is acidic, which is necessary for digesting food. Alkalinity is also more about what happens AFTER digestions. For example, lemons and oranges are considered acidic but after digestion they supply alkaline minerals to the body. Foods are either acidifying or alkalizing.
The diet needs to be fairly alkaline to be energized and get all the benefits mentioned above. Diet is the safest way to balance.

Understanding that the body is comprised of many differing pH regions is very important if you are going to attempt adjusting its balance. For the most part due to western diets of processed foods, sugars etc that are so prevalent, most people are acidic throughout their bodies their entire lifetime. There are a few simple ways to alkaline your body.

AVOIDING THE EXCESS USE OF ANTIBIOTICS. The overuse of antibiotics for incidental, minor, or cosmetic conditions in this country is a true epidemic, drug companies love it. We are a country of pill poppers. We take them for everything and we take to many of them year after year. Each time you take a prescription pill you kill the beneficial bacteria in your body leaving the mycotoxin-generating yeast and fungi intact. This is why many women suffer outbreaks of yeast infections after antibiotic use.

SOMETHING TO THINK ABOUT:

Out of the 783,936 annual deaths from conventional medicine mistakes, approximately 106,000 of those are the result of prescription drug use. According to the Journal of the American Medical Association, two-hundred and ninety people in the United States are killed by prescription drugs every day. Even if prescription drugs do not literally kill a patient, they slowly destroy their mind and body. This alters their ability to innately feel deeply and compassionately, the patient can be stripped piece by piece of his inner awareness and inner consciousness, the very essence of their being. They enter the 'fog'. Death by Rx can be sentenced in the form of many, often times subtle masks. Since it happens slowly, the clouding of the patient’s once clear brain goes unnoticed as the fog sets in so densely that he is no longer able to decipher if this new state of consciousness is “normal” or if it is better or less than it should be; rather, it just is.
The body system is inevitably forced to adjust to the foreign chemicals the patient pops in his mouth every morning, activating the conditioning of acceptance of his new found state of awareness as if it is as it has always been. As if this shift in consciousness ceased to ever occur. Little by little he fades, until the place where his mind now resides is one far away. Ask yourself and your doctor if you really need to take all the pills you are taking? My dad went from 7 prescriptions to 1 and he became healthier. All I'm saying is take a close look and examine your needs.

ESSENTIAL OILS. Because of their high oxygenating activity, most essential oils possess significant anti-fungal and anti-yeast attributes. Essential oils work best in an alkaline environment. The uses and benefits are to long to list here but I suggest you begin to educate yourself on the many health benefits of essential oils.

TEST YOUR PH. You can easily test your pH at home by purchasing small litmus- paper strips at your drug store or pharmacy. Color changes on the litmus paper will determine pH. Check the instructions of your kit for specific details on how to read the litmus paper. Check it often over a few day period of time. Variations in diet can and will alter your PH.

Here is a list of especially High Alkaline Foods:

Beets, Broccoli, Cauliflower, Celery, Cucumber, Kale, Lettuce, Onions, Peas, Peppers, Spinach

• Examples of Alkalizing Fruits:
  
  Apple, Banana, Berries, Cantaloupe, Grapes, Melon, Lemon,
  Orange, Peach, Pear, Watermelon

• Alkalizing Protein:

  Almonds, Chestnuts, Tofu
Talk about an easy baby step, sleeping. In reality I understand this may be harder than it sounds. In college, for me at least, sleeping was easy especially when sitting through a 3 hour world history lecture. But alas, as we age we seem to find it harder to fall asleep and even more so get a good nights sleep. However, I place good sleep right up there with good water. Proper sleep is critical for optimal cell health and weight loss.

We have a lot of demands on our time—jobs, family, errands, etc.. To fit everything in, we all too often sacrifice sleep which is a big mistake. When you sleep your brain and body don’t just shut down. Internal organs and processes are hard at work throughout the night.

“Sleep services all aspects of our body in one way or another: molecular, energy balance, as well as intellectual function, alertness and mood,” says Dr. Merrill Mitler. When you’re tired, you can’t function at your best. Sleep helps you think more clearly, have quicker reflexes and focus better. When we look at well-rested people, they’re operating at a different level than people trying to get by on 1 or 2 hours less nightly sleep. Loss of sleep impairs your higher levels of reasoning, problem-solving and attention to detail. Lack of sleep also influences your mood, which can affect how you interact with others. A sleep deficit over time can even put you at greater risk for developing depression.
But sleep isn’t just essential for the brain. “Sleep affects almost every tissue in our bodies,” says Dr. Michael Twery, a sleep expert at NIH. “It affects growth and stress hormones, our immune system appetite, breathing, blood pressure and cardiovascular health.”

Research shows that lack of sleep also increases the risk for obesity, heart disease and infections. Throughout the night, your heart rate, breathing rate and blood pressure rise and fall, a process that may be important for cardiovascular health. Your body releases hormones during sleep that help repair cells and control the body’s use of energy. These hormone changes can affect your body weight.

Ongoing research shows a lack of sleep can produce diabetic-like conditions in otherwise healthy people as well. A good night’s sleep consists of 4 to 5 sleep cycles. Although personal needs vary, on average, adults need 7 to 8 hours of sleep per night. Babies typically sleep about 16 hours a day. Young children should get at least 10 hours of sleep, while teenagers need at least 9 hours. To attain the maximum restorative benefits of sleep, getting a full night of quality sleep is important.

By some estimates, about 70 million Americans of all ages suffer from chronic sleep problems. The 2 most common sleep disorders are insomnia and sleep apnea. People with insomnia have trouble falling or staying asleep. Anxiety about falling asleep often makes the condition worse. Most of us have occasional insomnia. But chronic insomnia can trigger serious daytime problems such as exhaustion, irritability and difficulty concentrating.

People who maintain a regular sleep routine have a lower percentage of body fat than those who keep irregular sleeping patterns, says a new study published in the American Journal of Health Promotion. Researchers followed 300 female college students, ages 19 to 26, who were given activity trackers to monitor their movements and activities, including waking and sleeping times. The study participants were assessed for body composition before and after the one-week study period. What the researchers found:

Getting less than 6.5 hours of sleep and more than 8.5 hours of sleep was linked to higher body fat.
High quality sleep was associated with lower body fat while poor sleep correlated with higher body fat.

Waking and going to sleep at the same time every day (particularly a consistent wake time) was most strongly linked with lower body fat.

Women whose sleep patterns varied by 90 minutes a night had higher body fat than those whose sleep varied by 60 minutes or less on average. Body fat also varied with sleep quantity; women who slept between 8 and 8.5 hours a night had the lowest body fat. The greatest effect was seen in women who woke up at the same time every morning seven days a week.

A randomized trial published in the journal Obesity last year found that among overweight and obese women ages 35 to 55 who were engaged in a weight loss program, getting an adequate amount of good quality sleep increased the chance of weight loss success by 33 percent. While researchers don’t know exactly how sleep schedules affect body mass and fat, other studies have shown that sleep has an effect on physical activity, appetite, and the hormones that control appetite, metabolism, and the cues that tell us we’re full. Recent research also shows that sleep detoxes the brain, helping rid it of protein build-up that may lead to Alzheimer’s and dementia.

There are several baby steps that can help you get consistent sleep. About 2-3 hours before bedtime begin to turn your brain off, mentally tell yourself you are going to sleep in the next few hours. Limit any caffeine and sugar intake after 4-5 pm. About an hour before bed turn off the electronics so your brain can begin to 'not think'. Limit any food intake after 8pm. I have a small bottle of lavender essential oil by the bed and I rub a bit on my temples and nose when I lay down. I have also begun to turn on meditation music very low. I concentrate on the tunes, the pauses, the flow of the music. Just clear your head and listen to the music. It knocks me out.
Also, try to get some physical activity during the day. Wear your body out so you will crave sleep. New studies are coming out all the time and generally they all lead to the same conclusion that sleep is far more critical than we think. If you have troubles falling asleep you may begin to view it as an important baby step that certainly needs your attention. I also sprinkle a few drops of ylang ylang on the pillow, very soothing and scientifically proven to induce sleep.

*In general, mankind, since the improvement of cookery, eats twice as much as nature requires.*

~Benjamin Franklin

**ANTIOXIDANTS**

"The amount of antioxidants in your body is directly proportional to how long you will live."

Dr. Richard Cutler, former Director of the National Institute of Aging

Antioxidants are the loyal protectors and nurturers of our cells, repelling disease, and promoting good health. Antioxidants can come from healthy eating or in the form of supplements, and they include a family of naturally formed components like vitamin A, beta-carotene, lycopene, vitamin E, and more. They are believed to protect cells from free radicals, harmful oxygen molecules thought to damage cells which can result in cancer,
atherosclerosis, Alzheimer's disease, and rheumatoid arthritis. Free radicals, or rather excess free radicals are the underlying reason why we age. Free radicals are formed naturally in the body, but their production is increased by other factors such as diet, lack of exercise and smoking.

It's ironic that the oxygen we need to survive is also the catalyst for the production of free radicals. When an oxygen molecule (O2) becomes electrically charged or “radicalized” it tries to steal electrons from other molecules, causing damage to the cell's DNA. Over time, such damage may become irreversible and lead to disease. The job of antioxidants is to absorb free radicals, meaning that they neutralize their electrical charge and prevent the free radical from taking electrons from other molecules. Even the healthiest among us have some free radicals in our systems, but when excessive free radicals are formed in the body, the harmful condition known as oxidative stress occurs, which can be the cause of a variety of diseases.

Antioxidants can also slow some of the physical signs of aging by minimizing wrinkles and preserving skin’s natural chemistry. Some studies also suggest that antioxidant supplements help protect skin from sun damage. Among these may be the regular consumption of vitamin E and C ester.

Supplementing with antioxidants will help balance your antioxidant load, one of the best ways to get your antioxidants is in the food that you eat. In short, a regular diet rich in antioxidants will help keep you healthy, inside and out. The foods listed in the ORAC section of this book are loaded with potent anti oxidants.
We all need it in one form or another our entire lives. Approximately 70% of our body’s mass is made of water, it is at the central core of all life. The benefits of clean, pure water are so vast that I cannot touch on every aspect. From the internal atoms of your cells to the shower you took this morning, water is the essential liquid of life. Chances are you are not getting enough water, most of us don’t and there is a very good chance you are consuming the wrong water.

Water is the only liquid on Earth that safely reduces weight and cleanses the body. It removes the by-products of fat and keeps you fresh and healthy. Drinking water suppresses your appetite and limits your food intake. It also contains no calories. Water significantly improves our ability to think. Water removes toxins and most of the waste products from our body. If our body lacks water then our heart has to make an extra effort to pump fresh oxygenated blood to our organs potentially causing severe health issues. Water helps to relieve headaches. Dehydration is one of the most common causes of headaches. Regular intake of water increases your metabolic rate and improves your digestive system. Drinking water helps fight against the flu and other ailments such as kidney stones. Water plays a fundamental role in strengthening your immune system. The human body needs a neutral Ph 7 range in order to function properly. Drinking enough water throughout the day helps maintain this balance.

All water is not the same. There is water for washing your car and water for getting healthy. This is one of the few things that spending an extra few dollars on is worth it. We need air, the purity of which we have little control. We need food, which we have significant control if we choose correctly.
And water? This is one thing that most Americans do have control over. This is something you should really take firm control of. I remember reading an article that said George Washington would drink right out of the Potomac River in his back yard, that's how clean water was back then. Even when I was a kid we would drink out of the garden hose or kitchen faucet and not think a thing about it. Jump ahead 30+ years and 5 billion more people on the planet and this precious recourse is under serious threats. Pure un-fingerprinted water is now almost impossible to find, water in it's purest, life giving form, the natural intended make up of H2O. Once again, we do the best we can in the world we have created.

As far as water you want to drink, your options are limited to a few: Artesian, Spring and Mineral. In my opinion these are the types of water for drinking, these are 'life waters', waters that contain the natural, intended elements for true cellular health, waters that contain the energy needed to strengthen your body. I want to briefly discuss the pros and cons of each type of water.

**ARTESIAN WATER**

Artesian water comes from an aquifer; a naturally formed underground chamber consisting of layers of permeable volcanic rock that bears water, overlain by protective, impermeable rock that limits the entry of contaminants into the confined aquifer and pressurizes the chamber. In order to access the water, the rock barrier must be penetrated by a borehole or the creation of a well. This is the legal definition for Artesian water that suppliers must conform to. This means that bacteria, acid rain and other toxins can't penetrate the rock and contaminate the water so the water only has natural minerals in it.

What is in Artesian Water? Natural minerals and electrolytes such as:

Bicarbonate: Bicarbonate is an electrolyte that balances the blood’s pH. Without the right level of bicarbonate in the body, the blood will become acidic making a person feel tired consistently. Energy levels are also low in people with acidic blood.

Calcium: Calcium is a mineral that keeps the bones strong, the nerve functioning properly, and helps with muscle growth and tone.
Silica: Silica is another mineral that the body requires. Without enough silica, the joints could become problematic and bones can become deformed. The silica that is naturally found in Artesian water is what gives it its taste and body. The right amount of Artesian water each day will provide you with the proper minerals and electrolytes you need.

MINERAL WATER

By law, natural mineral water must originate from a subterranean source that is protected from every possible contamination. Only water that has been officially approved and tested for purity may be dubbed "natural mineral water". Before reaching this stage, it must pass about 200 separate analyses. In order to retain the certified purity until the time of consumption, mineral water must furthermore be bottled directly at its place of origin – filled straight into the containers meant for the consumer.

Mineral water not only supplies water to the body but minerals as well - in varying amounts and proportions, depending on where it originates from. Like vitamins, minerals are essential to the body. Every day they need to be part of the diet in sufficient amounts, since the human body cannot produce them on its own.

SPRING WATER

Spring water stems from subterranean water resources. Contrary to mineral water, spring water does not need to have any verifiable effects on health, nor does it have to contain any specific and stable amount of minerals. One of the key benefits of natural spring water is that it comes from water that flows to the surface from a clean underground water source. Thus, the water is considered to be free of most contaminants typically found in drinking water. It also contains a level of minerals that is beneficial to health for most living things. Mineral-rich water will usually have a neutral or slightly alkaline pH. Many people who drink spring water do so because the water has such a clean, refreshing taste that is unequaled by other waters. It helps to alkaline the body and the labeling requirements are strict.
WATER TO AVOID

TAP WATER

Tap water should be used for your toilet and cleaning the floors, that's about it, unless you have dog that drinks from the toilet, then it's just for the floors. Drinking tap water is one of the most detrimental things people do to their health on a daily basis. The water that comes out of your faucet has been the same water we have been using over and over since the beginning of time. About 3% of the earth is fresh water. About 1% of the planets water is accessible for drinking. This is the same water that has been recycled thousands of times, water that has been treated, water that has lost it's natural life giving force. It is 'dead water'.

The water that is coming out of your faucet has typically gone through several steps of 'purification', especially if you live in a large city. Here is an example of what the water coming out of your faucet has gone through:
• The first step is Coagulation: As untreated water flows into the treatment plant, it is mixed with alum and other chemicals that form small, sticky particles called "floc," which attract bits of dirt and other debris.

• The second step is Sedimentation: The combined weight of the dirt and floc becomes heavy enough to sink to the bottom of the tank, where it settles as sediment. The clearer water then flows on to the next step in the process.

• The third step is Filtration: After the large dirt particles are removed, the water passes through a series of filters designed to clean out smaller particles, including microbes. These filters are often made of sand, gravel or charcoal in an attempt to mimic the natural soil filtration process that usually keeps groundwater pure in nature.

• The fourth step is Disinfection: In the old days water treatment used to end with filtration, but disinfectants have been added during modern times to kill any microbes that might have made it past the filters. Typically, a small amount of chlorine is added to the filtered water, other disinfection chemicals may also be used.

• The fifth step is Storage: Once disinfectants are added, the water is placed in a closed tank or reservoir to let the chemicals work their magic. Eventually, the water flows from its storage area through pipes into homes and businesses.

Does this sound like anything remotely resembling 'natural'? Consider that the entire process begins with water that has already gone through this process thousands of times before it begins yet another 'dead cycle'. In my opinion, drinking tap water in most municipalities is a slow death. We now have over 320 million people in America and they have to drink, so for many people, tap water, unfortunately is their only option. However, in our quest for true cellular health and the subsequent weight loss that will follow a healthy body, you must make the change to pure, life giving properties found in Artesian, Spring and Mineral waters. Do not be fooled, just because it's in a bottle does not mean it's pure and natural.
Below is a quick chart and explanation of various types of water.

<table>
<thead>
<tr>
<th>Type</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Artesian</td>
<td>Water obtained from a well that taps a confined aquifer, an underground layer of rock or sand that contains water. Example: Fiji Natural Artesian Water.</td>
</tr>
<tr>
<td>Distilled</td>
<td>Water that has been boiled and then recondensed from the steam that the boiling produces. Distillation kills microbes and removes minerals, giving water a flat taste. Example: Glacéau Smartwater.</td>
</tr>
<tr>
<td>Mineral</td>
<td>Groundwater that naturally contains at least 250 parts per million of dissolved solids. All minerals and other trace elements must be present in the water when it emerges at the source. Example: Calistoga.</td>
</tr>
<tr>
<td>P.W.S.</td>
<td>Public water source, also known as municipal water supply, or tap water. Fun fact: Aquafina, one of the top 10 selling domestic brands, used to say “P.W.S.” on its label—but changed that in 2007 under pressure from Corporate Accountability International to make clear that the water came from a public supply and not some pristine mountain spring called P.W.S.</td>
</tr>
<tr>
<td>Purified</td>
<td>Water from any source that has been treated to remove chemicals and pathogens according to standards set by the U.S. Pharmacopoeia. Must contain no more than 10 parts per million of dissolved solids. Distillation, deionization, and reverse osmosis are all purification methods. Examples: Aquafina, Dasani.</td>
</tr>
<tr>
<td>Spring</td>
<td>Water derived from an underground formation from which water flows naturally to the Earth’s surface. Spring water must be collected at the spring or through a borehole tapping the underground formation (aquifer) feeding the spring. Examples: Arrowhead Mountain Spring Water, Evian, Crystal Geyser</td>
</tr>
</tbody>
</table>
All water is not created equal

I've been on a diet for two weeks and all I've lost is fourteen days.

-Totie Fields

What is ORP?

ORP stands for Oxidation Reduction Potential.

Water either has a "positive" or "negative" ORP, measured in millivolts mV. It is the negative ORP that is beneficial to our body in that it reduces oxidation (anti-oxidant). Negative ORP is in fresh alpine spring waters. On the other side of the coin is positive ORP waters which increase oxidation (aging) and is found in primarily in tap water, processed waters, distilled and reverse osmosis waters as well as cooked and processed foods. This is what I call 'dead water'. I know, I know...unless you live in an igloo with a free running crystal stream flowing through your back door, you're stuck with positive ORP water. This is a sad truth of the 21st century. However, within the choices that the vast majority of us have the best alternative is Spring or Artesian waters if we chose to gain the true life giving potential of water. This is an easy, inexpensive choice that you need to make starting now. I view natural spring water as Mother Natures medicine. It is a baby step that will reap huge benefits over time.
FAT, THE GOOD NEWS

We have all bought into the 'fat lies' perpetrated by major food corporations. You know the ones, 'Made with pure Canola Oil' or 'Now with heart healthy Soybean Oil' or the grand daddy of them all 'Margarine that taste just like butter'. We have all bought into the massive marketing campaigns spewed out by the big companies trying to convince us that these are the 'new, latest, best' things to eat. Horse pucky. What our eyes see and our brains respond to has nothing to do with the biological needs of our body. Our cells can't see the packaging or marketing of any product, but our bodies know the difference. The good news about fats is we need them just like we need water, the rights fats are critical for survival as we have learned from our ancestors.

There are two types of poly unsaturated fats and we need them both, but we need them in their natural form, not processed. Without these fats the body will slowly begin to shut down. The two primary polyunsaturated fats needed for true cellular health are Omega 3 and Omega 6. The typical western diet is overloaded with Omega 6 and deficient in Omega 3 you most likely need more 3. Besides the weight loss capabilities, which I will discuss later, Omega 3 reduces fatty deposits in the arteries and increases levels of HDL (the good cholesterol). Essentially Omega 3 prevents platelets from sticking together. In our quest for true cellular health that in turn translates into a fat burning machine, you must include Omega 3 in your diet. Ideally we are trying to get a correct ration of 1:1 omega-3 to omega-6. The average American gets roughly 1 part omega-3 and 20 parts omega-6. In other words, most likely you are getting sufficient omega-6. On the other hand, 99% of people in the US are deficient in omega-3. Slight deficiencies can lead to fatigue, constipation, joint pain, depression, lower immune defenses, dry and brittle skin, poor concentration and of course fat retention. Severe deficiencies can lead to arthritis, heart disease, type 2 diabetes and even cancer. Credible studies have shown that proper omega-3 combined with reduction of omega -6 can indeed prevent and even reverse these detrimental conditions. The average person consumes roughly 125 milligrams of omega -3 daily, the recommended dosage is 3000 milligrams. The best sources for quality Omega 3 are
pharmaceutical grade krill oils which retains all the health benefits and yet removes heavy metals found in many fish oil supplements. You are looking for the words 'pharmaceutical grade' on the label. Another easy and great source is organic flaxseed oil. I take a swig of flaxseed oil first thing in the morning and right before bed. You can get liquid flaxseed at any health food store and it is money well spent.

There are numerous types of body fat. The fat around your belly or in your hips is quite different than the fat in an avocado but, we hear the word 'fat' and we automatically conjure up negative thoughts. Your body makes its own fat from taking in excess calories, too many extra calories...to much extra fat. Some fats are found in foods from plants and animals and are known as dietary fat. Dietary fat is a macro-nutrient that provides energy for your body. Fat is essential to your health because it supports a number of your body’s functions. Some vitamins, for instance, must have fat to dissolve and nourish your body. So why the bad rap? Well, because fat is high in calories and small amounts can add up quickly. If you eat more calories than you need or can burn off, you will gain weight. Excess weight is linked to poor health. We eat a lot of excess calories in this country.

The concern with certain types of dietary fat is that they are thought to play a role in cardiovascular disease and type 2 diabetes. Dietary fat also may have a role in other diseases, including obesity and cancer. Research about the possible harms and benefits of dietary fat is always changing. Simply stated, fat is made up of varying amounts of fatty acids. It’s the type and amount of fatty acid found in food that determines the effect of the fat on your health.

There are two main types of potentially harmful dietary fat — fat that is mostly saturated and fat that contains trans fat:

**Saturated fat**. This is a type of fat that comes mainly from animal sources of food, such as red meat, poultry and full-fat dairy products. Saturated fat raises total blood cholesterol levels and low-density lipoprotein (LDL) cholesterol levels, which can increase your risk of cardiovascular disease. Saturated fat may also increase your risk of type 2 diabetes.
Trans fat. This is a type of fat that occurs naturally in some foods. But most trans fats are made from oils through a food processing method called *partial hydrogenation*. By partially hydrogenating oils, they become easier to cook with and less likely to spoil than do naturally occurring oils. These fats are a staple of major food companies in order to increase shelf life. Research studies show that these partially hydrogenated trans fats can increase unhealthy LDL cholesterol and lower healthy high-density lipoprotein (HDL) cholesterol. This can increase your risk of cardiovascular disease. These fats have got to go. Purge. If you see the word 'hydrogenated' on the package, don't buy it. This is a man made process that your biological body has no answer to. We simply cannot process this type of oil.

The types of potentially helpful dietary fat are mostly unsaturated:

**Monounsaturated fat.** This is a type of fat found in a variety of different foods and oils. Studies show that eating foods rich in monounsaturated fats (MUFAs) improves blood cholesterol levels, which can decrease your risk of heart disease. Research also shows that MUFAs may benefit insulin levels and blood sugar control, which can be especially helpful if you have type 2 diabetes.

**Polyunsaturated fat.** This is a type of fat found mostly in plant-based foods and oils. Evidence shows that eating foods rich in polyunsaturated fats (PUFAs) improves blood cholesterol levels, which can decrease your risk of heart disease. PUFAs may also help decrease the risk of type 2-diabetes.

**Omega-3 fatty acids.** One type of polyunsaturated fat is made up of mainly omega-3 fatty acids and may be especially beneficial to your heart. Omega-3, found in some types of fatty fish, appears to decrease the risk of coronary artery disease. It may also protect against irregular heartbeats and help lower blood pressure levels. There are plant sources of omega-3 fatty acids. However, the body doesn't convert it and use it as well as omega-3 from fish.
Foods made up mostly of monounsaturated and polyunsaturated fats are liquid at room temperature, such as olive oil, safflower oil, peanut oil and corn oil. Fish high in omega-3 fatty acids include salmon, tuna, trout, mackerel, sardines and herring. Plant sources of omega-3 fatty acids include flaxseed, and nuts and other seeds (walnuts, butternuts and sunflower). Read the labels. These terms are required by law to be on packaging. Do not buy anything with the words 'trans fats' or 'saturated fats'. Baby steps.

I recently had my annual physical examination, which I get once every seven years, and when the nurse weighed me, I was shocked to discover how much stronger the Earth’s gravitational pull has become since 1990.

~Dave Barry

COMMON AILMENTS AND NATURAL CURES

This is a very short list of the most common ailments effecting most people and potential helpful natural cures. The list is designed to show you that Mother Nature can help just about everything. This list is by no means complete but it will get you on the right track to prevention rather than treatment. Always do your own research before you start self-diagnosis.
<table>
<thead>
<tr>
<th>AILMENT</th>
<th>HERB</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acne</td>
<td>Calendula, aloe, tea tree</td>
</tr>
<tr>
<td>Alcoholism</td>
<td>Evening primrose, kudzu</td>
</tr>
<tr>
<td>Allergy</td>
<td>Chamomile</td>
</tr>
<tr>
<td>Alzheimer’s disease</td>
<td>Ginkgo, rosemary</td>
</tr>
<tr>
<td>Angina</td>
<td>Hawthorn, garlic, willow, green tea</td>
</tr>
<tr>
<td>Anxiety and stress</td>
<td>Hops, kava, passionflower, valerian, chamomile, lavender</td>
</tr>
<tr>
<td>Arteriosclerosis</td>
<td>Garlic</td>
</tr>
<tr>
<td>Arthritis</td>
<td>Capsicum, ginger, turmeric, willow, cat’s claw, devil’s claw</td>
</tr>
<tr>
<td>Asthma</td>
<td>Coffee, ephedra, tea</td>
</tr>
<tr>
<td>Athlete’s foot</td>
<td>Topical tea tree oil</td>
</tr>
<tr>
<td>Attention-deficit disorder</td>
<td>Evening primrose oil</td>
</tr>
<tr>
<td>Bad breath</td>
<td>Parsley</td>
</tr>
<tr>
<td>Bronchitis</td>
<td>Echinacea, pelargonium</td>
</tr>
<tr>
<td>Burns</td>
<td>Aloe</td>
</tr>
<tr>
<td>Cancer</td>
<td>Bilberry, blackberry, cocoa (dark chocolate), green tea, garlic, ginseng, maitake mushroom, pomegranate, raspberry, reishi mushroom</td>
</tr>
<tr>
<td>Canker</td>
<td>Goldenseal</td>
</tr>
<tr>
<td>Colds</td>
<td>Echinacea, andrographis, ginseng, coffee, licorice root (sore throat), tea (nasal and chest congestion)</td>
</tr>
<tr>
<td>Congestive heart failure</td>
<td>Hawthorn</td>
</tr>
<tr>
<td>Constipation</td>
<td>Apple, psyllium seed, senna</td>
</tr>
<tr>
<td>Cough</td>
<td>Eucalyptus</td>
</tr>
<tr>
<td>Depression</td>
<td>St. John’s wort</td>
</tr>
<tr>
<td>Diabetes, Type 2</td>
<td>Garlic, beans (navy, pinto, black, etc.), cinnamon, eleutherooccus, flaxseed, green tea</td>
</tr>
<tr>
<td>Diabetic ulcers</td>
<td>Comfrey</td>
</tr>
<tr>
<td>Diarrhea</td>
<td>Bilberry, raspberry</td>
</tr>
<tr>
<td>Diverticulitis</td>
<td>Peppermint</td>
</tr>
<tr>
<td>Dizziness</td>
<td>Ginger, ginkgo</td>
</tr>
<tr>
<td>Earache</td>
<td>Echinacea</td>
</tr>
<tr>
<td>Eczema</td>
<td>Chamomile, topical borage seed oil, evening primrose oil</td>
</tr>
<tr>
<td>Condition</td>
<td>Treatment</td>
</tr>
<tr>
<td>--------------------</td>
<td>---------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Flu</td>
<td>Echinacea, elderberry syrup (also see “Colds”)</td>
</tr>
<tr>
<td>Gas</td>
<td>Fennel, dill</td>
</tr>
<tr>
<td>Giardia</td>
<td>Goldenseal</td>
</tr>
<tr>
<td>Gingivitis</td>
<td>Goldenseal, green tea</td>
</tr>
<tr>
<td>Hay fever</td>
<td>Stinging nettle, butterbur</td>
</tr>
<tr>
<td>High blood pressure</td>
<td>Garlic, beans, cocoa (dark chocolate), hawthorn</td>
</tr>
<tr>
<td>High blood sugar</td>
<td>Fenugreek</td>
</tr>
<tr>
<td>High cholesterol</td>
<td>Apple, cinnamon, cocoa (dark chocolate), evening primrose oil,</td>
</tr>
<tr>
<td>Hot flashes</td>
<td>flaxseed, soy foods, green tea</td>
</tr>
<tr>
<td>Impotence</td>
<td>Yohimbe</td>
</tr>
<tr>
<td>Indigestion</td>
<td>Chamomile, ginger, peppermint</td>
</tr>
<tr>
<td>Infection</td>
<td>Topical tea tree oil, astragalus, echinacea, eleutherococcus, garlic,</td>
</tr>
<tr>
<td></td>
<td>ginseng, rhodiola</td>
</tr>
<tr>
<td>Insomnia</td>
<td>Kava, evening primrose, hops, lemon balm, valerian</td>
</tr>
<tr>
<td>Irregular heartbeat</td>
<td>Hawthorn</td>
</tr>
<tr>
<td>Irregularity</td>
<td>Senna, psyllium seed</td>
</tr>
<tr>
<td>Irritable bowel</td>
<td>Chamomile, peppermint</td>
</tr>
<tr>
<td>Lower back pain</td>
<td>Thymol, carvacrol, white willow bark</td>
</tr>
<tr>
<td>Menstrual cramps</td>
<td>Kava, raspberry, chasteberry</td>
</tr>
<tr>
<td>Migraine</td>
<td>Feverfew, butterbur</td>
</tr>
<tr>
<td>Morning sickness</td>
<td>Ginger</td>
</tr>
<tr>
<td>Muscle pain</td>
<td>Capsicum, wintergreen</td>
</tr>
<tr>
<td>Nausea</td>
<td>Ginger</td>
</tr>
<tr>
<td>Premenstrual</td>
<td>Chasteberry, evening primrose</td>
</tr>
<tr>
<td>syndrome</td>
<td></td>
</tr>
<tr>
<td>Ringing in the ears</td>
<td>Ginkgo</td>
</tr>
</tbody>
</table>
Once again, my purpose is to get you to take a new view/perspective of how you can get healthy without pills and toxins. For hundreds of thousands of years, and indeed even today in many cultures particularly in the East, these herbs are the cures. These are what doctors prescribe. Next time you feel a problem coming on why not try a new approach and see if it helps. Work on curing the problem rather than treating the symptom.

*We’re the country that has more food to eat than any other country in the world, and with more diets to keep us from eating it.*
~Author Unknown

**ABSOLUTE NO NO'S**

For many of you this may be the hardest part and quite honestly this part may take some work. You will have to decide just how far you want to go to gain true cellular health. However, in the quest to get closer to your natural biological state of health, the items listed below are OUT! These are the things that you stop right now, no baby stepping just cold turkey. The list could be much longer as we all know, but these are the top of the top of the bad list. In no particular order:
CIGARETTES

No explanation needed here. For many this is a lot more than a baby step but without question there is no way on earth to remotely have anything resembling health while smoking. In true baby step fashion try putting the cigarettes that you are allowing yourself for the day on the counter. Next week, remove one. The week after remove two etc ... eventually you will have weaned yourself and at the very least you will have smoked less during the process.

I know that quitting cigs can be a massive hurdle that indeed, for many may just be to hard to do. This may be the one thing that you really have to dig deep. If you can kick the habit everything else in this book will be simple. Now is the time to make the change in your life. Whatever/ however you decide to quit, you must.

DONUTS

Doughnuts are fried, full of sugar and white flour, and most all varieties contain trans fats. Store-bought doughnuts are made up of about 35 percent to 40 percent trans fat, and an average doughnut contains about 200 to 300 calories, mostly from sugar and very few nutrients. Trans fats, found largely in commercially prepared baked and fried foods, have become notorious in recent years because they not only raise "bad" LDL cholesterol, but also lower levels of heart-healthy HDL cholesterol. High trans-fat intake has been linked to coronary heart disease, in which fatty plaques build up in the heart arteries, sometimes leading to a heart attack.
This is the double whammy. To top it off, when foods are cooked at high temperatures, carcinogenic substances like acrylamide can form. Eating a doughnut is one of the worst ways to start off your day. It will throw off your blood sugar and provides no nutrition, worst of all it will keep you craving more. Ya, I know donuts taste great. Why does all the good stuff have to be bad for you? I think you will see that after you start the process of purging the bad you will eventually start to love eating only good foods. Eventually you will get to the point where eating a donut won’t even cross your mind. You will get there.

SODA

One can of soda has about 16 teaspoons of sugar and worst of all it’s typically in the form of high fructose corn syrup. It's also pushing close to 150 calories, 30 to 55 mg of caffeine, and is loaded with artificial food colors and sulphites. This is what’s in just one can of soda! Diet sodas are even worse, as they are filled with harmful artificial sweeteners like aspartame or sucralose which contrary to the word 'diet' keep you craving more. Studies have linked soda to osteoporosis, obesity, tooth decay, and heart disease. The average American drinks an estimated 50 gallons of soft drinks each year.

Just one soda contains nearly three times the maximum daily sugar intake recommended by the American Heart Association. High Fructose Corn Syrup typically contains a mixture of 45 percent glucose and 55 percent fructose. Once you drink a soda your pancreas rapidly begins to create insulin in response to the sugar. Years and years of this can cause severe liver damage. Ask yourself if it's worth it. For many cutting soda out is more than a baby step but, it is an absolute no no. The damages are far to severe to ignore. You may not feel the damages today or tomorrow but rest assured...you will pay a price for this down the road. I urge all my readers to re evaluate the value of your health each time you decide to drink a soda. Trust me I know the stuff taste great, I even sneak a sip once or twice a year but as a daily way of life it has to go. If you are a heavy soda drinker you need to find the strength to begin to slow it down. Lay out your cans for the week and that’s it. Next week 1-2 less.
Ideally this is one of those things that you want to quit cold turkey, but if the addiction is too strong you should start the weaning process right now.

Here’s what happens in your body upon drinking a can of soda:

**In about 20 minutes**, your blood sugar spikes, and your liver responds to the resulting insulin burst by turning massive amounts of sugar into fat.

**In about 40 minutes**, caffeine absorption is complete; your blood pressure rises, and your liver dumps *more sugar* into your bloodstream.

**In about 45 minutes**, your body increases dopamine production, which stimulates the pleasure centers of your brain. This is the hook that keeps you wanting more.

**About an hour after consumption**, you’ll start to have a blood sugar crash, and guess what? Yep, you reach for another so you can regain that dopamine rush. This is a bad cycle and without question will take years off your life. The soda has got to go. In fact many canned drinks are just as bad for you. Next time you go shopping don’t buy any soda or sugar drinks. Get a gallon jug of spring water instead.

*This is what 16 teaspoons of sugar looks like*
Chronically elevated insulin levels are a factor of most chronic disease, from diabetes to cancer. Eliminating soda, especially diet soda from your life is one of the most profound health improvements you can make.
FRENCH FRIES

Cutting these out was, for me much more than a baby step. It hurt. Let's face it...french fries are tasty little buggers. My desire to live clean, pure and healthy over-rode my craving. But, whew I had the shakes for awhile. Foods that are fried in vegetable oils like canola, soybean, safflower, corn, and other seed and nut oils are particularly problematic. These fats easily become rancid when exposed to oxygen and produce large amounts of damaging free radicals in the body. They are also very susceptible to heat-induced damage from cooking. What is not commonly known is that these oils can actually cause aging, clotting, inflammation, cancer, and weight gain. Furthermore, in the US, canola, soybean, and corn oils are made primarily from genetically engineered crops, which come with their own set of health risks.

As an example: The anti foaming agent found in the American version of fast food french fries, is a type of silicone with anti-foaming properties that is used in cosmetics and a variety of other goods like Silly Putty. Do we really need to add this to french fries? Does dimethylpolysiloxane sound like anything remotely natural or healthy for the human body? Does it sound like anything that is going to make you vibrant and clean?
Fast food potatoes must be perfect, or else the fast food joint rejects them. (Once again I will refrain from naming any particular fast food chain here but, you know who I’m talking about). To prevent net necrosis, which causes dark spots and lines on the potatoes, farmers use a highly toxic pesticide called Monitor. This pesticide is so toxic, farmers will not enter their fields for five days after application.

Once harvested, the potatoes are kept in atmospheric-controlled warehouses for six weeks, during which time they are inedible. They're too toxic to consume before the chemical has sufficiently off-gassed from the potatoes!

Generally speaking, potatoes have among the highest levels of pesticide residues of any food crop. Pesticide testing done by the Environmental Working Group (EWG), stated that the average potato had more pesticides by weight than any other fruit or vegetable. These chemicals penetrate the skin into the potato, making them impossible to wash off.

Moral of this story is no fast food and no potatoes. You cannot create true cellular health when you are ingesting these hidden chemicals. Keep in mind, many of these chemicals are banned in Europe and other countries. Why are they allowed here? In a word: Profits! I will save this rant for another book, and believe me, it is a whole novel in its own right. For now I hope you will take my word since we are focusing on weight loss and cellular health. Cut out the fries and fast food.

CHIPS
Most commercial chips, and this includes corn chips, potato chips, tortilla chips, you name it, are high in trans fat. Many also contain genetically engineered ingredients. Fortunately, some companies have caught on to the recent media blitz about the dangers of trans fat and have started to produce chips without trans fat. However, the high temperatures used to cook them can still cause the formation of carcinogenic substances like acrylamide, and this risk remains even if the trans fat is removed. “Natural” chips are increasingly popular, but it’s important to realize that this means very little in terms of its health impact. A fried, genetically engineered corn chip is still going to wreak havoc in your body—even if it’s low in trans fat.
When I buy cookies I eat just four and throw the rest away. But first I spray them with Raid so I won't dig them out of the garbage later. Be careful, though, because that Raid really doesn't taste that bad.  
~Janette Barber

WHITE FLOUR

So, what is white flour and how is refined white flour made? Well, it starts out reasonably well and goes downhill pretty quickly. Refined white flour starts from a nutritious whole wheat grain. (This is where the good part ends). The entire husk and bran are peeled off leaving the white grain which is crushed and is almost pure carbohydrates at this point. Husk and bran are the most nutritious and fiber rich parts of the grain. Even the tiny bit of remaining nutrition that may still exist in the grain is chemically bleached out. Then it is dried in an oven at high temperature which destroys any trace of nutrients that may remain there. At this point you have a completely nutritionally void powder, just a filler powder, that's all. During the refining process, 14 different vitamins, 10 different minerals, and protein are lost from the whole wheat. Even if the food label says 'enriched flour' the enriching process of refined flour only adds back 4 vitamins and nothing else. The bleaching process leaves chemical residues in flour. Where do you think this residue ends up? In your body. All this extra work simply to make the flour look white and therefore easier to manipulate by manufacturers when they mix it with whatever they are trying to create. When cells convert sugar into energy, vitamins are needed for this conversion process. In whole foods these nutritional elements are naturally present, however, in refined flour grain, these vitamins are lost when germ and bran are removed. You are left with nothing. What happens when people eat refined foods which lack all the minerals, vitamins, and enzymes that are usually naturally present? The body takes away these same vitamins, minerals, and enzymes from its own body organs, tissues, and bones in order to process these refined food. That's right, your body will 'find' what it needs to replace what it's not getting.
This leads to many problems particularly (in the case of white flour) chronic fatigue syndrome. Why are we all so tired all the time? My belief is that a very large part of Americans chronic fatigue is due to eating flour and enriched flour. It's in almost everything. Try one week without white flour and you most likely will not even believe the difference in your energy level. For most of us we have consumed this our entire life and simple have no idea what it could possibly feel like to be cleansed of this harmful, nutritionally void filler.

Refined Flour and Fat

The large amount of insulin released by eating refined foods is sure way to gain more fat because insulin is a hormone that signals to store fat in the body. In order for sugar to be converted into energy, vitamins and minerals are needed in the conversion process. Refined foods, especially white flour lack vitamins and minerals. This is why eating refined foods on regular basis causes bad skin conditions, fatigue, and countless other chronic conditions.

When excess sugar in the blood cannot be used by cells for energy due to lack of vitamins and minerals, they are stored as fat. This fat is often accumulated around the belly. Vitamin and mineral depletion with gained weight makes a person feel more sluggish and less inclined to want to exercise, which leads to even more weight gain, it's a bad circle to be in. And this is the circle you must break. These are the patterns we have known almost our entire lives and are responsible for the current health obesity crisis we face in this country. I hope I can convince you to begin the process of purging white flours and reducing sugars. Just doing these two things alone will allow you to feel better in a very short time. These are the main reasons why weight loss is so difficult for people who continue to eat foods with refined grain and refined sugar ingredients.

**Types of Bleaching Agents used to whiten flour:**

- Azodicarbonamide
- Benzoyl Peroxide mixed with various chemical salts
- Calcium Peroxide
• Nitrogen Dioxide
• Nitrogen Oxide
• Nitrosyl

Do any of these sound like anything you want to put in your body? Are any of these chemicals going to help you stay out of the hospital? Can you ask your body to lose weight when it has to battle these chemicals? No. White flour is a baby step you need to pay attention to and remove from your diet, it's not that hard.

Alternatives to White Flour and Bread

The alternative is whole grain bread. Whole flour retains the husk and bran of the wheat, which is most nutritious with most of dietary fiber.

A caution about whole grain bread. Bread makers use food coloring, brown wrappers, and healthful sounding words like "multi grain," "stone ground," and "cracked wheat" to make their breads sound more nutritious than they really are. Many people think if it has a brown color it is better, it is not. You must read the ingredients not nutritional facts.

Bottom line is:
Eat unprocessed whole grain and try to eat multi grain. If it is sprouted, that is even better. There are plenty of bread companies out there making multi grain and sprouted breads. Typically you will not even notice a taste difference or even a significant price difference. This is one of those simple baby steps that your body will respond to quickly with visible signs of renewed energy.

“Today, more than 95% of all chronic disease is caused by food choice, toxic food ingredients, nutritional deficiencies and lack of physical exercise.” ~Mike Adams
CANOLA OIL

The name of canola oil was originally LEAR (Low Erucic Acid Rapeseed) but purely for marketing purposes was changed to canola oil. This word was derived from the combination of the phrase, “Canadian oil.” Canola oil is a much more appealing name than LEAR oil or rape oil. Um...honey can you please pass the rape oil? Just doesn't have the same ring. Canola Oil is produced from the rapeseed plant, which is a part of the mustard family. It works well as an industrial oil and has been used in candles, soaps, lipsticks, lubricants, inks and bio fuels. If there ever was a genetically modified food created on this planet, this is it. We have figured out how to genetically modify rapeseed oil. It has been brought to market with the claim that it is a wonder oil, that is low in saturated fats, and has omega-3 fatty acids. How does rapeseed oil magically turn into canola oil? Well first of all it's "deodorized" with a chemical component called hexane. Hexane is a vapor component of gasoline and has been in use to process oils since World War II. Hexane is a chemical made from crude oil, the mainstream solvent extraction method of the entire Western world.

The omega-3 fatty acids of processed canola oil are transformed during the deodorizing process into trans fatty acids. It also contains a very-long-chain fatty acid called erucic acid, which has been associated with fibrotic heart lesions.

In 1985, the Federal Register (the official journal of the federal government of the United States) stated that the FDA outlawed canola oil in infant formulas because it retarded growth. So, 30 years ago it was not good for babies, but now it’s suddenly okay for everyone else?

Take a quick look at the possible short-term and long-term damage you could be doing to your body by consuming canola regularly:

- Canola depletes vitamin E.
- Canola increases the rigidity of membranes, which can trigger degenerative diseases.
- Because of canola’s high sulfur content it goes rancid easily, which can exacerbate allergies and compound problems for people with bronchial or asthmatic issues.
- Human studies reveal canola causes an increase in lung cancers.
- Canola can shorten lifespan of animals and lower platelet count.
- Daily canola consumption can raise your triglycerides over 40 percent.
• It opens the door for free radicals, undermining natural antioxidants, and can be linked to increased incidence of many diseases.
• Canola leaves no foul taste when it's spoiled so it's hard to tell if you're eating rancid erucic acid Which is why fast food companies use it.

Food manufacturers are not required by law to tell you if their products contain GMO’s such as canola oil. It’s up to us to be well informed, and read the labels.

What Oil to Use Instead?

**Coconut Oil** is best when it’s cold pressed and virgin. Do NOT buy refined coconut oil. Your coconut oil should smell like you’re on a beach in the Caribbean. It has a high heat threshold and contains Medium Chain Fatty Acids that can support fat-loss and your nervous system.

**Olive Oil** – I don’t recommend Olive Oil for cooking but it has tremendous health benefits and is at the heart of the Mediterranean diet. Look for extra virgin olive oil and use it on salad’s and other cold dishes.

**Organic Pastured Butter** - contains ALA and CLA which can promote weight loss. Also, contains healthy short chain fatty acids and has a higher heat threshold. Stick with Organic when buying butter.

Now that you’re armed with the facts, use them to guard your health! Stay clear of Canola Oil, and all GMO foods.
MSG

The first exotoxin that has to go is mono-sodium glutamate or MSG.

*MSG on its own causes the body to store fat.*

This ingredient is an absolute must gotta go right now. You simply cannot arm yourself with knowledge and then ignore it.

Whether you eat any other foods, eating MSG will change your body chemistry to such a level that you will store fat.

**MSG alone will program your body to store fat!**

In 1968 Dr. John Olney started conducting experiments on mice using MSG. (Mice are frequently used as test animals because they react most like humans to MSG.) Obsessed with the microscopic changes in the brains of the mice he overlooked something quite dramatic first noticed by his assistant. She pointed out to him that all of the mice were grossly obese. At first he thought it was just a fluke, but as the experiment progressed he noticed that indeed all the mice fed MSG became grossly obese. Since his early observation, other studies have confirmed that MSG causes gross obesity in animals.

Researchers also found that this fat could not be exercised off and was extremely difficult to remove through dieting, no matter how much you exercised. Today, most processed foods and almost all fast food contain significant amounts of glutamate. Consider that of all the mammals, humans are the most susceptible to physical damage from ingested MSG. We possess a sensitivity five times greater than the mouse and twenty times greater than the rhesus monkey. **In other words, if you are consuming MSG it is virtually impossible to lose weight,** not to mention the other side effects such as migraine headaches, seizures and autoimmune disease.

After reading the research is it any wonder we are one of the fattest, unhealthiest and sickest countries in the world; this stuff is in almost everything we eat.

I know for a lot of you this is much more than a baby step considering we all grew up with this, I get it. MSG should be eliminated ASAP. Take a look in your pantry and find one or two items that have MSG in them and do not buy that item again. You cannot be truly healthy while ingesting these man-made 'concoctions'. Furthermore, forgetting the health aspect for a moment, you simply cannot lose weight with MSG in your body.
It's your body and it's your life and you need to decide just where you want to draw the line.

True cellular health cannot exist in your body side by side with MSG.

If you see these words on the label, they have MSG:

- Autolyzed Yeast
- Glutamate
- Monopotassium Glutamate
- Monosodium Glutamate
- Textured Protein
- Calcium Caseinate
- Glutamic Acid
- Hydrolyzed Protein
- Sodium Caseinate
- Yeast Extract
- Yeast Food
ASPERTAME/ DIET SODA

I want to briefly touch on the history of the development of aspartame and the effects of the consumption of aspartame on the body. In your new found quest for a healthy body, a healthy being and subsequently the inevitable weight loss that comes from having a clean body inside and out, we have to begin the road to 'going natural'. Aspartame is about as far from natural as can be and I urge readers to purge it from their kitchen counters ASAP. This is not a political blast, I am simply relaying one of many (back room) scenarios of how many products find their way to your local store shelf. Situations, and variations of this are far more common than consumers can imagine.

Brief history time line of the approval process for aspartame:

1965-- While working on an ulcer drug, a chemist at G.D. Searle, discovers aspartame (by licking his fingers accidentally), a substance that is 180 times sweeter than sugar yet has no calories.

1970-- Searle Company executives lay out a "Food and Drug Sweetener Strategy' that they feel will put the FDA into a positive frame of mind about aspartame. An internal policy memo describes psychological tactics the company should use to bring the FDA into a subconscious spirit of "participation".

1971 -- Neuroscientist Dr. John Olney (whose pioneering work with monosodium glutamate was responsible for having it removed from baby foods) informs Searle that his studies show that aspartic acid (one of the ingredients of aspartame) caused holes in the brains of infant mice. One of Searle's own researchers confirmed Dr. Olney's findings in a similar study.

1974-- Jim Turner and Dr. John Olney file the first objections against aspartame's approval.

1976-- Turner and Olney's petition triggers an FDA investigation of the laboratory practices of aspartame's manufacturer, G.D. Searle. The investigation finds Searle's testing procedures shoddy, full of inaccuracies and "manipulated" test data.
The investigators report they "had never seen anything as bad as Searle's testing."

1977-- The FDA formally requests the U.S. Attorney's office to begin grand jury proceedings to investigate whether indictments should be filed against Searle for knowingly misrepresenting findings and "concealing material facts and making false statements" in aspartame safety tests. This is the first time in the FDA's history that they request a criminal investigation of a manufacturer.

1977-- While the grand jury probe is underway the law firm representing Searle, begins job negotiations with the U.S. Attorney in charge of the investigation, Samuel Skinner.

1977-- G. D. Searle hires prominent Washington insider Donald Rumsfeld as the new CEO to try to turn the beleaguered company around. A former Member of Congress and former Secretary of Defense, Rumsfeld brings in several of his Washington cronies as top management.

1977-- Samuel Skinner leaves the U.S. Attorney's office and takes a job with Searle's law firm.

1977-- The Bressler Report, compiled by FDA investigators and headed by Jerome Bressler, is released. The report finds that 98 of the 196 animals died during one of Searle's studies and weren't autopsied until later dates, in some cases over one year after death. Many other errors and inconsistencies are noted.

For example, a rat was reported alive, then dead, then alive, then dead again; a mass, a uterine polyp, and ovarian neoplasms were found in animals but not reported or diagnosed in Searle's reports.

1977-- U.S. Attorney Skinner's withdrawal and resignation stalls the Searle grand jury investigation for so long that the statute of limitations on the aspartame charges runs out. The grand jury investigation is dropped.

1979-- The FDA established a Public Board of Inquiry (PBOI) to rule on safety issues surrounding NutraSweet.

1980-- The Public Board of Inquiry concludes NutraSweet should not be approved pending further investigations of brain tumors in animals. The board states it "has not been presented with proof of reasonable certainty that aspartame is safe for use as a food additive."
1981-- Donald Rumsfeld, CEO of Searle, states in a sales meeting that he is going to make a big push to get aspartame approved within the year. Rumsfeld says he will use his political pull in Washington, rather than scientific means, to make sure it gets approved.

*Here's where the story really gets good...*

January 21, 1981-- Ronald Reagan is sworn in as President of the United States. Reagan's transition team, which includes Donald Rumsfeld, CEO of G. D. Searle, hand picks Dr. Arthur Hull Hayes Jr. to be the new FDA Commissioner.

March, 1981-- An FDA commissioner's panel is established to review issues raised by the Public Board of Inquiry.

May 1981-- Three of six in-house FDA scientists who were responsible for reviewing the brain tumor issues advise against approval of NutraSweet, stating on the record that the Searle tests are unreliable and not adequate to determine the safety of aspartame.

July 1981-- In one of his first official acts, Dr. Arthur Hayes Jr., the new FDA commissioner, overrules the Public Board of Inquiry, ignores the recommendations of his own internal FDA team and approves NutraSweet for dry products. Hayes says that aspartame has been shown to be safe for its proposed uses and says few compounds have withstood such detailed testing and repeated close scrutiny.

July 1983-- The National Soft Drink Association (NSDA) urges the FDA to delay approval of aspartame for carbonated beverages pending further testing because aspartame is very unstable in liquid form. When liquid aspartame is stored in temperatures above 85 degrees Fahrenheit, it breaks down into formaldehyde!

August 8, 1983-- Consumer Attorney, Jim Turner of the Community Nutrition Institute and Dr. Woodrow Monte, Arizona State University's Director of Food Science and Nutritional Laboratories, file suit with the FDA objecting to aspartame approval based on unresolved safety issues.

And, this is where we are today. This book is about being healthy and losing weight, not politics but I felt it was important to give you one example, one of many of just how many products make it to the store shelves. Ultimately, as I have mentioned before, we are our own islands, no one is looking out for you contrary to popular belief. You are responsible for educating yourself on what you put in and on your body.
HIGH FRUCTOSE CORN SYRUP

The average American increased their consumption of HFCS from zero to more than 140 pounds per person per year. During that time period, obesity rates have more than tripled and diabetes incidence has increased more than seven-fold. The connection cannot be ignored. We are led to believe that HFCS is just as 'natural' as can be by big food companies.

Except for one problem. Even when used in moderation, it is a major cause of heart disease, obesity, cancer, liver failure, tooth decay, not to mention the weight issues that go along with HFCS consumption. Do not be fooled by the millions spent yearly by the corn industry touting the safety of their product. Your health is last on their list.

We, as a species are currently in the process of conducting the largest uncontrolled experiment linking sugar and obesity and every time you pop open a soda, you are the guinea pig. I suspect the long term results of this experiment will be a national health nightmare. One 20 oz HFCS sweetened soda has 17 grams of sugar. Our thinner ancestors thousands of years ago might have consumed 17 grams of sugar in a year! Not in one soda.

HFCS and cane sugar are NOT chemically identical or processed the same way by the body. Both of course add to obesity however HFCS is about as far from natural as can be. The process of extraction is a highly guarded secret by the large manufacturers. Fructose is sweeter than glucose, HFCS is also cheaper than sugar because of the government farm bill corn subsidies. Cheaper and sweeter ahh... perfect combo for profits. Fructose goes right to the liver and triggers lipogenesis (the production of fats like triglycerides and cholesterol). Both of these features of HFCS lead to increased metabolic disturbances that drive increases in appetite, weight gain, diabetes, heart disease, cancer, dementia and more. The more fructose you eat, the more you want. This is a cycle you need to get off of...quickly.
If that's not enough disturbing news, high doses of free fructose have been proven to literally punch holes in the intestinal lining. When this happens your lining is allowing nasty byproducts of toxic gut bacteria and partially digested food proteins to enter your bloodstream.

Getting HFCS out of your life quickly is a baby step that you really need to work on right away. Furthermore, HFCS contain contaminants including mercury that are not regulated or measured by the FDA. HFCS is almost always a perfect gauge of poor-quality, nutrient-poor, disease creating industrial food products or "food-like substances." Stay away if you want to stay healthy. There is no way to have true cellular health with HFCS flowing through your body. Do your best to cut down all sugars however, you must completely stop the consumption of High Fructose Corn Syrup...today! This is more than a baby step, this is something that needs to stop today. Read the labels.

One would have to be blind not to see the correlation between obesity and HFCS. We are consuming HFCS and sugar in quantities never before experienced in human history -- 140 pounds a year. When you absorb this foreign invader your body must respond and deal with it, it cannot be ignored by your bio system. Simply put: there is no way you can lose weight while you are consuming HFCS. Purge asap.
Ahh... where would we be without our fast food fix? I admit I had my fast food period just like everybody else but in my quest to stay far away from hospitals and stretch pants made by Omar the Tent-maker I knew I had to change. If you are a frequent fast food eater, you’re not alone. However, in classic baby step fashion... it’s gotta go. I understand that this may be one of the harder baby steps for a lot of you however, in your new quest for true cellular health this is one of those things that must vanish. Begin to lessen your visits to any fast food joint. If you find yourself at the drive up window twice a week, well how about once a week next week? How about 3 times a month next month? Pick your dates and stick to it. Eventually you will find that you have purged yet another bad habit—another baby step towards true health.

Here are a few fast food tidbits that put it in perspective:

Every month, approximately nine out of 10 American children visit a McDonald's restaurant.

In 1949, Richard and Maurice McDonald opened the first McDonald's restaurant in San Bernardino, California: the McDonald Brothers Burger Bar Drive-In.

McDonald's is Brazil’s largest employer.

When McDonald's opened an outlet in Kuwait shortly after the end of the Gulf War, the line of cars waiting to eat there was seven miles long.
The popularization of the drive-thru led car manufacturers in the 1990s to install cup holders in the dashboards. As fast food drinks became larger, so did the cup holders.

A genetically engineered hormone called rBGH is given to cows in the U.S. to increase milk production—even though its chemical byproducts may be carcinogenic. Residues of rBGH have been found in meat products, such as hamburgers sold in fast food chains.

Coca-Cola originally included coca derivatives such as cocaine in their sodas, which at the time was not illegal. It was originally served as a “brain tonic and intellectual soda fountain beverage.”

Eating fast food can result in high levels of insulin, which has been linked to rising incidences of Type 2 Diabetes. In fact, more than 600,000 new cases of diabetes are diagnosed each year.

Burger King’s Double Whopper with cheese contains 923 calories. A man would need to walk for about nine miles to burn it off. Adding french fries and a large cola brings the total calories to an amazing 1,500 calories, not to mention the MSG.

French fries are the single most popular fast food in America. In 1970, french fries surpassed regular potato sales in the United States. In 2004, Americans ate 7.5 billion pounds of frozen french fries.

McDonald’s is the largest purchaser of beef, pork, and potatoes and the second largest purchaser of chicken in the world. Its annual orders for french fries constitute 7.5% of America’s entire potato crop.

High-fructose corn syrup (which tricks your body into wanting to eat more and to store more fat) first appeared in 1967, and the average American now consumes 140 pounds of it a year.

Dangerous fast food ingredients that have been linked to various cancers and/or obesity includes MSG, trans fat, sodium nitrite, BHA, BHT, propyl gallate, aspartame, Acesulfame-K, Olestra, potassium bromate, and food coloring Blue 1 and 2, Red 3, Green 3, and Yellow 6.
The American Heart Association recommends a maximum of no more than 2 grams of trans fat per day. A person should eat no more than 1,000-3,000 mg of sodium per day. Men need about 2,700 calories a day, while women need about 2,000 per day. The rise in the fast food industry has been linked to rising cases of obesity. The CDC estimates that 248,000 Americans die prematurely due to obesity and considers obesity as the number two cause of preventable death in the US (the #1 cause is smoking).

A balanced diet is a cookie in each hand.

~Author Unknown

MEAT & DAIRY

Well...all good things must come to an end and for you carnivores I want to shed some valuable information on the effects of meat and dairy. I spent my youth sucking down hamburgers and chocolate milk. It's good stuff for sure and the craving for a steak or burger is right up there with cigarettes and cocaine. However there has been some rather startling revelations regarding the effects of meat and dairy. My job is to present some facts to you in the hopes that, in your quest for cellular health you will begin to 'see the light' as I did years ago. New research claims that eating a diet heavy on meat and cheese may be as harmful to you as smoking a cigarette.
A new study, published in “Cell Metabolism” shows that middle-aged people who eat a diet high in animal proteins from milk, meat and cheese are more likely to die of cancer than someone who eats a low-protein diet. The research also showed the people who ate lots of meat and dairy were more likely to die at an earlier age. Researchers looked at 6,318 adults over the age of 50. On average, about 16 percent of their total daily calories came from protein. Two-thirds of that amount was from animal protein. The group was divided into high, moderate and low-protein diet eaters. Protein could come from plant or animal sources. High-protein diets were made up of at least 20 percent protein.

Moderate-protein eaters consumed 10 to 19 percent of their daily calories from protein. Low-protein diets consisted of less than 10 percent of daily calories from protein.

People who ate high-protein diets were 74 percent more likely to die before the end of the study than those who ate low-protein diets. Decreasing protein consumption from moderate to low levels reduced early mortality risk by 21 percent.

The study also showed that plant-based proteins were not as detrimental to health as animal based proteins.

A smaller subsection of the sample group, 2,253 people had their IGF-I levels recorded. They found that those who consumed the highest levels of animal proteins were four times more likely to die of cancer than those who had low-protein diets. That increased rate was similar to the cancer risk between smokers and non-smokers. Moderate-protein consumers were three times more likely to die from cancer. Large studies in England and Germany showed that vegetarians were about 40 percent less likely to develop cancer compared to meat eaters.

Saturated fat is responsible for major weight gain. Today’s meat is higher than ever in fat because the animals are raised in unnatural environments with no exercise or grazing capabilities. Since they sit in a cage and are over fed, the animal meat contains an exceedingly high amount of unhealthy fat deposits. Meat is a very calorie-dense nutrient that can easily lead to weight gain if eaten regularly.

Saturated fat can cause potentially fatal fat deposits in the arteries. High blood pressure is a result of this happening and can eventually lead to artery damage.

Red meat consumption has been known to increase your risk of developing colorectal, lung, stomach, pancreatic, esophageal, and endometrial cancers.
The by-product of meat consumption is uric acid, which causes inflammation and creates excess mucus in the body. Essentially, uric acid acidifies the body. We are striving for alkaline, this cannot be achieved if you are regularly consuming red meat.

Humans are not supplied with the appropriate enzymes for digesting meat, fur, wool, or feathers. Human beings are herbivores by nature, but society has crafted everyone into a meat-eating carnivore.

Consuming more of a plant-based diet can substantially reduce the risk of developing a chronic disease and dying prematurely.

Most people eat meat because they are under the assumption that you must eat meat protein to be healthy. If eating meat makes you big, meaty, or healthy, then why are most of the biggest creatures vegetarians? The elephant, giraffe, horse, cow, buffalo, ox, hippopotamus, rhinoceros, and gorilla are very large animals that consume a lot of protein without eating meat. The truth is, you don’t have to eat meat in order to have meat on your body.

When cooked, meat produces harmful compounds called carcinogens.

When animal meat is cooked at high temperatures, heterocyclic amines form because the amino acids and creatine react. Cooking red meat can release nitrosamines, increasing your risk of developing cancer.

A recent study in the British Journal of Cancer found that vegetarians are 12 percent less likely to develop cancer than meat-eaters. After following 61,000 meat-eaters and vegetarians for over 12 years, researchers also discovered that cancers of the blood—such as leukemia, multiple myeloma, and non-Hodgkin lymphoma—were drastically reduced by as much as 45 percent for those following a vegetarian diet. Although this study points to an overall reduced risk, this may well be an underestimate of the benefit of a vegetarian diet. Previous studies have shown as much as a 40 percent reduced risk for all cancers.
Solutions

In order to digest an adequate amount of protein without eating animal meat try raw foods. Very rich in protein, raw foods are healthy alternatives, cruelty free food products. By slowly replacing animal meat with other alternatives, you can quickly adjust your diet towards a vegan lifestyle. Though you may find it difficult to imagine your life without meat, you will become accustomed to new foods and you will no longer crave animal meat. One of the best sources of high quality protein is rice protein. You can get this at bulkfoods.com. Mix 2 large tablespoons with some rice milk, tastes great and is a great supplement to your daily protein needs. Rice protein has no casein or whey both of which can reek havoc on your system. Take a look at the movie 'What the Health'. You can check it out on Netflix.

Vegetarian diets and diets rich in high-fiber plant foods such as whole grains, legumes, vegetables, and fruits offer a measure of protection. Fiber greatly speeds the passage of food through the colon, effectively removing carcinogens, and fiber actually changes the type of bacteria that is present in the intestine, so there is reduced production of carcinogenic secondary bile acids.

Plant foods are also naturally low in fat and rich in antioxidants and other anti-cancer compounds. Not surprisingly, vegetarians are at the lowest risk for cancer and have a significantly reduced risk compared to meat-eaters.

DAIRY

Got Milk? You may want to rethink if indeed you want milk at all. The truth is, dairy can lead to countless health issues and, for many can cause more harm than good. Dairy is one of the most inflammatory foods in our modern diet, second only to gluten. It causes inflammation in a large percentage of the population, resulting in digestive issues such as bloating, gas, constipation, and diarrhea, as well as other symptoms including acne and a stronger presentation of autistic behaviors. There are two components of dairy that tend to cause issues for people: (1) the sugar and (2) the proteins.
People who are lactose intolerant don’t produce the lactase enzyme, which is required to break down lactose, a sugar found in milk, causing digestive issues whenever they consume dairy products. People who do produce the lactase enzyme but still react poorly to milk are responding to the two proteins found in milk, casein and whey. Casein is a protein with a very similar molecular structure to gluten and 50% of people who are gluten intolerant are casein intolerant as well. Milk, like most animal products, is an acid forming food, meaning whenever you consume dairy, your body must compensate for the increased acidity in order to restore a neutral pH balance. It does this by pulling from the alkaline reserves it keeps on hand in the form of calcium, magnesium, and potassium, that are stored in your bones. Pulling from these reserves weakens your bones, leaving them more susceptible to fractures and breaks, meaning milk might not be such a great preventative tool against osteoporosis as we’re told. In fact, research has shown that countries with the highest rate of dairy consumption also have the highest rate of osteoporosis. Many times when people drink milk they’re consuming far more than just milk. American dairy farmers have long been injecting cows with a genetically engineered bovine growth hormone called rBGH to increase milk production. This forced increase in milk production often leads to an udder infection in cows called mastitis, which is then treated with courses of antibiotics, which can make their way into your dairy products. Ultimately the decision of whether or not to consume dairy rests with you. Try eliminating 100% of dairy from your diet for 30 days and pay attention to how your body reacts. If you decide to eliminate dairy, fear not, there are plenty of other natural sources of calcium you can incorporate into your diet!

Besides the detrimental health effects of consuming dairy, the industry itself may just be one of the most deceptive industries on the planet. For the majority of our lives we are told that we need dairy to get enough calcium and nutrients to be able to build strong bones. This has been so ingrained in people that the fact that we are the only species to consume the milk of another animal – and to do so beyond infant hood – comes as a surprise to most people. Milk, yogurt, and cheese companies depict the animals who produce these items as being 'happy' cows. These 'happy cows' are often portrayed to reside on sunshine soaked grassy hillside spending their days wandering around and snacking, taking breaks to be hand-milked by a kind farmer.
Ahh....how wonderful.

Sadly, for both consumers and cows alike, this idea is a far cry from reality. A very far cry. The truth is that there is an incredible amount of suffering for these cows. Cows can only produce milk if they’ve recently given birth, so these animals are continuously impregnated via a device aptly named a “rape rack.” Milk is nothing more than cow lactation, they only produce when they are pregnant. Moments after they give birth, they are forced to watch their babies get dragged away from them – they can expect to experience this pain every year for the rest of their lives. In the case of the cows who cannot produce milk, they are either sold, starved, and confined in a crate to become veal. These crates are, by design, cramped so that the cow cannot even move or exercise. This is how the meat stays soft and supple. This industry has become a mechanized industrial process that has the sole aim of creating a commodity for sale. Period. The welfare concerns of the cattle is non existent.

Cows are raised in abject misery that they have to endure but also the enormous environmental impact of the industry. Soy production for livestock feed is one of the largest drivers of deforestation and producing alfalfa consumes a huge amount of water. As consumers, we all have the power to put an end to this unnecessary suffering and damage, and it starts with one simple choice. With a large amount of dairy alternatives on the market, there has never been a better time to ditch dairy. Try rice milk, it tastes great.

10 Non-Dairy Sources of Calcium

1. Almonds
2. Kale
3. Oranges
4. Collard Greens
5. Broccoli
6. Figs
7. Spinach
8. Enriched rice, almond, hemp and coconut milks
9. Sesame seeds
10. Tofu

When I kicked the milk train about 20 years ago I went through the usual withdrawal symptoms, cravings etc. I began dreaming of sucking the teats of a cow. Eventually the teat sucking dreams began to wane. I started drinking rice milk and love it. My body now has one less ‘invader’ to deal with. Try rice milk for 30 days and pay attention to your body. My guess is you will have significantly more energy and in general you will feel better.

PORK

This book would be incomplete without a word about pork. Most pork in this country is a toxic concoction of chemicals that boggle the mind. In my opinion, pigs are toxic at a level not seen in any other animal. No matter how you think about it, pigs are dirty animals inside and out. They are considered the scavengers of the farm (raised to eliminate any waste on the farm), often eating anything they can find. This includes not only bugs, insects, and whatever leftover scraps they find laying around, but also their own feces, as well as the dead carcasses of sick animals, including their own young. In 2012, Consumer Reports magazine purchased 240 whole and ground pork products and tested them for the presence of disease-causing bacteria. The results: 83 percent tested positive for E. coli, staph, Salmonella, and a bacterium called Yersinia enterocolitica, which can cause fever, diarrhea, and abdominal pain. 69 percent of those samples harbored bacteria that were resistant to antibiotics used to treat human infections. Pigs carry a variety of parasites, some of these parasites are difficult to kill even when cooking. This is the reason there are so many warnings out there about eating under cooked pork. One of the biggest concerns with eating pork meat is trichinellosis or trichinosis. This is an infection that humans get from eating under cooked or uncooked pork that contains the larvae of the trichinella worm. This worm parasite is very common in pork. When the worm, most often living in cysts in the stomach, opens through stomach acids, its larvae are released into the body of the pig. These new worms make their homes in the muscles of the pig and can make their home in humans as well. U.S. pork is banned in some countries, thanks to heavy use of a drug called ractopamine.
U.S. pork producers inject hogs with ractopamine which is used to speed growth. Because of the drug's safety record, pork from hogs dosed with ractopamine is banned in 160 countries, including China. However, it's given to 60 to 80 percent of pigs raised in the U.S! A study found that ractopamine may cause restlessness, anxiety, and elevated heart rates in humans.

Ractopamine is of course one of many antibiotics used in commercial hog farm production. Pigs are intelligent animals that can express and feel emotion. Unfortunately, in typical commercial production facilities they are packed into cramped, dirty spaces, where frustration drives them to bite one another's tails and ears off. Their pens are so tightly packed that the animals can barely turn around. Pregnant pigs are confined to gestation crates which are horrid small pens where the pig cannot even turn around.

Pork is a nasty, toxic meat that should be avoided.
EXERCISE

Alright, you knew it was coming sooner or later. I left the exercise part near the end of the book so you could at least consider weight loss without moving your body...but alas all good things must come to an end. The good news is the word “exercise” has many meanings to many people. For me it means an hour in the gym and a 12 mile bike ride daily. For you it may mean a fast walk or some sit ups or anything that you can do to exert yourself. As I mentioned at the beginning of the book, there are thousands of books, videos etc on exercise and I don’t want to be yet another one. I will make one comment on moving your body. **There is no way, truly to lose weight and keep it off without having some regular form of moving your body** and I also believe the very best thing a human can do to create and maintain muscle development is walk. Walk long and walk hard. Take it seriously. Get some good shoes, hook up the music, put your head down and crank it out.

Grab a couple rocks that weight 1-2 lbs each and as you walk work your upper body by lifting the rocks over your head and side to side, be creative. Go until you feel you have pushed your body. For most of us this is all we need, for some of us we will want to push it even further.

The important thing to remember is you need to move your body to get to a level where you are slightly uncomfortable, you need to feel the burn. OK, so that wasn't too bad. You can of course join a gym or get some weights at home but for the vast majority a life of walking will do the trick.

Once you feel you have pushed yourself at that level, go to the next and so on. If you decide you want to take things to the next level then start some type of exercise program which includes upper body and muscle development.
Invest in a gym membership or some weights to use at home. For the vast majority of people simply getting a good cardio workout should be sufficient.

ORGANIC. IT'S WORTH IT

As I have said over and over, “Do everything you can to stay far away from the need to visit hospitals”. Eating organic is one of those lifetime habits you must begin to embrace that will keep the doctor from knocking on your door. It is one of easier ways to keep your body toxic free and more like its natural self. We’ve heard the term over and over again but what does 'organic' mean and most importantly what does it mean to you?

What is the difference between organic foods and conventionally grown foods? Is “organic” always best? The term “organic” refers to the way agricultural products are grown and processed. Specific requirements must be met and maintained in order for products to be labeled as "organic".

Organic crops must be grown in safe soil, have no modifications, and must remain separate from conventional products. Farmers are not allowed to use synthetic pesticides, bio-engineered genes (GMOs), petroleum-based fertilizers, and sewage sludge-based fertilizers. Organic livestock must have access to the outdoors and be given organic feed. They may not be given antibiotics, growth hormones, or any animal-by-products.
The Benefits of Organic Food

1. Organic produce contains fewer pesticides. These chemicals are widely used in conventional agriculture and residues remain in the food.

2. Children and fetuses are most vulnerable to pesticide exposure because their immune systems, bodies, and brains are still developing. Exposure at an early age can cause developmental delays, behavioral disorders, and motor dysfunction.

3. Pregnant women are more vulnerable due to the added stress pesticides put on their already taxed organs. Plus pesticides can be passed from mother to child in the womb, as well as through breast milk. Some exposures can cause delayed effects on the nervous system, even years after the initial exposure.

4. Most of us have an accumulated build-up of pesticide exposure in our bodies due to numerous years of exposure. This chemical "body burden" as it is medically known could lead to health issues such as headaches, birth defects, and added strain on weakened immune systems and inability to lose weight.

5. Organic food is often fresher. Fresh food tastes better. Organic food is usually fresher because it doesn’t contain preservatives that make it last longer. Organic produce is often produced on smaller farms near where it is sold.

6. Organic farming is better for the environment. Organic farming practices reduce pollution (air, water, soil), conserve water, reduce soil erosion, increase soil fertility, and use less energy.

7. Farming without pesticides is also better for nearby birds and small animals as well as the people who harvest our food.

8. Organically raised animals are NOT given antibiotics, growth hormones, or fed animal byproducts. The use of antibiotics in conventional meat production helps create antibiotic-resistant strains of bacteria. This means that when someone gets sick from these strains they will be less responsive to antibiotic treatment. In addition, the animals are given more space to move around and access to the outdoors, both of which help to keep the animals healthy.
According to the Environmental Working Group, a nonprofit organization that analyzes the results of government pesticide testing in the U.S., the following 14 fruits and vegetables have the highest pesticide levels on average. Because of their high pesticide levels when conventionally grown, it is best to buy these organic:

- Apples
- Sweet Bell Peppers
- Cucumbers
- Celery
- Potatoes
- Grapes
- Cherry Tomatoes
- Kale/Collard Greens
- Summer Squash
- Nectarines (imported)
- Peaches
- Spinach
- Strawberries
- Hot Peppers

### Non-organic fruits and vegetables with low pesticide levels

These conventionally grown fruits and vegetables were found to have the lowest levels of pesticides. Most of these have thicker skin, which naturally protects them better from pests, and which also means their production does not require the use of as many pesticides.

- Asparagus
- Avocado
- Mushrooms
- Cabbage
- Sweet Corn
- Eggplant
- Kiwi
- Mango
- Onion
- Papaya
- Pineapple
- Sweet Peas (frozen)
- Sweet Potatoes
- Grapefruit
- Cantaloupe
Organic Meat and Dairy.

Organic meat, dairy products, and eggs are produced from animals that are fed organic feed and allowed access to the outdoors. They must be kept in living conditions that accommodate the natural behavior of the animals. Organic livestock and poultry may not be given antibiotics, hormones, or medications in the absence of illness; however, they may be vaccinated against disease.

Use of parasiticide (a substance used to destroy parasites) is strictly regulated. Livestock diseases and parasites are controlled primarily through preventative measures such as rotational grazing, balanced diet, sanitary housing, and stress reduction.

Understanding Organic Food Labels.

What do the food labels such as “organic,” "natural," "free-range," and "non -GMO" really mean? Understanding this terminology is essential when you’re shopping for organic foods.

The most important point to remember is that "natural" does not equal organic. "Natural" on packaged food is an unregulated term that can be applied by anyone, whereas organic certification means that set production standards have been met.

These production standards vary from country to country—in the U.S., for example, only the "USDA Organic" label indicates that a food is certified organic. Similar certification labels are also offered on organic products in other parts of the world.

USDA Certified Organic Food Labels in the U.S.

When you’re shopping for organic foods in the U.S., look for the “USDA Organic” seal. Only foods that are 95 to 100 percent organic can use the USDA Organic label.

- **100% Organic**– Foods that are completely organic or made with 100% organic ingredients may display the USDA seal.
- **Organic**– Foods that contain at least 95% organic ingredients may display the USDA seal.
- **Made with organic ingredients**– Foods that contain at least 70% organic ingredients will not display the USDA seal but may list specific organic ingredients on the front of the package.
Contains organic ingredients—Foods that contain less than 70% organic ingredients will not display the USDA seal but may list specific organic ingredients on the information panel of the package.

Meat and dairy labels in the U.S.: Other Terms You Need to Know.

The organic label is the most regulated term, but when it comes to meat in the U.S., we often see many other terms used. In order to make informed choices, it is helpful to know what some of these terms mean.

- **Natural or all natural**—This label means “minimally processed” and that the meat can’t have any artificial colors, artificial flavors, preservatives, or any other artificial ingredients in it. Animals can still be given antibiotics or growth enhancers and meat can be injected with salt, water, and other ingredients.

  For example, this term can be applied to all raw cuts of beef since they aren’t processed. The natural label does not reflect how the animal was raised or fed, which makes it fairly meaningless.

- **Naturally raised**—This claim should be followed by a specific statement, such as “naturally raised without antibiotics or growth hormones” in order to obtain USDA approval.

- **Grass-fed**—This term claims that the animals are fed solely on a diet of grass or hay and have continuous access to the outdoors. Cattle are naturally ruminants that eat grass, so they tend to be healthier and leaner when fed this way. In addition, grass fed beef has been shown to have more of the healthy omega-3 fatty acids. However, if meat is labeled as grass fed but not certified organic, the animal may have been raised on pasture that was exposed to or treated with synthetic pesticides or fertilizers.

- **Free-range or free-roaming**—Broadly, this term means that the animals weren’t confined to a cage and had access to the outdoors. Unfortunately, there are no requirements for the amount of time the animals spend outdoors or for the size of the outdoor space available. The terms free-range or free-roaming also don’t apply to egg-laying hens. While it’s difficult to tell exactly what free range means on meat packaging, you can contact the producer directly for clarification.
Cage-free—The term means that egg-laying hens are not raised in cages. However, it does not necessarily mean they have access to the outdoors. Some eggs may carry the American Humane Certified label but many cage-free claims are not certified, making it a very misleading label.

- **Pasture-raised.** This claims that the animals were not raised in confinement and had year-round access to the outside. Again, there are no requirements for exactly how much time the animals spend outside or the size of the outdoor space available, so it can be misleading.

- **No hormones added or hormone-free**—This term indicates that animals are raised without the use of any added growth hormones. For beef and dairy products it can be helpful, but by law in the U.S., poultry, veal calves, and pigs cannot be given hormones, so don’t pay extra for chicken, veal, or pork products that use this label.

- **Certified Humane Raised and Handled**—This is a voluntary certification regulated by the Humane Farm Animal Care, a non-profit organization aimed at ensuring the humane treatment of farm animals. The label means that animals have ample space, shelter, and gentle handling to limit stress, ample fresh water, and a diet without added antibiotics or hormones. Animals must be able to roam around and root without ever being confined to cages, crates, or tie stalls.
Tips for Keeping the Cost of Organic Food Within Your Budget:

Organic food is often more expensive than conventionally grown food. But if you set some priorities, it may be possible to purchase organic food and stay within your food budget. Purchase the organic versions of the foods you eat the most and those that are highest in pesticides if conventionally grown.

Venture beyond the grocery store. Consider the following ideas for finding organic food:

Shop at farmers' markets. Many cities, as well as small towns, host a weekly farmers' market, where local farmers bring their wares to an open-air street market and sell fresh produce direct to you. Often you will find items for less than you'd pay in the grocery store or supermarket.

Join a food co-op. Find out whether there is a natural foods co-op, also called a cooperative grocery store, in your area. Co-ops typically offer lower prices to members, who pay an annual fee to belong. However, you do not need to be a member to shop at a food co-op.

Organic food buying tips:

- Buy in season– Fruits and vegetables are cheapest and freshest when they are in season. You can also find out when produce is delivered to your market. That way you know you're buying the freshest food possible.
- Shop around– Compare the price of organic items at the grocery store, the farmers’ market and any other venue (even the freezer aisle).
- Remember that organic doesn’t always equal healthy– Junk food can just as easily be made using organic ingredients. Making junk food sound healthy is a common marketing ploy in the food industry but organic baked goods, desserts, and snacks are usually still very high in sugar, salt, fat, or calories. It pays to read food labels carefully.

As we stroll through our toxic world bombarded by things we cannot control, buying organic is one of those things we can do to help eliminate the onslaught. Remember the cost of just one day in the hospital? If eating organic can prevent even one day in the hospital, it's worth it especially on the high density foods like apples, potatoes and peaches. Try to surge more organic into your life.
CANDIDA CLEANSE

No, it's not a country way up north. Most of you have probably not heard of Candida. Candida is a fungus, which is a form of yeast, and a very small amount of it lives in your mouth and intestines. Its job is to aid with digestion and nutrient absorption but, when overproduced candida breaks down the wall of the intestine and penetrates the bloodstream, releasing toxic byproducts into your body.

Think of it as a very thin sponge that absorbs the nutrients rather than allowing them to absorb into your body, too much Candida and your body begins to starve for nutrients. This can lead to a myriad of different health problems. To top it off, if you have too much Candida it absorbs into your body so it's a double whammy, little nutrition and toxic buildup. It's hard to achieve true health when you cannot absorb the nutrition you ingest, especially when there is so little nutrition to begin with. When your stomach has the correct acidity levels it actually prevents pathogens like Candida from becoming a problem. Restoring the stomachs pH level through diet and supplementation are effective ways of stopping Candida and preventing it in the future. Probiotics like acidophilus and caprylic acid have been found to be very effective acid producing beneficial micro-organisms.

One of the most effective aids in your recovery from a Candida overgrowth is the use of probiotics. Probiotics once in your digestive system produce small quantities of acetic and lactic acid which help to restore the natural acidic environment. Probiotics are especially helpfully following a course of antibiotics.

The main culprits of Candida overgrowth:
- Eating a diet high in refined carbohydrates and sugar (which feed the yeast)
- Excessive alcohol consumption
- Oral contraceptives
- A high-stress lifestyle
- Taking excessive antibiotics which kill many of those friendly bacteria
Common signs of Candida overgrowth:

- Skin/or nail fungal infection
- Feeling tired or suffering from chronic fatigue
- Digestive issues such as bloating, constipation, or diarrhea
- Difficulty concentrating, poor memory, lack of focus
- Skin issues such as eczema, psoriasis, hives, and rashes
- Irritability, mood swings, anxiety, or depression
- Vaginal infections or urinary tract infections
- Seasonal allergies or itchy ears
- Strong sugar and refined carbohydrate cravings

Just because you have one or more of these symptoms does not automatically mean you have Candida overgrowth so don't panic. If you have candida overgrowth you've probably had it for some time already. The main thing is to begin the process of getting rid of it, one more baby step towards true cellular health.

How do you treat Candida overgrowth?

Treating Candida involves a few simple steps. First, stopping the yeast overgrowth. In other words cut down on the sugar for starters. Secondly, restore the friendly bacteria that usually keep the Candida in check. This can be done by consuming the proper probiotics. Third, healing your gut so that candida can no longer enter your bloodstream. How do you stop the growth? Starve it of the fuel it needs to live and grow. Sugar feeds yeast, so eliminating sugar in all of its simple forms like candy, desserts, alcohol and flours. I know this is a hard one for a lot of people but the elimination or at least the reduction of sugar helps in so many ways that is one of the things you must take a long hard look at.
Reducing complex carbohydrates such as grains, beans, bread, pasta, and potatoes will prevent the Candida from growing and eventually cause it to die.

Even under perfect conditions it may take several months before the Candida is under control but there is a way to speed up the process: Caprylic Acid. Where do you get Caprylic Acid? Coconut oil. Once again, this super food comes to the rescue.

The anti-fungal medications and caprylic acid are very specific to yeast and will not harm your good bacteria. I also suggest a trip to the health food store and get a candida cleanse kit to get the ball rolling.

Taking anywhere from 25 to 100 billion units of probiotics should help to reduce the Candida levels and restore your levels of good bacteria. Kumbacha tea and unpasteurized sauerkraut are two excellent choices for optimal natural probiotics.

*Probably nothing in the world arouses more false hopes than the first four hours of a diet.* ~Dan Bennett

I’ve gone over the list of superfoods in a previous chapter of the book. These are absolute musts in your quest for true cellular health. In our baby step quest for true health we must slowly replace our bad diet with a new, better diet and part of this new diet not only encompasses better food choices but also superfoods such as those listed on the ORAC scale.

My illustration is like this: We have a choice as to just where we want our health to be. You can choose to be from a minus 5 to a plus 5.
I would venture to say that the vast majority of Americans are probably in the minus 2-3 range, we are content with our sluggish lifestyles. For most Americans getting to zero is progress considering our current diets and lifestyles. IF you change your diet and exercise you may be able to get yourself up to a zero or plus 1 or 2 which in all reality is pretty good. A plus 5 person is hard to come by. This is someone who is truly healthy on a deep cellular level, it’s hard to attain but it is certainly a goal worthy of trying.

The difference between, lets say a level 3 and level 5 is supplemental superfoods. These are the missing elements that can take you over the top. I have a friend who is possibly the only level 5 I know. He is 68 years old and can kick my butt in almost every physical challenge. I have known him for almost 20 years and have never seen him sick, never seen him sluggish or fatigued. His diet is as close to earth as can be. A few of his lifestyle choices are: no sugar, no HFCS, no medications, wheat-grass, bee pollen, probiotics daily, exercise daily, clean pure mineral water, no chemicals in the house etc. I know it sounds extreme but this guy has not seen the inside of a hospital for 20 years! He is 6’2” and weighs 170 lbs, muscular and sharp. The amazing aspect is that he doesn’t feel he is missing out on anything. He, like the rest of us ate ice cream, pizza, prescription pills, MSG, diet soda etc...

Through the years he slowly dropped all the killers off the list and replaced them with good, healthy replacements. I think he will live to be 100 without any trouble.

If you really want to turbo charge your life on a cellular level you must add the extra element of super foods, these little gems that Mother Nature put on this planet to launch your health into the stratosphere. In my opinion the only way to achieve optimal cellular health is by consuming these super foods and supplements as a way of life. Our goal is to, on a step -by -step basis slowly throw out a bad food and replace it with a new healthy food. If you do this once per day for a year, you now have 365 healthy things you are putting in your body and 365 bad things that are now part of your past.

Even if you made one proper food decision *once a week* you would still have 52 new, healthy foods going in your body. And if you decide to replace a bad food choice with a good food choice once a week, that’s 104 steps in the right direction in only one year! This can be dramatic, more dramatic than going on a crash diet and easier to swallow. Baby steps. Refer to the ORAC chart, this is a great place to start.
PRACTICAL TIP: Go to Google and type in 'Super foods'. You will slowly begin to educate yourself on these powerhouses. Begin to incorporate these into your life.

COLON CLEANSE

How’s this for some uplifting news. The average person has between 10 and 15 lbs of undigested 'crap' in their lower intestines! I know for many this is hard to believe but for most people it’s true. My personal mantra to health has always been first and foremost ‘get it out’. What could be an easier way to shed scale weight than to get out 15 lbs of useless toxic waste? This stored waste is acidic, heavy and leads to all kinds of health problems...get it out! The buildup is 30, 40, 50 years in the making. Little by little small fragments of waste develop on the intestinal walls and much like our arteries do with plaque, they eventually clog and cause all kinds of health issues including toxic absorption. The good news is that getting this waste out is relatively easy and an 'absolute'. Not only will you lose weight but your lower intestines will be able to absorb the new found nutrition you are now putting in your body and you will feel great, probably better than you have ever felt in your life. One sure reaction you will notice very quickly is renewed energy. If there are two things you can do quickly to 'come back to life' is get the stored toxic waste from your system and begin to put highly nutritious super foods in your body, it’s the double whammy right out of the gate.

There are a few ways to begin to tackle the problem. If you have been consuming a low fiber diet for years I suggest you go get a colonic cleanse, not a pretty sight but we are on a new tack here and we want to get started the right way. This can really get things going towards a healthier life quickly. You can also start to consume psyllium husk. The best way is just go to your local health food store and get some. Make it part of your life from this point on. The psyllium husk will act as a gentle scrubber. It actually turns into a gel like substance and expands to scrub and clean the entire colon, it gets all the corners and crevices, it's a "must do" for a truly healthy body. Also, as mentioned earlier in the book, you should incorporate diatomaceous earth into your diet plan. The list of benefits are significant as shown in the previous chapter.
Remember, you cannot absorb nutrition through a coated intestinal tract.

For most people with poor diets that's actually good news because of all the junk they are consuming but for your new healthy lifestyle, you want to get all the nutrition you can out of your new healthy diet. Psyllium husk daily is one of the easiest baby steps you can take and one of the most beneficial.

**RANDOM FOOD FACTS AND TIDBITS**

Tomatoes have an estimated 10,000 phytochemicals.

Most likely due to poor nutrition as children, many Greeks and Romans were shorter than people today. Men from Pompeii, for example, averaged 5 ft. 5-½ in. and women averaged 5 ft. 2 in.

Common diseases that are caused by nutritional deficiencies include beriberi (Vitamin B1-thiamine), pellagra (B3-niacin), anemia (B12-cobalamin), and scurvy (C-ascorbic acid).

The English are sometimes called “limeys” because British sailors would eat limes to stave off scurvy. Limes were later replaced by lemons due to the lack of adequate vitamin C in lime juice.

Vitamin D is unusual because it is the only vitamin that can be synthesized in the body. Sunlight is the main source of Vitamin D, though sunscreen lotions with high SPF can prevent vitamin D formation. Vitamin D is also the only vitamin that is a hormone.

There are approximately 60 nutrients which are placed in six major categories: proteins, carbohydrates, fats, vitamins, minerals, and water.

Nutrients are divided into two major groups: macronutrients and micro-nutrients.

Macro-nutrients include protein, carbohydrates, water, and fats. Micro-nutrients are vitamins and minerals. Water accounts for 55-70% of our body weight, and typically a minimum of six to eight glasses of water per day is needed to keep the body performing at optimal levels.
The term “vitamin” was coined by Polish-American chemist Casimir Funk and is derived from vital (necessary for life) and amine (a compound containing nitrogen and hydrogen). It was later discovered that not all vitamins are amines. Vitamins were discovered one at a time from 1900-1950. Many vitamins cannot be synthesized by the body in adequate amounts and must be obtained from the diet.

Vitamins are grouped according to their solubility in either fat or water. Vitamins A, D, E, and K are fat soluble, meaning they need fat to be absorbed into the body and can be stored in the body. Vitamin B complexes and Vitamin C are water soluble and, because they cannot be stored in the body, they must be replaced every day. Temperature can affect appetite. A cold person is more likely to eat more food. The human digestive system is home to between 10 and 100 trillion bacteria, at least 10 times the amount of cells in the body. Minerals constitute 4% of our body weight. Unlike carbohydrates, fats, and proteins, they do not furnish energy.

A deficiency of calcium/vitamin D during infancy or childhood results in rickets (deformed bones). The bones can become so weak that they can’t withstand the body’s weight, causing bow legs or knock knees. Once malformed, bones cannot be straightened.

Bovine Spongiform Encephalopathy (BSE) or Mad Cow Disease cannot be killed in meat by cooking. The interval between the virus getting into the body and the final illness is about one to two years in small animals to an estimated five to 30 years in humans.

Vitamin B12 deficiency can lead to anemia, neural disorders, and psychotic behavior. Women who are planning to get pregnant are encouraged to have healthy levels of Vitamin B12 to prevent potential birth defects.

Americans collectively consume approximately 950 billion calories each day.

Americans eat nearly 40 billion hamburgers a year.

Two-thirds of Americans are overweight. Weight gained after one’s early twenties is linked to higher chances of suffering from heart disease, cancer, infertility, gallstones and asthma.
Eggs contain the highest quality food protein known. All parts of an egg are edible, including the shell which has a high calcium content.

Ancient Mesoamerican cultures such as the Olmec, Maya, and Aztec used chocolate as medicine and as a medium in which other medicines were taken. I knew those guys were smart.

Okinawans are thought to live longer than any other ethnic group and they have healthier hearts and bones. This is largely due to their cultural practice called Hara Hachi Bu, which means they eat just until they are 80% full.

Their diet is rich in complex carbohydrates and plant-based foods and is low in fat. They are also physically active.

A person will eat an average of 35 tons of food in his or her lifetime, or 1,500 pounds of food a year. That's not including my Uncle Bob of course.

Alright, so we've gone over all the bad things to not eat and do, basically the things we have all been doing before we even came into this world. What about the good? What can you eat and still feel like a part of the human race? Below is a list of what are considered the top foods in the world. Just as you are baby stepping the bad things from your fridge and pantry, you must now begin to replace each of those with one of these. Each day is a simple process of getting rid of one bad item and replacing it with a good item, baby steps. Even if you did this just once a week you will be on the right track.
Start surging these foods into your life little by little. Find one or two from the list and get those on your next shopping trip. Then get 3 on the trip after that and so on down the line. Slowly your refrigerator will look more like a nutrient rich garden rather than a corner convenience store. Print out this list and buy as many of the things on it on your next shopping trip.

**Vegetables**
- Asparagus
- Avocados
- Beet greens
- Beets
- Bell peppers
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard greens
- Corn
- Cucumbers
- Eggplant
- Fennel
- Garlic
- Green beans
- Green peas
- Kale
- Leeks
- Mushrooms, crimini
- Mushrooms, shiitake
- Mustard greens
- Olive oil, extra virgin
- Olives
- Onions
  - Romaine lettuce
  - Sea vegetables
  - Spinach
  - Squash, summer
  - Squash, winter
  - Sweet potatoes
Fruits
- Apples (organic)
- Apricots
- Bananas
- Blueberries
- Cantaloupe
- Figs
- Grapefruit
- Lemon/Limes
- Oranges
- Papaya
- Pears
- Pineapple
- Plums
- Prunes
- Raspberries
- Strawberries

Seafood
- Cod
- Salmon
- Sardines
- Scallops
- Shrimp
- Tuna

Nuts & Seeds
- Almonds
- Cashews
- Flaxseeds
- Peanuts
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Walnuts

Beans & Legumes
- Black beans
- Dried peas
- Garbanzo beans (chickpeas)
- Kidney beans
- Lentils
• Lima beans
• Miso
• Navy beans
• Pinto beans
• Soy sauce
• Soybeans
• Tempeh
• Tofu

Eggs & Dairy

• Cheese, grass-fed
• Eggs, pasture-raised
• Yogurt, grass-fed

Grains

• Barley
• Brown rice
• Buckwheat
• Millet
• Oats
• Quinoa
• Rye
• Whole wheat

World's Healthiest Herbs & Spices

Basil
Black pepper
Cayenne pepper
Chili pepper, dried
Cilantro & Coriander seeds
Cinnamon, ground
Cloves
Cumin seeds
Dill
Ginger
Mustard seeds
Oregano
Parsley
Peppermint
Rosemary
Sage

Certainly this is not the complete list but you can mix these into a massive variety combination. The banana and peppermint may not work to well but get creative.
And just so you think I haven’t totally lost my mind, go ahead and get some ice cream once in awhile. Make sure you get the kind without any HFCS.

**MY PERSONAL RECOMMENDATIONS FOR PRODUCTS**

In my never-ending quest to find healthy, toxic free products, I have come across a few that I feel cover the bases very well. These companies are not only socially conscience but have, in my opinion put their customers health as a priority above profits.

**Herbal Transdermal** is one of the best I’ve found. They have a complete line of natural soaps, lotions, toners and Ph balanced products, all without any toxic ingredients. Their product line has a proprietary ingredient of 90 Vital Elements that matches the perfect PH found in healthy people and pristine nature. To my knowledge no other company can match the quality of Herbal Transdermal. Their products not only get you clean and do not put further poisons in your body but they also feed your body essential oils, 90 vital trace elements and herbs while you use the products, good combo. Herbaltransdermal.com

**Tom's of Maine** has been around since the 70's and has a very good line of anti antiperspirants and toothpaste. Remember to go fluoride free. Fluoride is a heavy metal that will accumulate in the fat cells over time. Tomsofmaine.com
**Burts Bees** has the full line of lotions, toothpaste, lip balm, shampoos etc...good place to feel comfortable about products. Burtsbees.com

Just because a bottle or box has a pretty looking leaf or herb on the packaging means NOTHING. This is the biggest hoax of all. Big food and big skin care companies know that you will make decisions based on color, size, smell, image etc...

My advice is take an extra 5 seconds and read the first 3-4 ingredients. Remember that the higher on the ingredients list, the more of it in the product. Do not be fooled by the centuries old tricks of the trade, be smart, be healthy. Big companies are in a perpetual quest to sell you products that they can make cheaper and cheaper. They measure profits in fractions of pennies. If they can use the cheapest filler ingredients and put it in a nice earth looking box with ' made with natural olive oil' or ' now with omega 3' and you buy it? Well, they win and you lose. Take the time! Your health is worth it. They may have 5 gram of sugar per serving and yet say ' now with half the sugar and you buy it because you think it's still a wise decision. A lifetime of '5 second checks' can add up to years of health and longevity. When you're 80 years old all these little baby steps that you did when you were younger will reap huge rewards by keeping you away from the hospital door. Take the time and search out the right products for yourself and your family.

"The person who takes medicine must recover twice, once from the disease and once from the medicine." - Sir William Osler, M.D.
WRAPPING IT UP

For most of you I expect some of this may appear to be extreme or even seem like a bunch of mumbo jumbo hocus pocus jabber but let's face one fact. The fact that you are reading this book probably means your weight might be a concern to you. I'm guessing, like most of us you've probably tried a few diets and probably a few crazy concepts to lose weight. Trust me, your normal. So do me this favor and try one more, at the very least you will be healthier right? I have no doubt that **the key to getting and keeping your body functioning as a fat burning machine is getting it to run like the machine it was designed to do.** Our diets, our world, our nutrition and activity has changed dramatically even since my own childhood in the 80s. You need to ground yourself and open up to new ideas in the battle of the bulge. Step back from the noise and bombardment of the daily never ending big food marketing machine. Think! Baby steps to health will lead to permanent weight loss, diets simply cannot offer that promise. I fully understand that we all have patterns that we have been doing over and over as long as we can remember. We take the elevator as a natural habit without even considering that walking up the stairs can, over time reap huge rewards.

Make the shift, baby steps.

We drive through the parking lot circling for 10 minutes until we find a spot close to the door when parking at the back of the lot and walking a few extra feet. Make the shift, baby steps.

We eat within 5 minutes of sensing any minor pang of hunger, wait another 30 minutes. Make the shift, baby steps. We load our bodies with toxins that didn’t even exist during our grandparents time, read the labels, clean it up. Make the shift, baby steps.

We consume whatever we are led to believe is good for us by greedy advertisers and big food companies. I do not have a 50 million dollar marketing campaign to educate you on the hazards of the American lifestyle. However, I do have the truth and we all know that the truth will find it’s way to the top eventually. The fact that you have made it this far in the book is great news. I can just about guarantee I have opened your eyes to a few things that were not on your radar a month ago. If I did then I have succeeded. I have done my part now it’s time for you to do your part.
There are a few things I would like you to say to yourself everyday:

Today I am going to eat this________________________ 
The best time to say this is when you are looking at an organic apple.
Today I am not going to eat this________________________ 
The best time to say this is when your face to face with a bowl of Chunky Monkey.

Today I am going to put this on my body_____________________
The best time to say this is when you have a bottle of natural, chemical free lotion in front of you.
Today I am not going to put this on my body_____________________
The best time to say this is when you are face to face with almost any product made by a major manufacturer.

When you find yourself staring down a bag of chips, this is the time to say 'Today I am NOT going to eat this' and walk away. Likewise, when your face to face with an organic apple it's time to say 'Today I AM going to eat this'.

Imagine if you do this just once everyday for a year. That's 365 sugar filled, white carbs, toxic, unhealthy things you have not put in your body and 365 healthy foods you have replaced it with in your body.
Likewise, all the toxic lotions, anti antiperspirants, shampoos, soaps that all contribute to a sick body, out they go to be replaced by organic, natural, pure skin care products. All those cumulative little daily baby steps have now become a huge life changing process and you will be rewarded with a vast array new health and energy. Just doing this once a day can be valuable baby steps towards a healthier you. These are true basically insignificant baby steps that when taken as a whole will make a huge difference over the course of your time on the planet. Drink spring or Artesian water early and often. Have some water by the bed and drink it before your feet even hit the floor.

This will start the flow of toxins out of your body. As I mentioned before, even one change a week will become 52 new and healthy forward baby steps.
There are hundreds of documentaries and movies to recommend but a few are absolute musts. I suggest you watch the movie 'Foodmatters'. It has valuable information and in my opinion it can put many readers on the right track and I’m sure will open up a few options to you that you’ve never thought of before now.

The second movie is 'Hungry for Change'. This has some true insight into what is in your food, where it comes from and a few eye opening stats that are sure to help. Very credible and well put together documentary.

Also take a look at 'Fat, Sick and Nearly Dead'. This shows the amazing benefits of juicing and how it has changed peoples lives. At the end of the day you are the only one ultimately responsible for your health and weight loss. We are really islands unto ourselves. Take responsibility, arm yourself with knowledge and enjoy the ride. There is no way you cannot lose weight if you make even minor changes to your lifestyle. I hope that you have picked up a few useful tidbits of info and will wake up tomorrow with some new insight. Let’s face it, change can be rough. We all have patterns but one thing is for sure: Without change and some sacrifice how can you expect results?

The definition of insanity is doing the same thing over and over and expecting a different result. Step up to the plate and embrace a new way of enjoying this journey. The true path to health does not come in a pill or box. Be healthy, active, informed. Break from that which has been force-fed down your throat since birth. I know I have presented a lot of information, some of which may be hard to swallow however, I encourage you to follow up on any statement I have made, check for yourself, validate your questions and do the research.

**PURGE & SURGE**

**PURGE FROM YOUR LIFE:**
Trans fats, sugar, artificial sweeteners, partially hydrogenated, margarine, tap water, MSG, High Fructose Corn Syrup, laziness, anger, cigarettes, excuses, red meat, french fries, donuts, household chemicals, excess alcohol, sugar, pharmaceutical drugs, recreational drugs, over eating, white carbs, GMO foods, too much dairy, negative thinking, being too critical of yourself and others, gossiping, stealing, lying, cheating sexually or otherwise, worry, anxiety.
SURGE INTO YOUR LIFE:
Spring water, cinnamon, wheat-grass, sun, diatomaceous earth, coconut oil, olive oil, flaxseed oil, exercise, walking, green tea, ORAC foods, raw fermented sauerkraut, fresh air, walking bare foot on the grass or beach, bee pollen, slow deep breathing, meditation, laughter, sprouts, all cultured foods, nuts and seeds, organic fruits and vegetables, positive thinking, forgiveness, kindness, compassion, sex, happiness, honesty, integrity, simplicity, discipline, probiotics, accountability, quality sleep, relaxation, friends, communication, self respect, self love, purpose.
PLAN OF ATTACK

WEEK 1...
Starting next week I would like you to start to do just 3 baby steps. That’s all. It’s a good place to start and relatively painless.
1- Drink more water. Get some Spring Water, Artesian or Mineral water and consume more than you have in the past. Leave a jug on your counter and by your bed and take swigs throughout the day.
2- Take 3-4 small swigs of flaxseed oil during the course of the day. Keep a bottle on your fridge ready to go.
3- Stop all consumption of High Fructose Corn Syrup. Check your label. If you see the words 'Corn Syrup' or 'Corn Sugar' do not eat it. For many this will be a bit on the hard side because it's in everything it seems, however as discussed earlier, it is virtually impossible to lose weight while consuming HFCS. Once I started reading the labels and saw HFCS I just stopped. It is a banned substance in my house.

I can just about guarantee that these 3 things alone will result in looser pants and loss of weight, not to mention increased energy and better sleep. I would hope that you will heed some of the other advice in the book, but for now stick to these three. Deal?
When I stopped HFCS I felt better within 72 hours and my pants got loser within a week, with no other changes whatsoever. More water, flaxseed and no HFCS is a great, easy beginner step to the true cellular health you can attain, and will! Hows that for a simple baby step to get you started.
WEEK 2...
Continue with everything in week 1. Take a small spoonful of coconut oil in the morning and once before bed. I leave a jar on the counter with a plastic spoon right next to it. Drink a nice hot glass of green tea with some honey and a twig of clove or cinnamon. Go for a long walk, push your limit and begin to wane off sugar. Do your push-ups and keep track of how many you did each day. That's it for week 2, no problem right? Stop fast foods.

WEEK 3...
Continue all things from week 1 and 2 and increase your walking distance and speed, not by much but just begin to push yourself a bit more. Get out of your comfort zone, sweat and feel the pain. Purge more and more sugar from your shelves and your body. Continue with spring or Artesian water. Chew on a cinnamon stick daily and begin taking diatomaceous earth. 1 teaspoon with spring water in the morning 2 times a week. Once again, keep track of your push-ups daily.

WEEK 4...
Continue with all things from the previous weeks. Try a 20 yard sprint, fast as you can for a short distance, take a break and sprint back. Cut out more sugar. You get the idea, as time goes on continue to make strides forward. Push yourself little by little until you, one day find yourself exceeding even your wildest goals. Oh ya, and have a pizza (OK, not the whole pizza but a piece or two). Your new lifestyle does not mean suffering and if you don't break the rules once in awhile, the journey becomes a nightmare rather than and enjoyment of a new and healthier life.
The rest is up to you. I have given you some good starter ideas now it's time for you to continue the research and add more positive elements each week.

You need to decide that change is needed. YOU need to look in the mirror and realize that the way you've been doing things is not the way. YOU need to educate yourself and do a complete paradigm shift in thinking.

NO ONE ELSE CAN OR WILL DO IT FOR YOU!
BABY STEPS!
Finally, remember that *anything* in excess can be harmful, even to much water can kill a person. *More is not always better.* Just because cinnamon is good for you does not mean you need a pound a day. This book was written to get you to open your mind to new and exciting ways to get healthy and shed toxic pounds. Listen to your body. Do you have more energy? Are you sleeping better? How about your skin? Pay attention to how you feel on a daily basis. For most of you even trying a few of my suggestions may equate to significant biological changes especially if you have been sedentary or have had a bad diet for a long period of time. In essence your body may be going through World War 3. It’s a good war but a battle nonetheless. Expect to feel different. Ride the change out, push through the inevitable biological changes and feel the new-found vibrant energy waiting on the other side. I can virtually guarantee all of my readers that if you make the changes I have outlined in this book you will absolutely lose weight, feel better than you have in years and more than likely have an entirely new outlook on life. Who knows, maybe one day you will write a book just like I did.

*I want to hear your stories. Let's get you on the path of true health.*
*I can be reached at globalview22@yahoo.com*

*Relax and enjoy the journey-
Remember, it's the pause between the notes that makes the music -
Take time to enjoy some silence each day*