

Volumes I & II

THE NEW  
ENCYCLOPEDIA  
OF HOLISTIC  
AND PRAGMATIC  
MEDICINE

Over 100 Powerful and Proven  
DRUG-FREE Treatments for People  
with ANY Ailment

Based on  
Dr. West's  
Groundbreaking  
35-year Clinical  
Research  
Study

WITH Additional Research from America's Top  
Cardiologists, Oncologists, Surgeons, Kinesiologists,  
Gynecologists, Urologists and More

DR. BRUCE WEST

America's #1 Natural Healing Expert and Publisher of Health Alert  
the World's Oldest & Most Respected Health Newsletter

## PHYTONUTRIENTS PROVEN BEST

A great study from the esteemed journal *Nature* (April 20, 2007) clearly shows that nutrients are best consumed, digested, metabolized, and utilized **from whole food** versus from supplements. The study demonstrates that vitamins and minerals exist in a **matrix** with other beneficial substances that all interact with each other. Sound a little like *Health Alert*?

In reality, individual nutrients such as vitamins and minerals are unlikely to do much good when they are isolated or, even worse, synthesized. The reason is simple. Just like the folks at *Nature* have found, individual nutrients are surrounded by a whole variety of ancillary nutrients, micronutrients, enzymes, coenzymes, trace-mineral activators, and even unknown substances. These are all needed for any individual nutrient to be properly utilized.

Without the ancillary nutrients, most supplements are not assimilated, and most are just flushed out of your system. So, as in the study from *Nature*, a glass of fresh squeezed organic orange juice does you much more good than thousands of milligrams of ascorbic acid.

Now consider taking whole, organic, nutrient-dense foods (like organic orange juice) and removing the water without disturbing the vital nutrient configuration. The same procedure is done with alfalfa, wheat germ, mushrooms, beet roots and tops, carrots, seeds and nuts, and an entire variety of whole nutrient-dense foods. This is the definition of **whole food supplements, phytonutrients, or phytochemicals**—the supplements I use and recommend. When measured against ordinary or synthetic supplements, there is simply no comparison.

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# THE NEW ENCYCLOPEDIA OF PRAGMATIC MEDICINE

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## ALTERNATIVE & TRADITIONAL CURES USING PRAGMATIC MEDICINE

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*Pragmatic Medicine* is defined as treating people with health problems and diseases using *practical protocols*. These address the underlying causes of health problems, and are honed by the measurable and recorded results of the treatments. This work is pioneered by Dr. Bruce West, and is based on his 40 years (and ongoing) research study of more than 90,000 patients.

*Pragmatic Medicine* combines the best of traditional medicine with revolutionary natural healing. Addressing the underlying causes of health problems has allowed Dr. West to help and even cure people suffering from all types of diseases, including heart disease, digestive problems, arthritis, and more.

*Pragmatic Medicine* is based primarily on treatments without prescription drugs and surgery. Rather treatments consist of all natural modalities with emphasis on patented phytonutrients, phytochemicals, phytoceuticals, extracts, and nutritional concentrates.

***Critical Notice***:: Treatment of the *symptoms* of disease will almost always fail to help you truly resolve your health problems. For that reason ***none of the treatments/protocols in this book are intended to treat any disease or condition.*** Rather, they are designed to treat *you*. You will be shown how to identify, address, treat, and/or eliminate the *underlying causes* of your health problems—giving you the remarkable opportunity to finally get well and even cure yourself.

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*The New Encyclopedia of Pragmatic Medicine* is divided into eight sections, with an **Index** by topic at the end.

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NOTE: The material contained in this report may not be considered part of the "consensus of medical opinion." The content of this report is not intended to provide medical advice on individual problems, which should be obtained directly from a physician.

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## NORMALIZE BLOOD PRESSURE FAST

Physicians Michael and Mary Eades are two of my favorite authors. Their book, *Protein Power*, is a classic. In it they discuss the fast way to get high blood pressure down. They were on the forefront to recognize that high insulin levels from the typical high-carbohydrate American diet were a key cause of high blood pressure. The high-protein, low-carbohydrate diet they recommend is so effective it comes with a warning:

*“WARNING: A high-protein/low-carbohydrate diet is so effective in lowering blood pressure that if you are on blood pressure medications, you must be careful. You may become dizzy and faint within just a few days and you will need to be taken off your medication quickly.”*

Now that is the kind of warning you want to see if you have high blood pressure. If you are one of the more than half of Americans consuming the standard American diet, with high insulin levels and high blood pressure, you may want to **kick the carbohydrate habit**. You will be so glad you did. Besides dropping blood pressure quickly, having your doctor wean or toss your prescriptions will make you a new person. Add in these side effects—losing weight if necessary; lowering insulin levels, triglycerides, and LDL cholesterol; raising HDL cholesterol; and increasing stamina, endurance, strength, and tone—and you really have something to celebrate.

Some cases of high-insulin induced hypertension will resolve with diet change alone. These are usually the folks who are overweight and out of shape. They usually consume loads of refined carbohydrates (junk food, rice, cereals, potatoes, bread, cakes, pies, cookies, crackers, and the like) and have blood fat levels out of the norm. The fasting glucose may be high, the triglycerides are usually high, the LDL is usually high, and the HDL is usually low.

The body's response is to raise insulin levels, affecting the heart and kidneys. This all spells high blood pressure. The only way to resolve this properly is with the right diet. With stubborn cases, supplementation is needed, at least in the beginning. We use *Diaplex* (2 per meal), *Cardio-Plus* (2 per meal), *Cataplex GTF* (2 per meal), *Calcium Lactate* (2–3 per meal), *Organically Bound Minerals* (1 per meal), and *Blue Ice Fermented Cod Liver Oil* (2–6 daily), in addition to the high-protein diet. Products

are from Standard Process, and success is often remarkably fast.

The thinking that high-protein diets are dangerous for people with high blood pressure or whose kidneys are being damaged by prescription drugs and carbohydrates is hopelessly outdated. So use our low-carbohydrate diet. Or better still, get a copy of the Eades' book, *Protein Power*. It will change your life from paralyzing drugs to energized living. And remember the WARNING: Your high blood pressure can normalize really quickly when treated properly. You'll need to be ready to get off drugs fast! What a concept!

### PROTOCOL FOR PEOPLE WITH BLOOD PRESSURE PROBLEMS

**Diaplex:** 2 per meal

**Cardio-Plus:** 2 per meal

**Cataplex GTF:** 2 per meal

**Calcium Lactate:** 2–3 per meal

**Organically Bound Minerals:** 1 per meal

**Blue Ice Fermented Cod Liver Oil:** 2–6 daily

## IMMINENT HEART ATTACK

Anyone who has had a heart attack will not easily forget it. After a heart attack, there is the life-long constant vigil against another. Indeed many people are able to sense an imminent second (and even in some cases a first) heart attack. That is the time for immediate action.

Anyone who has had a heart attack must carry a “Heart Attack First-Aid Kit” containing bottles of *Cardio-Plus*, *Cataplex B*, *Cataplex E2*, and *Cyruta-Plus*. These products by Standard Process are capable of stopping a heart attack before it happens. Your very best odds of stopping an attack and saving your life is to have these on hand—and to use them immediately upon sensing an impending attack.

At first sign of an imminent heart attack, take 6 tablets of each of these products and see your doctor. If the attack stops, continue with 9–12 of each daily until you are able to determine the proper nutritional protocol for your particular condition. In most instances, these nutrients will make up the backbone of a longer-term protocol.

While it is difficult if not impossible to prove, after 40 years in this business and tens of thousands of patients, I can assure you that this first-aid measure has saved countless lives. The nutrients in these nutritional complexes will help to immediately



reduce inflammation in blood vessels. It will reduce the heart's need for immediate oxygen and increase oxygen and blood flow to the heart muscle. Some of the critical nutrients in these complexes are natural arterial relaxers, which can lower the spasm of vessels while insuring consistent tone in the muscle of blood vessels.

If you are a heart attack candidate, be sure to have these nutrients on hand. If you feel a heart attack is imminent, chew up the first 24 tablets with plenty of water. You can use these nutrients with or without heart medication. In the long run, these are the kinds of nutrients that will correct the underlying causes of heart disease.

If your heart pounds routinely; you have chest pain; you have trouble breathing from a bad heart; you have had a heart attack previously; your heart beats erratically; you have sky-high blood pressure or diabetes; you have clogged or hardened arteries; you've had heart surgery of any kind; you have a bad heart valve; you've had rheumatic heart; you have high LDL cholesterol, high sugar or triglycerides, high homocysteine or C-reactive protein levels; or if your heart cannot calm itself quickly after the slightest exercise, then you must get on a good nutritional protocol to reverse these problems.

Often an individualized program is necessary, but most of the data you need can be found in this section. Most immediately important, you must keep these products on your person at all times. You don't have to carry four bottles around with you. Although these tablets look a lot alike, you can tell them apart. So fill one large bottle with one quarter of each product and have it on hand at all times. This is one first aid kit that will *save your life*.

#### HEART ATTACK FIRST-AID KIT

**Cardio-Plus:** 6 tablets right away, then 9–12 daily

**Cataplex B:** 6 tablets right away, then 9–12 daily

**Cataplex E2:** 6 tablets right away, then 9–12 daily

**Cyruta-Plus:** 6 tablets right away, then 9–12 daily

### CONGESTIVE HEART FAILURE

*“Congestive heart failure (CHF) is the most common cause of hospitalization for people over age 65. And while other heart-disease rates are dropping, CHF cases have doubled. More than 50,000 people will die from CHF, and we will spend more than \$50 billion on the*

*disease this year. Millions more people have the disease that has not yet progressed to the critical stage, and perhaps tens of millions are on their way to becoming CHF sufferers. This does not have to be.”*

*Health Alert, Vol. 18, No. 11*

I wrote this in 2001, and the situation has gotten much worse. New and more powerful blood pressure and heart drugs, which actually weaken the heart, have brought on new cases of CHF and have worsened existing CHF cases. Indeed, CHF is becoming the normal course of decline toward death for Americans with heart and blood pressure disease.

This does not have to happen to you or your loved ones. I am going to let you in on the secret that will lift you out of the CHF statistics. That secret, unknown by 99.9% of all people, including physicians and cardiologists, is that the main cause of CHF is ***beriberi of the heart!***

If you look up the definition of CHF, you will learn that it is characterized by poor nerve conductivity to the heart and almost paralyzing weakness, including weakness of the heart muscle itself, with the resultant failure of the heart muscle to pump adequate supplies of blood throughout the body. Indeed, many of our CHF patients initially had ejection fractions (measurement of the heart's pumping capability) of 20% or less!

And when you look up beriberi, you will find that it is a horrible disease caused by a vitamin B deficiency. Most experts consider this disease to be an “old disease,” like scurvy. Yet a modern form of beriberi exists today, and it is the major cause of heart failure, including CHF.

Beriberi causes nerve conductivity problems, severe and almost paralyzing weakness, and muscle paralysis—matching the symptoms of CHF almost identically. Left untreated, or treated improperly, the heart will continue to weaken. This is often complicated by years of taking blood pressure and other heart drugs. Many of these, by definition, ***suppress the heart's pumping action.***

### ***The Weakened, Congested, Failing Heart***

Chronic heart weakening caused by beriberi of the heart, and called congestive heart failure, is not a pretty sight. The heart becomes weak (almost paralyzed), enlarged (often grossly), congested, flaccid, frequently “waterlogged,” prolapsed (dropped

low in the chest cavity as seen on x-rays), and borders on failure.

When your heart weakens like this it actually stretches. As this takes place, the valves become stretched. This phenomenon, overlooked by most physicians, is a major cause of *leaking heart valves*. In these cases, open-heart surgery to replace a valve will not solve the problem because the leaking valve is only a *symptom*. But reversing the beriberi with the proper nutrition can actually help the heart shrink back to normal. When the “faulty” heart valves then stop leaking, it is considered a “medical miracle.” *Mitral valve prolapse* often falls into this category.

This type of heart can be likened to a huge sponge. Compare your heart full of blood to a sponge full of water. Imagine trying to squeeze the water out of a sponge when you have a weak or failing grip. Now imagine squeezing the water out of the sponge with a strong, powerful grip. Then compare the two sponges after squeezing. The soggy, swollen, flaccid, and still waterlogged sponge is like the heart suffering from CHF. It cannot last forever like this—hence the dire prognoses in most cases.

The CHF heart is chronically congested. Since it cannot pump properly, it robs the body of blood, nutrition, and oxygen. This is why the CHF patient cannot walk to the mailbox without exhaustion. It is also why CHF patients cannot think straight and are often “spaced out.” The brain is also starved for oxygen and nutrition.

If nothing else, *your body is a compensating organism*. With CHF your heart will often try to compensate for its weakness by beating faster (tachycardia) or irregularly with more rapid but weak beats (arrhythmias). At this stage more drugs are usually prescribed in an attempt to slow down or normalize the heart rate. It is easy to imagine what this will do to the already weakened heart.

As water builds up around the heart and fluid builds up in the lungs and legs from the heart’s inability to pump properly, diuretics are generally prescribed. The prescription drug list gets longer, and the patient is often reduced to a *cardiac invalid*, getting weaker and weaker. All the while, the underlying cause of the problem continues to be ignored, and the patient generally has from a few months to a couple of years to live—often in a zombie-like state.

When death does come, no mention of beriberi

will be given. In fact, the death will generally be attributed to the symptoms of beriberi that cause CHF—pneumonia, complications from heart disease, kidney failure, and so on. In most cases, however, the cause of death is a weakened heart muscle caused by years of not getting enough critical heart nutrients. Add to that blood pressure and other heart drugs that dampen the heart, and you have the \$50 to \$100 billion American disgrace known as heart failure.

### *The Heart and CHF Miracle*

CHF is—like most other forms of heart disease—caused by nutrient deficiencies. In fact, over 40 years ago, I learned from the wisest of all the biochemists, nutritionists, inventors, and heart care pioneers, Dr. Royal Lee, that *the heart is the most responsive organ in the body to proper nutritional therapy*. And 65,000 heart patients later, I know this to be an absolute fact. I would rather have a heart patient than any other—simply because they are the easiest to dramatically help.

If I could get heart patients to eat diets without processed foods and ones rich in the raw ingredients that the heart needs for rehabilitation, most would get better promptly. But once heart disease sets in, larger quantities of these nutrients than can be consumed are needed. And many simply could not be comfortably consumed at all.

Could you eat a half-cup of raw heart extract? A half-pound of raw liver? How about a bucketful of raw tillandsia plant, carrots, and beets? A bowl of raw wheat germ and rice bran? Or raw adrenal and a bucket of raw alfalfa, kelp, buckwheat, and flax? How about eating all this daily, in addition to chewing raw bones with the marrow?

These raw foods would contain the large quantities of B vitamins needed for people to cure themselves of beriberi of the heart. And they would contain *all* the B vitamins, *including B4*—the missing B vitamin for most people. B4 has not been synthesized, so you will not find it in any store-bought vitamins. You must get it from these types of raw foods.

These foods would also contain the actual nutritional complexes of vitamins A, C, D, E, and F (not ascorbic acid or alpha tocopherol, and not synthetic versions of vitamins A and D). They would also contain organic minerals, fatty acids, sterols, phytochemicals, enzymes, coenzymes (such as CoQ10), trace mineral activators, and probably

hundreds or even thousands of other nutritional compounds that we are still unable to measure, or are even unknown to us yet. And, of course, they would all be raw and live, and in perfect balance as only nature can provide.

These nutrients are rocket fuel for your heart. But unfortunately most of these raw materials are impossible for humans to consume. So we do the next best thing. We take these raw, organically grown foods and raw materials and concentrate their complete nutrition into supplements. And we do this using a patented and painstaking process that uses no heat or chemicals to absolutely maintain the integrity, electrical charge, and life energy of the raw materials. These are called *phytonutrient or phytoceutical supplements*. The genuine ones are grown and processed by a handful of companies throughout the world. The premier producer is Standard Process.

Standard Process's heart nutrition products have truly withstood the test of time. Most have been successfully used for 50 to 80 years! I have personally examined the organic fields in glacier-rich Wisconsin soil, the crops, and the patented equipment and facilities used to make these supplements. I have tested every kind of nutrient, from every kind of company, for over four decades to determine what works best. These are the phytonutrients or phytoceuticals that I use with my patients, my family, and myself. And while other companies would gladly give me their products for free in exchange for some kind words, I prefer to stick with what works.

### ***Vitamin B4—The Perfect Example***

You have probably never heard of vitamin B4. It is a poorly described nutrient, part of the B vitamin complex, and critical to heart health.<sup>1</sup> It has never been synthesized, so it will not be found in any synthetic vitamin product. Without B4 (and other unknown phytonutrients or phytoceuticals that accompany the B vitamins), even the most "potent" B vitamin products are rendered weak or useless in the treatment of CHF. As with many natural things (thanks to health politics), the "powers that be" have deemed B4 as unnecessary to human life. And since then it has been illegal to list it on label information.

But without this and the other components of the entire B complex of nutrients, your heart will simply not respond properly. And with CHF, failure is not an option. The only products that I know contain adequate amounts of natural B4 are from Standard

Process—*Cardio-Plus* and *Cataplex B* (even though you will not find vitamin B4 listed on the label).

In fact, when reading phytonutrient or phytoceutical labels, don't just read the main nutrients listed on the label. These are the major nutrients only. You must read the Proprietary Blend, which lists all the product's raw foods and materials. Every nutrient, known and unknown, contained in these raw ingredients (including B4) is in these supplements.

These products are a far cry from standard vitamins and minerals. In fact, they are not the same thing but for the fact that both are called supplements. Phytonutrients or phytoceuticals are actually concentrated food and raw materials. They are not 5, 10, or even 20 isolated, largely synthetic vitamins that are mostly wasted in your body. And when it comes to heart disease, beriberi of the heart, and CHF, high-potency "vitamins" (which are by definition synthetic) can be counterproductive by inducing vitamin imbalances.

### ***What About Drugs?***

As we have shown, drugs treat the symptoms, ignoring the underlying cause of heart disease. They are very powerful, and can even prolong life in some instances. But they frequently take a heavy toll—often causing or making CHF worse.

So why not have the best of both worlds. Start treating the underlying cause of CHF or other heart problems at the same time you follow the instructions of your cardiologist. He or she has your best interest at heart, and cannot be expected to know much about the work that we do. So, in this case, ignorance is totally understandable.

But as soon as you start to get better—usually within 60 to 90 days—you need to see your doctor. Remember this medical fact of life: As your heart gets stronger and more normal, you need fewer drugs. And after a period of time, heart and blood pressure drugs can actually be putting your recovery in jeopardy. So discuss a slow, careful, and monitored weaning of drugs over a period of a few months. If you are like most people you will be shocked to find out that as you wean drugs, you will feel better and better!

### ***What to Do***

We simply have the best results in the nation when it comes to CHF. And I have helped more heart and CHF patients than any other physician or healer

of any type, living or dead. Treating the underlying cause allows us to truly help people actually cure themselves of many forms of heart disease, including CHF—a novel concept in traditional cardiac care.

Over time I have honed my protocol so it is better and better. At this time, the basic products I use with outstanding success are *Cardio-Plus* (2–4 taken 3x daily), *Cataplex B* (2–3 taken 3x daily), *Cataplex F* (2–3 taken 3x daily), *Calcium Lactate* (2–4 taken 3x daily), *Organically Bound Minerals* (1–2 taken 3x daily), and *Blue Ice Fermented Cod Liver Oil* (2–6 daily). There are a few exceptions and alterations to this protocol:

- If you are allergic to iodine (very rare—and you would know it if you were), eliminate the Cataplex F.
- If you have a lot of edema, include *A-C Carbamide* (2–4 taken 3x daily) in your protocol.
- All products except the oils are from Standard Process.

Remarkably, this very same protocol is effective for people with a variety of other heart problems, including arrhythmias, angina, coronary artery disease, leaking heart valves, and even stroke. As always, if you have problems, drop me a brief note with the specifics of your heart problems. I will try to get you the precise information that you need.

### ***Don't Wait for a Diagnosis***

Most CHF patients can recover—unless they have waited too long and there is permanent damage, kidney failure, or resultant surgery that can impair a recovery. So if your doctor has not given you a diagnosis of CHF, when should you start *proper nutritional therapy*?

When you have difficulty breathing, can't climb stairs without panting, always need to rest, or when your pulse starts to become erratic, it is time to treat for heart failure. If you have these symptoms and your blood pressure yo-yos up and down, it is time to treat for heart failure. If your legs feel heavy after walking to the mailbox, and your hands and feet are always cold, it is time to treat for heart failure. If you have some of these symptoms and you keep coming down with bronchitis and even pneumonia, it is time to treat for heart failure.

My same brilliant professor, who taught me that the heart is the most responsive organ in the body to nutritional therapy, liked to say, "Life is like a candle. It is best to burn brightly, and in the end, flicker once or twice and go out." Do not wait so long that you are

completely disabled by CHF or medical treatments. Instead, treat your heart and keep it strong.

Treat yourself for heart failure and CHF smartly, properly, easily, inexpensively, and safely. And ***do not wait***. Here is a recipe for success that truly treats the underlying cause. It is safe, without side effects, and has a tested, extensive, and effective track record. It can be used initially with your standard medical therapies, and it comes with broad experience. I have treated many, many patients with heart disease over the years with the most effective results. The reason is simple. I know the secret. And now you do too.

#### NOTES

1 "Vitamin B4 and the whole B complex." *Health Alert*, Vol. 5, No. 1.

#### PROTOCOL FOR PEOPLE WITH CONGESTIVE HEART FAILURE

**Cardio-Plus:** 2–4 taken 3x daily

**Cataplex B:** 2–3 taken 3x daily

**Cataplex F:** 2–3 taken 3x daily (unless allergic to iodine)

**Calcium Lactate:** 2–4 taken 3x daily

**Organically Bound Minerals:** 1–2 taken 3x daily

**Blue Ice Fermented Cod Liver Oil:** 2–6 daily

With Edema ... add...

**A-C Carbamide:** 2–4 taken 3x daily

### **HEART: THE STATISTIC THAT WASN'T**

Today it is easy to become a statistic. The hard part is seeing through the veil of secrecy and self importance in organized medicine. To keep yourself healthy—and indeed, alive—you must identify and see through this veil. An old friend, and one of the nicest men I've ever met, came to me and told me he was having heart problems. I told him to send me the data and I would be more than happy to develop an individualized protocol for him that would likely resolve his problems.

Instead, he fell for the high-tech world of organized medicine and had angiography, a 4-way bypass, and eventually stents. About a year later I saw him again, and he told me he was having chest pains and other heart problems. He was now 82 years old, and I became a little more stern—I warned him not to fall for the scary hype and high-tech medical hoopla, that medicine did not have the answers for heart problems, and that his own doctor would be putting him at extreme risk of death if he did not listen to me.

In his kind way, he thought it over and told me that his doctor was the best cardiologist in California

and the hospital was world renowned for heart surgery—in other words, he felt secure. I suggested that *at least* he use my protocol in conjunction with his medical care, but by this time he was completely hoodwinked.

William followed his doctor's orders of multiple drugs to lower his cholesterol and blood pressure at all costs. His pressure was maintained so low that he was routinely dizzy—basically a cardiac invalid or zombie. His doctor was progressively pushing his heart toward total failure with drugs. And his doctor's response to the family was first that Bill had a few good years, then maybe a year, and then, he pronounced that he had less than six months to live. What could they expect—after all, William was 84 years old! That's when he finally asked for my help.

From my own experience with *more than 90,000 patients*, given the right approach to a protocol and management of the case, I could have saved William from the rolls of cardiac invalidism. In the beginning I could have kept him out of the hospital and on the golf course, where he belonged. He could have had another 10 to 15 good years. Even two years ago and after all kinds of medical interventions, I could have still helped his doctor wean him from drugs and provided him with another five to 10 good years. But that was not meant to be, because...

### ***The Big Secret***

William was in the ivory towers, the bastion of medical knowledge, technology, and wisdom—what could go wrong? His doctor confidently strode the corridors dispensing powerful drugs. He was considered a God—after all, he did *open heart surgery*! What neither Bill, nor his family, nor any of the nurses knew was that the doctor had a secret.

His confident stride was forced and made up. Despite the façade, he was insecure, scared about his future, unsure of his therapies or surgeries, upset that the results rarely turned out great for his patients, and that his drugs were destroying most of them. He was mad that his salary had taken a dive since medicine had literally killed the goose that laid the golden egg and HMOs had moved in. He could barely afford his house payment, his Mercedes, and his kids' college tuitions.

He didn't like giving a quarter of his salary away to pay for malpractice insurance—a result of medicine's failure to police itself and reign in the quacks and kooks practicing medicine. He didn't

like the long hours, was chronically depressed, and was hooked on prescription drugs that were too easily available to him. He drank too much, ate poorly, never exercised, and saw his future in his own patients.

To make things worse, he was probably a social misfit. He was always too smart for his own good in school—and the other kids constantly teased him for being an “egghead.” He watched as the football players got all the girls and he couldn't get a date. He entered medical school knowing full well that finally he would be the one in charge—no one would ever tease him again—and he would be the one to exercise his power over women, patients, and their relatives. He graduated medical school “educated out of the brains he was born with.”

He would routinely chide patients and their loved ones when questioned about alternative approaches to their heart disease. After all how could these vitamin quacks know more than he did after his amazing pharmaceutical and medical education? Still, seeing is believing, and after lecturing everyone in the hospital room about quacks, he would leave wondering if maybe there really was a better way. Yet he would never take it upon himself to investigate or learn anything more than what he was taught in school.

William's chronic coronary vessel infection and inflammation was ignored. His insulin insensitivity was rejected out of hand. His diet was never addressed. His chronic deficiencies of real phytonutrient or phytoceutical vitamins B, C, and E, bioflavonoids, organic minerals, and omega-3 fatty acids were considered quackery. His heart cried out for nourishment. He never learned that the heart is the easiest organ in the body to regenerate when given proper nutrition. Not only was this never discussed, it was *unknown* to the best cardiologist in California.

My old friend was in a scary position—and neither he nor his family knew the half of it. So after ten years, a couple hundred prescriptions, several surgeries, and close to a million dollars spent on treating symptoms, they finally decided to treat the underlying causes of the problem. Unfortunately, the all-too-common disaster occurred. William was so drugged, his blood pressure so low, and his blood so thin he could hardly stand.

When a nurse forced him to get up too quickly to go to the bathroom, he got drastically dizzy,

fainted, and fell, breaking his shoulder and suffering a massive seizure. Back in intensive care for the tenth time he was further medicated, could not talk, muttered and drooled for two days, and died.

He was killed outright by his own doctor, but one more statistic of doctor- or drug-induced patient death would not be recorded this time. Hospitals protect themselves and their doctors at all costs. William died of heart failure and a seizure. And our doctor? He continues his confident strides through the corridors of healing with the best of intentions. After all, he did what he was trained to do. The result? A million dollars was poured into the medical economy and another patient died.

### ***Treat the Cause***

Bill's cholesterol was not the cause of his problems. His high blood pressure was not the cause either—it was simply a symptom. His sagging, water-logged, flaccid heart hung low in his chest due primarily to prescription drugs. His blood vessel inflammation was caused by years of too much insulin in his blood combined with a viral infection. His chest pains were caused by the same problems. His weakness, short-term memory loss, indigestion, muscle aches and pains, incontinence, impotence, leg cramps, and eventual kidney and liver failure were all side effects from prescription drugs.

Yet the right management, diet, and nutritional protocol would have allowed his doctor to wean him from drugs and would have strengthened his heart and given him his life back. A low-carb Mediterranean diet with complete elimination of wheat was in order. A protocol of the following products was absolutely necessary and yet completely rejected:

**Cardio-Plus** would provide the real phytonutrient or phytochemical vitamins C, E, and the fat soluble B's, along with heart tissue extract and calcium lactate with naturally-occurring magnesium. **Cyruta-Plus** would provide the real bioflavonoids necessary to quell blood vessel infection. The low-carb diet and strength exercising would help bring glucose out of the blood, reducing the overload of insulin in the blood vessels. This in turn would reduce blood vessel inflammation. **Cataplex B** would provide the real phytonutrient or phytochemical water-soluble B vitamins, including the most critical heart nutrient of all, vitamin B4. **Flax** or **cod liver oil** would provide the omega-3 fatty acids. We use **Blue Ice Fermented**

**Cold Liver Oil.** And **Organically Bound Minerals** would provide potassium and the other alkaline ash minerals.

All of this was completely ignored. The underlying cause of Bill's problem fomented for years as his health deteriorated under the weight of surgery after surgery, drug after drug. And even at the latest stages of his treatment, this kind of protocol could have saved him and given him another three to five good years. But it was not meant to be.

When the family was convened they were told "we did everything we could."

## **MEDICAL TREATMENT OF CARDIOVASCULAR DISEASE—NOT WITHOUT NUTRITION**

You should never embark on medical intervention or treatment of cardiovascular disease (CV disease) without an ancillary nutritional protocol aimed at least at the basics, and at best at your specific, individual needs. It's kind of scary that Americans have been hoodwinked into believing all they need do is check into Stanford or some other heart center and their cardiovascular problems will be cured.

Actually, the opposite is the norm, and it is not unusual for people with cardiovascular disease to leave these centers with their original problem **plus a host of others**. Even the medical people themselves recognize that once you have CV disease, they can do little. According to the editor of the *Journal of the American Medical Association (JAMA)*, medical treatment for CV disease is "late, defensive, reactive, time consuming, associated with side effects, costly, only partially successful, and endless."

We have drugs for every heart condition and surgeries with bypasses and stents when arteries clog, but no recommendations about preventing clogged arteries except low-fat diets. No mention is ever made about blood vessel inflammation, or using whole nutritional complexes to maintain good blood vessel tone and health. Rather the newest techniques include irradiating stents stuffed with drugs to prevent their natural closing up because the underlying nutritional cause of the problem has been ignored.

A new experiment included treating stents in arteries with anti-cancer drugs. After six months, all patients using this technique enjoyed remarkable success, with none having a re-blockage. Success was

heralded, but after a year, more than half the same people did re-block. So another medical “advance” is stymied and shelved. And there will be more, because as stated in the *JAMA*, medical treatment of CV disease is endless.

There are dozens of drugs. Coumadin (warfarin) is now dished out like candy for most patients with heart valve problems, pacemakers, arrhythmias, and more. This powerful rat poison is used for its side effect of turning blood as thin as water. Yet as of late, researchers are finding that some people metabolize this drug differently than others—putting them at extreme risk of bleeding to death.

And it goes on and on. So what are you to do? Take the words from the *JAMA* to heart. The best way to treat CV disease is *to prevent it*. This of course is accomplished with proper diet, exercise, pure water, and the best whole-food supplements. If you already suffer from heart disease, never treat it only medically. Always include a nutritional approach with your medical therapy.

In this manner, you may be able to really get at the cause and actually turn *lifelong* medical treatment into temporary therapy. After three to six months on proper nutritional therapy, most patients are able to start weaning toward eventual elimination of heart medications with their doctor’s help. Even if you only do the basics, you can usually look forward to this “medical phenomenon.”

### **The Basics**

Whole nutritional complexes always work best with heart disease problems. These kinds of nutritional complexes are the only products I’ve found that really get the job done—and I have tested every kind of product and been courted by every kind of product manufacturer in the world. I could become very wealthy if I were to recommend the junk that is available out there—it is produced for pennies and sold for megabucks.

When it comes to cardiovascular disease, these basics are indispensable and must be used by all patients if they are planning to actually get better. These products are produced from whole, raw, organic foods and plants, as well as glandular and organ extracts which are extremely rich in nutrients. Standard Process is known as the *benchmark of excellence* in the production of these kinds of products since their original formation over *80 years ago*. It is possible they are the only company to

produce these kinds of products. The basics for the heart are *Cardio-Plus*, *Cataplex B*, *Cyruta-Plus*, *Cataplex E2*, *Min-Tran*, and *Organically Bound Minerals*.

*Cardio-Plus* (6–12 daily) is the product supreme for people with cardiac fatigue, high blood pressure, heart muscle weakness, muscle atrophy, angina, congestive heart failure, heart arrhythmias, heart spasms, heart valve problems, clogged arteries, and *anyone who has had a heart attack*. It contains high-selenium yeast, whole vitamin E and E synergists from beef chromatin, beet root, raw sprouted grain and germ, heart extract, phospholipids, raw bone, buckwheat, alfalfa, mushroom, liver, rice bran, allantoin, tillandsia, and adrenal extract, among other nutrients, and trace minerals, activators, and synergists. Virtually all heart patients should be taking this product. The only exception would be if you suffer from severely *low* blood pressure (under 105/60). In this case you would substitute the product *Vasculin* (6–12 daily) for Cardio-Plus.

*Cataplex B* (6–9 daily) is almost as critical as Cardio-Plus for most heart patients. It is for people with arrhythmias, congestive heart failure, murmurs, fibrillation, tachycardia, bradycardia, low blood pressure, weak heart, poor heart muscle tone, edema, fatigue, mental and emotional problems like depression, anxiety and schizophrenia, neuropathy, neuritis, neuralgia, high blood fats, clogged arteries, postpartum depression, concentration and memory problems, and those with constant fear of impending doom.

Its main ingredients are liver, yeast, wheat germ, beet juice, adrenal extract and carrot—all organic and processed without heat of any kind. It contains the whole B complex, including B4—the missing ingredient in every other nutritional heart product. B4, also called the *anti-paralysis factor*, is often the single critical factor in helping heart patients recover when all other nutrients fail. Cataplex B was first made in *1934*. It is essential to almost all heart patients.

*Cyruta-Plus* (3–6 daily) is for people with blood vessel problems, clogged arteries, easy bruising, gingivitis, viral infections, elevated C-Reactive Protein levels in the blood, and stroke. Made from buckwheat, it is the premiere *vitamin P* (bioflavonoid) product, also containing the whole vitamin C complex and adrenal extract. Since many

or most blood vessel problems in heart patients originate with blood vessel lining irritation or infection, this product is often indispensable. Every patient who has had a heart attack, stroke, or is prone to strokes should use this product.

**Cataplex E2** (3–9 daily) is for people with angina, heart disease, cramps, high blood pressure, Restless Legs Syndrome, and high blood fats. It is made from tillandsia, high-selenium yeast, adrenal, spleen, and orchic extracts. Today scientists are discovering that selenium deficiencies can turn infection deadly, including blood vessel problems and even flu. The only selenium that works is natural selenium from yeast. Besides the immune-bolstering effect, Cataplex E2 actually reduces the heart's need for oxygen, making the heart and muscles work more efficiently—thus making it specific to people with angina. Most people with heart disease, and all with this condition, should use this product. It's been used successfully since 1949.

Both **Min-Tran** (3–9 daily) and **Organically Bound Minerals** (3–9 daily) are products that are rich in calcium and magnesium. They are for people with tachycardia, arrhythmias, fibrillation, tremors, muscle fatigue, thyroid problems, insomnia, muscle cramps, menstrual cramps, and more. Min-Tran is made from calcium lactate (non-dairy), magnesium citrate, pacific sea kelp, and alfalfa. It is rich in calcium, magnesium, potassium, trace minerals, and contains more than 40 trace elements on assay. Organically Bound Minerals is similar to Min-Tran, with more trace minerals and less calcium and magnesium.

Both contain a broad array of minerals and trace minerals, including calcium, magnesium, potassium, boron, beryllium, bismuth, cobalt, chromium, copper, lithium, manganese, molybdenum, phosphorus, sulfur, antimony, selenium, silicon, thallium, vanadium, zinc, and more. Organically Bound Minerals would be used over Min-Tran for people with dry mouth, frequent sighing, acidosis, and for those who are overly hyped up. Anyone with heart disease or high blood pressure would do well to use one of these products. Organically Bound Minerals was first formulated in 1935.

And finally, anyone with heart or blood vessel disease should be taking one tablespoon of **raw flax oil** daily or **Blue Ice Fermented Cod Liver Oil** (2–6 daily) to supply the heart's daily needs of vitamin F (unsaturated fatty acids and omega-3s). This simple,

indispensable aid can work wonders even with people with severe heart disease. Yet in today's hopelessly outdated world of high-tech medical heart care, this remarkable nutrient is rarely, if ever, prescribed. Rather it is often denied because it is "too high in fat and calories." In fact, without adequate fat, calories, and cholesterol, your heart would simply beat its last beat and quit!

### **Not Just Drugs**

It is remarkable how a physician will scold a patient for taking nutrients like these because "they may interfere with their medications." The truth is that the drugs may interfere with the real healing produced by proper nutrition. And the second great truth is that **no one** really knows what is going on with multiple drug interactions. Once you get past three drugs, the biochemical interactions and side effects are out of control—no matter what your doctor or pharmacist tells you.

No matter how you look at it, drugs kill—especially if you are over age 65. Do not forget that **properly prescribed drugs are the third leading cause of death in this country**. And it is no better in foreign countries. A two-year study in Finland showed that properly prescribed drugs were the **cause of death** (fatal reaction) of almost 20% (one in five) of patients over age 65. Many of these deaths occurred within days of arriving at a hospital.

Virtually all drugs have their telltale problems and side effects. When you go from one to three drugs, you don't triple your odds of problems, you exponentially increase these odds to numbers that no one comprehends. Today we are living with Frankenstein diseases produced by well-meaning drug therapies and vaccines. There is no real measles—only Frankenstein measles that can kill unprotected adults and pregnant moms. And millions of people will suffer desperately painful and serious cases of shingles because of the chicken pox vaccine.

Vaccinating kids against the relatively benign condition of chicken pox **causes millions of cases of shingles**, with hundreds **dying** from the condition, and millions suffering from intractable, permanent, severe pain. Unfortunately the same can be said for heart drugs on a different level. They all carry serious side effects. When needed and warranted they are wonderful, but should always be used along with the proper nutritional protocol to treat the underlying cause of the condition, and they should always be



used as *temporary agents* if possible. Do not make your medical treatment of cardiovascular disease “late, defensive, reactive, time-consuming, associated with side effects, costly, only partially successful, and *endless*.”

Instead, use therapies that treat the cause of heart disease. The basics listed here could empty cardiac wards. So get started. If your problem does not respond, or requires specific, individualized therapies, drop me a line. I’ll see that you get the information you need. Remember to use products that are *whole nutritional complexes*. They are the only ones that really work and have withstood the test of time.

There are all kinds of products hyped these days. Most of these are just that—hype. Unfortunately, you cannot tell the good from the bad. That is my job. It is too easy for you to be hoodwinked. Sara Lee is making *crustless bread* for kids, touting it as fresh from the oven. Remember the foods produced by the health food company Earthgrains? This company is now owned by Sara Lee.

#### PROTOCOL FOR PEOPLE WITH CARDIOVASCULAR DISEASE

Cardio-Plus: 6–12 daily

Cataplex B: 6–9 daily

Cyruta-Plus: 3–6 daily

Cataplex E2: 3–9 daily

Min-Tran: 3–9 daily

Organically Bound Minerals: 3–9 daily

Blue Ice Fermented Cod Liver Oil: 2–6 daily

### HEART DISEASE RISK FACTORS MOSTLY BALONEY

Except for those with heart disease or those at the highest risk for heart disease, all the standard medical risk factors add up to almost nothing when it comes to predicting heart disease, heart attack, or stroke. And for healthy adults, even the “alternative” risk factor homocysteine is practically useless.

This is important to know since so many *multiple risk factor intervention programs* are in full swing, with more planned, throughout the United States and Europe. The typical risk factors include high cholesterol, smoking, high blood pressure, and diabetes. Prescription drugs serve as these programs’ centerpiece, with counseling and education as adjunct treatments. They are spearheaded by the American Heart Association, the American Medical Association, local and state governments, and even

the federal government.

Study results by the Cochrane Heart Group and The Cochrane Collaboration ([www.cochrane.org](http://www.cochrane.org)) showed that treating risk factors was “ineffective in achieving reductions in total or cardiovascular disease mortality (death).” Indeed the findings of these interventional programs showed that some people actually got worse. Overall deaths actually increased among the drug-treated high blood pressure group. In addition, some did benefit—the folks with the very highest risk of heart disease.

#### ***Risk Factors: Poor Predictors***

In the end, the Cochrane study showed once again that high cholesterol, high blood pressure, etc., are poor predictors of heart disease, stroke, or death in healthy people. And the same can be said for *biomarker risk factors* such as homocysteine and B-type natriuretic peptide. The conclusions were that the costs of using these risk factors and treating for them are very high, and these resources would be better spent in other areas, or simply on those at the highest risk levels.

So if you are healthy, and your health screening finds your cholesterol at 250 (which is normal), or your blood pressure to be 140/90 (which is normal), do not be fooled into powerful, dangerous, usually life-long prescription drug treatments. This is “not particularly effective in terms of reducing the risk of clinical events (stroke, heart attack, angina, etc).”

#### ***But What About C-Reactive Protein (CRP) and Homocysteine?***

Around 2005, I began wondering about the relevance of homocysteine levels. After all, synthetic B vitamins would often lower homocysteine to safe levels, yet do nothing to help heal the heart. Was this finding not as important as I previously thought? That may indeed be the case. I now feel that lowering the homocysteine levels has little direct correlation to heart disease.

And while I still monitor the CRP levels in heart patients, I now feel that a high CRP level is just an ancillary finding. In some cases, it can help diagnose inflammation or infection in the coronary arteries. But it is probably not the major risk factor that many of us were convinced it was.

So taking all the tests, getting all the counseling, following the low-fat diet, taking drugs like Caduet (a cholesterol-lowering and blood pressure drug

combined into one), don't amount to much, and can even hurt you. Instead it is back to basics: eat whole foods, exercise, drink pure water, keep a positive attitude, and use phytonutrients or phytochemicals when needed. This is the formula for heart success.

This will be a hard pill to swallow for most in the medical profession. After all, screenings, interventions, and drugs are critical to their ongoing patient management. There are thousands of well-meaning physicians right now who truly believe a statin (cholesterol-lowering) drug should be prescribed for every American over age 50!

### ***More on Medical Myths***

The risk factors for heart disease are taking their place among *medical myths*. While the list of myths is growing, some of the classics are:

- 1) Taking an aspirin every day will make you live longer.
- 2) Low-carbohydrate diets are unsafe and ineffective for losing weight.
- 3) Nearly everyone would benefit by using statin (cholesterol-lowering) drugs.
- 4) Nearly everyone over age 50 should take blood pressure drugs.
- 5) All radiation is dangerous unless administered by an oncologist.
- 6) Annual mammograms and follow-up treatment prolong life.
- 7) Cancer treatments are better than ever—with cure rates of over 60%.
- 8) Water fluoridation prevents tooth decay and is perfectly safe.

These are classic medical myths. They become *malignant myths* when they are prolonged for more than 15 years. Most of these fit that definition.

## **IRREGULAR HEARTBEAT: DRUGGING, SHOCKING AND BURNING**

If you have an irregular heartbeat or *cardiac arrhythmia*, and your doctor has said you need powerful prescriptions, cardiac shock treatments (cardioversion), and/or burning of your heart's nerve endings (cardiac ablation), you need to know the following.

The drugs used to treat this condition are powerful and debilitating. They do not do an effective job of controlling the situation. And they all

carry strong side effects that can be worse than the arrhythmia.

As for shock treatment, it rarely—if ever—works for the long term. It's not unusual for a patient to be "shocked into rhythm" a dozen times—ultimately ending in failure. And ablation, for all its drama, is not much better. Patients often have two, three, or more ablation surgeries—almost always with the same failure in the long term.

So since drugs are not really effective, shocking does not work, and cardiac ablation surgery rarely works for the long term, you might think that heart experts would be looking for some other type of treatment. But without looking for the real, underlying cause of heart arrhythmias, no other treatments will ever be forthcoming. So if you have an irregular heartbeat, you will be treated to these same therapies over months or years—almost always ending up in the same place—right where you began.

This is particularly disappointing to the naive patient. If the patient is you, you may be convinced that the treatment (especially ablation surgery) is ultra high-tech, dramatic, and absolutely "cutting edge." Your hopes will be high, and you will feel good knowing that you are getting the most up-to-date cardiac care in the entire world.

However, your hopes fade when your heart snaps right back into arrhythmia soon after treatment. But you'll still have high hopes when you are introduced to the "next step" in treatment. Cardiac surgery will surely cure your abnormally beating heart. But soon you become aware that you have gone through hell, spent tens of thousands of dollars, suffered remarkable side effects, and even had your heart potentially damaged from burning—all to no avail.

### ***Same Treatment—Same Result***

A wise man once said that you cannot expect to have things change when you keep doing the same thing. But that is exactly what goes on with this problem. In fact ablation is now being performed more than ever. Just why a smart physician would do the same thing over and over—and not consider that the same result usually ensues—is difficult to understand.

These doctors are trying their very best to do the right thing to help you. But to really accomplish this, *they have to think out of the box*. That means thinking of some alternative form of cause and treatment, beyond what they have been taught.

But since their treatments are considered the gold standard in medicine, and since alternative treatments and straying from the gold standard is frowned upon (to put it mildly) by their profession, it just does not happen.

Add to this mix the fact that the powerful pharmaceutical industry does not want doctors thinking out of the box. After all, having tens of thousands of people on lifetime prescription drugs is a powerful financial incentive for these companies to want to keep doctors in line. And it is the recipe for "doing the same thing" for years and even decades. But back to you. If your doctor's treatments have failed, and he or she will not think out of the box, you need to think for yourself.

There are many causes for abnormal heartbeat. Some of the most common ones are other cardiac and blood pressure drugs. Eye drops for glaucoma can cause cardiac arrhythmias. And a whole host of other drugs, from thyroid drugs to over-the-counter cold medications, can cause arrhythmias. So you may actually have to wean from your drugs to determine if they are causing the problem. You might be shocked to find out that this is so, even after you have had shock therapy and heart ablation surgeries.

### ***The Most Common Cause of Arrhythmia***

Yet by far the most common cause of heartbeat abnormalities is nutritional deficiencies and imbalances. These will not be resolved with store-bought synthetic vitamins, which can even make the condition worse. If you have this problem, you owe it to yourself to try the right kind of phytonutrients or phytochemicals. And if you are lucky and smart, you can try this before you waste months or years on useless medical treatments, or are harmed by them.

A remarkable protocol that has resolved cardiac arrhythmias for thousands and thousands of people consists of the following phytonutrients or phytochemicals grown and produced by Standard Process: ***Cardio-Plus***, (9 daily) ***Cataplex B*** (6–9 daily), ***Cataplex F*** (6–9 daily), and ***Min-Tran*** (9–12 daily). We also recommend a teaspoon to a tablespoon of ***flax oil*** or ***Blue Ice Fermented Cod Liver Oil*** (2–6 daily).

There are indeed many causes for cardiac arrhythmias. But by far the most common cause is a nutritional deficiency or imbalance. Treat your heart nutritionally before you embark on costly, dangerous, and generally ineffective medical treatments. Allow

three to four months for improvement. And if you find that this protocol does not work for you, do not give up. Rather, drop me a line with all the specifics of your case, and I will do my best to get you the information you need.

#### **PROTOCOL FOR PEOPLE WITH CARDIAC ARRHYTHMIAS**

**Cardio-Plus:** 9 daily

**Cataplex B:** 6–9 daily

**Cataplex F:** 6–9 daily (unless allergic to iodine)

**Min-Tran:** 9–12 daily

**Blue Ice Fermented Cod Liver Oil:** 2–6 daily

### **HOW CAN INFECTION CAUSE HEART ATTACKS AND STROKES?**

*"In my article, 'Medicine Discovers C-Reactive Protein,' I noted that holistic practitioners have long (decades) recognized that a high C-Reactive Protein (CRP) level is an indicator of blood vessel inflammation. Further this is indicative of a severe bioflavonoid deficiency. In thousands of high CRP cases, we have successfully eliminated the bioflavonoid deficiency with a buckwheat phytonutrient or phytochemical complex. This routinely quells viral and other infections and inflammations in blood vessels and brings high CRP levels down to normal—lowering the risk of stroke, heart attack, and heart disease."*

*Health Alert, Vol. 20, No. 1*

There is no longer any doubt that infection and inflammation in the inner layer of blood vessels cause disruption of blood flow, potential clots, and resultant stroke and heart attacks. There is also no doubt that antibiotics have no effect on this phenomenon, and cholesterol has little if anything to do with it. So just what does happen?

It all starts with a lowered or altered immune function. Considering there are untold millions of Americans with this condition, it is easy to see how heart disease and stroke are epidemic. Add on other untold millions whose immune function is suffering due to ***immunosuppressive drugs*** like prednisone and Medrol. These drugs are doled out to adults and children to treat conditions like asthma, emphysema, allergies, Crohn's disease, multiple sclerosis, rheumatoid arthritis, and more.

Diminished immune function can allow microbes

to come in direct contact with the endothelial (inner lining) cells of the blood vessels. Bacteria, fungi, and viruses are prime culprits. The numbers of viruses which can cause blood vessel infections and inflammations are large. They include herpes, mumps, measles, lymphoma, flu viruses, echovirus, cytomegalovirus, adenovirus, poliovirus, and more.

A viral infection can produce an irregularity in the smooth lining of the blood vessel. This will disrupt blood flow, creating a turbulence in the area. Platelets will be disrupted, which causes the body to release the enzyme thrombin. Thrombin ends up producing *fibrin* which adheres to the area of inflammation (like a patch or mesh) burying the viruses or bacteria below.

Most of these microbes are *anaerobic* (they thrive without oxygen). So they can easily become invasive when buried in this low oxygen atmosphere, glued into blood vessel walls under fibrin, cholesterol, and other substances. To make matters worse, as the fibrin is used up, the body introduces more into the total circulation, resulting in thick or sludge-like blood. This is the perfect environment for more inflammation and/or clots.

It may even be the reason for so many heart attacks and deaths following smallpox vaccination. Smallpox and other vaccines cause a low-grade infection which can start the thrombin-fibrin-sludge-blood phenomenon. Most vaccines are live virus vaccines—including smallpox, measles, mumps, rubella, polio, and chickenpox.

### ***Heart Attacks and Strokes Amidst Medical Treatments***

As the small vessels are occluded more and more, the tissues and cells supplied by this blood suffer. Tissues subjected to oxygen and nutrient deprivation in this manner are more prone to disease. And tissues depleted in this manner in your brain or heart result in stroke or heart attack.

Now that science has proven the infection-inflammation/heart disease-stroke connection, the standard medical treatments of an aspirin a day, cholesterol-lowering drugs, angioplasty, bypasses, and stents are futile. These only treat the symptoms, leaving the underlying cause to rage.

People and doctors used to laugh when I and others told patients that their heart problems were due to an infection. Not any longer. Treating the whole patient—from improving immune system function to

supplying nutrients to support blood vessel linings—is critical. How do you know if your problems are caused by blood vessel inflammation?

The body (liver) produces a marker when blood vessels are infected and inflamed. It is the C-Reactive Protein. So if you are having heart, blood vessel, or stroke problems, and your CRP is high, you can count on the fact that you are suffering from viral or other microbe inflammation of the blood vessels. You in turn then also have sludge-like blood with all the ramifications that go with it.

In this case you must treat the whole body, including nutrients for the heart and blood vessels, with *specialized nutrition to quell viral and microbe inflammation*. This is almost always a bioflavonoid phytonutrient or phytochemical complex made from buckwheat. We use *Cyruta-Plus* (2–3 taken 3x daily with meals) from Standard Process with profound success. The dose is taken for three to six months. Monitor your success with follow-up CRP blood tests. Naturally this is in conjunction with your heart and blood vessel protocol.

If you have high fibrin blood with sludge, inflammation, and bumps and clumps in your vessels, standard “holistic” therapy for heart disease is as futile as aspirin and cholesterol-lowering drugs. Lots and lots of ascorbic acid and vitamin E will simply not clear blood vessels. You can take my word for it, or you can suffer through months of this type of therapy with no relief, no results, and no reduction in high CRP levels.

I discussed sludged blood in 1988 amidst scorn and ridicule from medical experts who called the concept folklore. Most of these experts are now buried in “research,” out of practice, teaching in medical schools, or producing “scientific” advice for consumers on the radio, the Internet, or print media.

### **THE HEART AND B VITAMINS**

Having treated and placed more than 65,000 heart patients on phytonutrient or phytochemical protocols, I have extensive experience in this field. Experience has taught me that the failure of medical heart care can be summed up in one paragraph—the patient dying of heart disease does not *and will not* believe that certain nutrients are necessary for heart function and repair. He or she will die and the doctor will say, “We did everything possible.” And unfortunately the

doctor truly believes that he did everything possible.

Sadly, this ignorance is omnipresent and will be so for the foreseeable future. Even the patient who has died will never have known that modern medical education *will make this a certainty*. This ignorance is ensured because the medical education system produces physicians who will never know that the heart must be nourished. Therefore the underlying cause of most heart disease remains ignored and untreated. And “everything possible” boils down to using drugs and surgery to manipulate symptoms caused by nutritional deficiencies and imbalances that continue right up to the patient’s death.

How long has this gone on? For an *ashamedly long time*. Here are some clinically proven data to shed light on this sad state of affairs. Long ago, researchers stated unequivocally that when it comes to research and successes related to nutrients and heart disease, “developments have been taking place so rapidly that one not making a special effort to keep abreast of the new findings will be amazed at their significance.” Here are just a few:

- “Absence of certain B vitamins leads to heart block and remarkably slow pulse.”
- “Deficiency of the whole vitamin C complex (not ascorbic acid) results in, among other things, physical weakness, shortness of breath, rapid respiration, rapid heart action, and a tendency to disease and inflammation of the blood vessels and heart.”
- “Heart valve involvement arises in many cases from infection or inflammation (see the previous article, “How Can Infection Cause Heart Attacks and Strokes” in this Section). The organisms may have a special affinity for heart valves and may produce organic disease of the heart. This susceptibility and low resistance is largely a result of a vitamin A deficiency, which is also known as the ‘anti-infective vitamin.’”
- And, “Vitamin B deficiency is known to produce loss of appetite through its effect of causing a loss of tone of the stomach wall muscles. This loss of tone also may affect the heart and muscular walls of the blood vessels—resulting in heart weakness, edema, and heart failure.”

Remarkably, all these heart and nutritional data and studies were published on *August 7, 1933!* Not so many years later, we learned additionally of the critical nature of the whole B vitamin complex as it relates to heart disease:

- “The whole B complex is necessary for the proper transmission of nerve impulses throughout the heart’s electrical circuit. With deficiencies and/or imbalances you can suffer from arrhythmias, extra systoles, heart block, atrial fibrillation, and more.”

- And, “B complex deficiency results in bradycardia (slow pulse), heart block (pulse below 40), complete heart block (pulse below 30), sinus arrhythmias (heart beating too fast, too slow, skipping, etc.), pulsus alternans (pounding pulse with alternating weak pulse), atrioventricular heart block (problems with the AV heart node), right or left bundle branch block, and more.”

*In 1938*, we learned of the B vitamin fraction from the germ of wheat called vitamin B4. Research showed that this portion of the B complex was fat soluble (unlike most B vitamins). This amazing nutrient was also found in conjunction with the whole, germ-produced vitamin E complex. Using whole, raw cereal germ, it was discovered that “this B vitamin could cure people with heart block.”

It was shown to “quickly eliminate loss of muscular coordination in the heart.” This B vitamin—*B4*—was to become known as the *anti-paralysis vitamin*. It is absolutely critical to any person with any type of heart disease. In experiments from *the 1930s*, heart disease and block were treated with synthetic versions of a few of the cereal B vitamins, namely B1 and B2. These failed miserably. Yet when the phytonutrient- or phytochemical-rich whole B complex from the germ of cereal containing all the B vitamins plus naturally occurring B4 was used, “heart block was cured.”

It is ironic that B4 and lots of whole B complex vitamins come from cereal germ. Cereals today are stripped of these vitamins and then are “fortified” by replacing a few of the B vitamins with a couple synthetic substitutions like B1 and B2. Today most people dying from heart disease eat tons of cereals and bread, all fortified with synthetic B vitamins!

Vitamin B4 has been deemed not necessary for human health by “the powers that be.” For that reason it has never been synthesized and you won’t find it on a vitamin label. It is only in whole, phytonutrient- or phytochemical-rich vitamin complexes made from whole foods and raw wheat and cereal germ. The best sources are from Standard Process. The best products for B4 are *Cataplex B* and *Cardio-Plus*.

### ***Vitamins Must Be Food-Based***

It is easy to find the research and clinical data that proves whole nutrition and nutrients are needed to maintain a healthy heart and heal a diseased heart. The nutrients most clinically significant were the whole vitamins A, B, C, and E. These were derived directly from food and were completely different from their fractions called beta carotene, B1, B2, B6, etc., ascorbic acid, and alpha tocopherol. These failed in all trials to heal a diseased heart.

Later, we learned that omega-3 fatty acids, calcium and minerals, as well as another part of the vitamin C complex called vitamin P or bioflavonoids, were also heart-critical. When you take a look at whole, phytonutrient or phytoceutical products like Cardio-Plus, what do you find? You find the whole vitamins A, B, C, E, and bioflavonoid complexes combined with minerals, trace minerals, and vitamin activators.

We have known that the heart is the most responsive organ in the body to nutritional therapy, that a healthy heart needs a critical supply of specific nutrients, that whole nutritional complexes routinely can heal people with even advanced or end-stage heart disease, that synthetic vitamins routinely fail, that drugs and medical therapies fail to address the underlying cause of heart disease, and that this failure is ensured to continue. We've known most of this for *close to 80 years*.

Make note that whole vitamin complexes (phytonutrients or phytoceuticals) are made from whole food. Talk about "time-tested"—the whole A, B, C, and E complexes were first made from organic food and tissue extracts by Standard Process *in 1934!* They were combined into one product, Cardio-Plus, in 1956! Compare these facts to "we did everything possible."

### **ALL HEART "VITAMINS" ARE PROBABLY INCOMPLETE**

You'll probably never hear about the "unknown" vitamin B fractions like vitamin B4, called the anti-paralysis B vitamin. Researchers have yet to identify all of the B vitamin fractions, and yet all kinds of companies are producing all kinds of B vitamins they all call *complete*. After more than 40 years of experience, I can tell you that if you have heart disease, your vitamin B product had better contain *all*

the B vitamins, their cofactors, and their nutritional counterparts including B4, or you will not get well.

Most of the B vitamins, including the *anti-paralysis vitamin* B4, are derived from whole, cold-processed foods like liver, nutritional yeast, and the germ of wheat. If heat is involved in the processing of vitamin B, complex nutrients including B4 will be lost. If the B vitamin supplement is synthetic, even the most potent and "complete" highly advertised product will be devoid of enzymes, coenzymes, B vitamin nutritional counterparts, and portions of the B complex like B4. If you have heart disease, especially arrhythmia, tachycardia, fibrillation, bradycardia, congestive heart failure, normal to low blood pressure, and what appears to be a "paralyzed" heart with severely decreased coronary output, you will be out of luck if you count on these products.

B vitamin deficiency or imbalance is a *primary cause of heart disease*. Without critical portions of the B vitamin complex like B4, the heart can seem paralyzed, sputtering, racing, beating too slowly, and unable to muster enough muscular strength to pump sufficient blood through the blood vessels. Unfortunately, the heart can discern between a complete B vitamin complex (these can only be made from food) and any substitute. Therefore, if you have heart disease, all store- or Internet-bought "vitamins" will fail to get you well. Unless, of course, you are also eating *raw* liver, nutritional yeast, and wheat germ by the bucketful, which I do not recommend.

### ***Deficiencies and Imbalances***

It is not always simply a nutritional deficiency that can cause heart disease. It can also be a severe nutritional *imbalance*, which is particularly true of the vitamin B complex. Like all other vitamins, vitamin B is a nutritional *complex*. It contains a myriad of nutritional factors, including all the B vitamins (B1, B3, B6, etc.), enzymes, coenzymes, minerals, trace minerals, and more. It is this *complex* that is recognized and utilized by the human body. By nature, *any isolated synthetic fraction of this complex is incomplete*. And taking large doses of these incomplete fractions creates severe imbalances.

Two examples of supplement-induced imbalances are large amounts of ascorbic acid (a vitamin C fraction) producing a copper deficiency and high doses of calcium or zinc inducing a magnesium or copper deficiency. This problem with synthetic or fractionated vitamins is much more profound than

anyone really wants to believe. I have taken dozens of people with intractable fibromyalgia (wheelchair bound) and flushed their synthetic vitamins down the toilet (where most end up anyway). Many of these patients were shocked to discover they could walk within 30 days.

The imbalance phenomenon is most critical with heart patients and the B vitamins. It is possible that taking synthetic B vitamins can induce powerful deficiencies of the other B fractions both known and unknown, like B4. This can be deadly. Remember that all processed grain products are “fortified” with synthetic B vitamins like thiamine. Luckily, your body simply flushes most of this away via the kidneys. But keep in mind that when you eat mega-dose vitamin B products, your body will at least make an attempt to *reassemble the whole nutritional complex* into the form that can be utilized by your body.

If you are like most people who are not consuming raw liver, nutritional yeast, and wheat germ, your stores of discreet B vitamin nutritional counterparts like B4 are already critically low. When dealing with high-potency synthetics, your body attempts to recreate the whole nutritional complex into a form it can recognize and utilize. In this attempt, your body’s stores of ancillary B vitamins and cofactors like B4 can be drained, resulting in disaster. After all, in dozens of cases it was enough to put people *into wheelchairs*. If you are a critically sick heart patient and you are in desperate need of *all* the B vitamins including B4, this kind of imbalance can put you into a wheelchair or worse.

*Vitamin B4* is the prime example. Older medical texts show how this little-studied, never-synthesized vitamin is critically important to people suffering from a weak heart, fibrillation, arrhythmias, dilatations, palpitations, tachycardia, bradycardia, heart block, heart failure, or cardiomyopathy. The heart graphs of heart patients repeatedly confirm this. Dietary sources of B4 are not exactly staples of the American diet, or of store-bought vitamins. These sources include liver, bovine pancreas, properly cold-processed wheat germ and yeast, pork kidney, and more.

To complicate matters further, an extract or supplement made from just one of these sources will often be an incomplete source of B4. The right sources ensure the *complete B complex*, along with

its dozens of known and unknown fractions, hundreds of isomers, and thousands of combinations. A host of sources is the only way to ensure that all critical nutrients needed to cure a patient with a bad heart are available—including B4.

Patients with these kinds of heart problems are legion in America. Yet vitamins, especially B4 or even vitamin E, are not mentioned in medical texts regarding heart treatments. Physicians being consulted *cannot even conceive* that the total B vitamin complex is absolutely critical for heart function. Today, B4 is not even mentioned as necessary for human health—even though only food or supplements containing B4 are capable of reversing the abnormal heart graphs of heart patients and helping or curing people with serious heart disease.

When one takes the time to study older medical and nutrition texts, they find that B4 is necessary for proper nerve conduction. B4 is called the antiparalytic factor and is used to cure heart block in animals. Processing food to guarantee long shelf life strips most foods of their B vitamins and contributes to the nutritional starvation of Americans, a phenomenon not recognized by most physicians. Instead, the same heart-starved people are drugged wholesale.

### *What to Do*

The products by Standard Process that contain B4 and all the other B complex nutrients are *Cataplex B*, *Cardio-Plus*, and *Vasculin*. B4 is primarily a strengthening (anti-paralysis) nutrient found in Cataplex B. It produces a mild vasoconstrictive action (causing vessels to mildly constrict). This promotes circulation and together with the actions of other nutrients promotes a stronger heart muscle—the primary goal with heart patients suffering from heart failure, fibrillation, tachycardia, bradycardia, etc.

If you also have high blood pressure, you will need to take Cardio-Plus along with Cataplex B. Cardio-Plus contains other B vitamins and it serves as a mild vasodilator, opening up blood vessels by helping relax nerves that keep them constricted. Usual daily doses for people with tough heart cases are Cardio-Plus (9–12 daily) along with Cataplex B (2–3 taken 3x daily with meals).

Keep in mind that B vitamin deficiencies are the primary cause of heart disease. Other causes include mineral deficiencies, fatty acid deficiencies, and

other vitamin deficiencies. If you are taking heart nutritional products that claim to contain “complete heart nutrition” but lack the full B complex including B4, you are not likely to fully recover. Although good, hawthorn, Coenzyme Q10, vitamin E, and all the rest are sorely lacking in most cases. And worse, if they also contain high doses of synthetic B vitamins, they can *make your heart worse*.

Real vitamin E and CoQ10 occur naturally in the foods from which Cardio-Plus and Cataplex B are made. You will automatically be getting these critical nutrients from these products. The bonus is that you will be getting them in their nutritional complex form (not synthesized), along with all other critical nutrients and B vitamins (including B4) your body can recognize and put to use.

After examining thousands of heart graphs, I can attest to the body’s absolute ability to differentiate between synthetics and whole-food B vitamins. After consuming synthetics, a patient’s abnormal heart graph simply stays abnormal. After consuming real B vitamins, the patient’s graph changes toward normal, often within 15 minutes of ingestion!

## ATRIAL FIBRILLATION

Atrial fibrillation (AF) is a particular type of cardiac arrhythmia or irregular heartbeat that is becoming epidemic in this country. Many people live normal and productive lives with this condition while others end up with uncontrolled, soaring heart rates of up to 250 beats per minute. Drugs and pacemakers are the main therapies for AF, though they are often unsuccessful or carry serious side effects. For some people, chronic AF can lead to heart attack, stroke, and congestive heart failure.

Atrial fibrillation is a condition where there are conflicting electrical charges to the heart muscle. This causes the heart’s two upper chambers (the atria) to quiver and fibrillate rather than pump in a timely and forceful manner. This will obviously reduce the heart’s ability to pump blood into circulation, and this weakness causes the heart to beat more quickly.

While medically speaking the cause of AF is often unknown, we know that it is most often caused by nutritional deficiencies or imbalances. When directly caused by nutritional problems, application of the proper nutritional protocols will promptly correct the problem. AF can also be *indirectly* caused

by nutritional problems. For example, diseased or damaged blood vessels or heart muscle caused by nutritional deficiencies can induce atrial fibrillation.

Other causes are thyroid problems, an aging neuromuscular “firing system” in the heart, an enlarged heart, long-term high blood pressure, blood pressure and other drugs, and diseases of the heart valves. In most cases, almost all the direct and indirect causes stem from nutritional deficiencies or imbalances. On occasion there is a problem in the autonomic nervous system which causes abnormal heart stimulation. These cases can sometimes be resolved by a chiropractor or osteopath. Hints of this as a cause are a chronically painful neck or chronic neck and upper back problems.

### *Symptoms and Seriousness*

Most people will recognize an abnormal pulse. It can be erratically high or low. When in these states there can be fatigue, chest pain, sweating, dizziness, and shortness of breath. And then there are legions of people with AF who experience no symptoms at all. There is no way to tell whether AF left untreated will cause serious problems later on. And medical treatments are limited and often debilitating.

Ablation is a favorite treatment where some nerve sites in the heart are destroyed with high frequency sound delivered through a catheter. Cardiac conversion is another favorite where cardiologists attempt to shock the heart into normal rhythm. Neither are proven successful or long-lasting. With either one, powerful drugs are also prescribed.

Warfarin (Coumadin) is a drug routinely given to AF sufferers to thin the blood and protect against clots which may form in the atrium. Aspirin and other cardiac medications are also used. In severe cases a pacemaker is implanted to control the heartbeat. In the end, the medical treatment chosen should be the most effective treatment with the least amount of toxicity. Unfortunately, this is a tough task, and the results are not always good.

### *Natural Therapy*

The only way to eliminate AF is to correct the cause of the problem (if it is correctable). In some instances of severe valvular disease or deteriorated blood vessel disease, the condition can only be *managed*. However, every attempt should be made to use natural therapies in an effort to protect from both the potential damage from atrial fibrillation and the



side effects of standard medical treatments.

A large percentage of patients can control and correct their AF by using a nutritional protocol. While each patient is different and should be evaluated individually, there are goals that an AF nutritional protocol must strive to accomplish: better nerve stimulation to the heart, increased tone and strength of the heart muscle, more proper elasticity through the circulatory tree (blood vessels), and a natural viscosity (thinness) of the blood.

At the same time, the patient should pay attention to thyroid health (too much thyroid medication can cause AF). Other offending substances include caffeine, alcohol, fried foods, processed foods, too much sugar, soft drinks, margarine, and other stimulating drugs like over-the-counter cold remedies. If there is coronary artery disease with blocked vessels, special attention must be paid to the liver and gallbladder.

When it comes to the best nutritional protocol, throwing the same old standards at this serious condition will usually fail. Calcium, potassium, magnesium, hawthorn, CoQ10, L-carnitine, and more, all play a role in curing people with heart disease and AF. But supplementing with these in isolated forms (most supplements on the market) is too often useless and a waste of time and money.

Over the years I have learned that the best protocol for AF is an individualized one. In almost all cases, the basics include *Cardio-Plus* (2-4 taken 3x daily), *Cataplex B* (2 taken 3x daily), *Cataplex G* (2 taken 3x daily if the heartbeat is only too fast), *Cataplex F* (2 taken 3x daily), *Calcium Lactate* (4 taken 3x daily), *Organically Bound Minerals* (3 daily), and *Blue Ice Fermented Cod Liver Oil* (2-6) or a tablespoon of raw flax oil daily. In some instances, when response is not forthcoming, we use *Magnesium Lactate* (1-2 taken 3x daily).

Once on the right protocol, atrial fibrillation will slowly disappear. Episodes will first become shorter. Then they will occur less frequently. And steadily as the heart and circulatory system is normalized, this erratic heart action will slowly fade into memory. This can take from six months to two years. During this time you should continue to work with your cardiologist. As he or she sees your problem improving and disappearing, drugs can be weaned and withdrawn. If you use this protocol and still do not get the results you are looking for, let me know.

Yours is probably one of the conditions with ancillary problems and causes which need to be addressed. I will do my best to get you the info you need.

#### PROTOCOL FOR PEOPLE WITH ATRIAL FIBRILLATION

**Cardio-Plus:** 2-4 taken 3x daily

**Cataplex B:** 2 taken 3x daily

**Cataplex G:** 2 taken 3x daily if heartbeat is only too fast

**Cataplex F:** 2 taken 3x daily (unless allergic to iodine)

**Calcium Lactate:** 4 taken 3x daily

**Organically Bound Minerals:** 3 daily

**Blue Ice Fermented Cod Liver Oil:** 2-6 daily

When response is not forthcoming... add...

**Magnesium Lactate:** 1-2 taken 3x daily

### HEART ARRHYTHMIA SECRET CAUSES

Heart arrhythmias including tachycardia, bradycardia, atrial fibrillation, PVCs, and more are now legion in the United States. The number of patients with these heartbeat abnormalities is increasing annually, and medicine doesn't really understand the cause. The typical treatment is Lanoxin and warfarin (Coumadin) to thin the blood in an attempt to stem the possibility of a stroke, since stroke rate is increased in people with some forms of arrhythmias.

Most cases of arrhythmia originate from a nutritional deficiency involving the B vitamins. Other cases are simply induced by prescription drugs (blood pressure drugs are the main culprits). And still there are those cases that do not fall into any of these categories. The cause of the arrhythmia in some people goes undiagnosed for a lifetime. However, if you suffer from a tough case that does not fit the usual categories, you would do well to consider the *secret* causes of heartbeat problems discussed here.

#### *Some Obvious Causes*

Naturally, before chasing after the less common causes of heart arrhythmia and fibrillation, you must eliminate the more common causes. As discussed, these include drugs and nutritional deficiencies. Chronic stress and the use of stimulants like coffee or herbal "uppers" must also be evaluated and eliminated.

The use of four products will eliminate the nutritional deficiencies and imbalances that cause most heart arrhythmias. Using these products (shown here in order of importance), along with proper diet, can eliminate this cause. The first three products

are from Standard Process—*Cardio-Plus* (6–15 daily), *Cataplex B* (6–9 daily), *Organically Bound Minerals* (4–6 daily). The fourth product is *Blue Ice Fermented Cod Liver Oil* (2–6 daily).

Give yourself three to six months on this protocol to evaluate nutrition alone as the cause of your problem. After three months on the protocol, go back to your cardiologist and have him or her wean you off blood pressure drugs and Lanoxin if possible. The four products that comprise my basic heart arrhythmia protocol will normalize any B vitamin imbalances and provide vitamin E, essential fatty acids, vitamin B, coenzyme Q10, vitamin C, organic minerals, heart protomorphogen, and hundreds or thousands of other nutrients both known and unknown, including enzymes, coenzymes, trace mineral activators, and much more.

During this time, do not take synthetic vitamins. This is especially true of high-potency B vitamins and potent forms of minerals (like magnesium and some liquid minerals). It is a little known fact that these products can induce powerful nutritional deficiencies and imbalances which can initiate cardiac arrhythmias. I have personal experience with liquid minerals that have induced such powerful calcium deficiencies to produce a mouth full of canker sores, muscle aches and pains, *and cardiac arrhythmias*.

Most arrhythmias will slowly disappear on my nutritional protocol. Also, during this time, try to reduce your stress and stay away from stimulants like coffee and herbal uppers. If you are on other drugs (besides heart or blood pressure drugs), evaluate all of them as a possible cause of your problem. Every home should have a *Physicians Drug Reference* handbook. You can buy one of these in a bookstore and look up any prescription drug you are taking for a list of side effects.

### **Some Secret Causes**

When you think about it, the cause of all heart arrhythmia problems is an abnormal nerve stimulation or muscle reaction to nerve stimulation of the heart. So consider what would cause the smooth nerve impulse flow to the heart to become erratic. The nutritional deficiencies and drug side effects described here are the main causes. But several other factors can also produce this phenomenon.

**Adrenaline.** One factor is an overabundance of adrenaline produced by the adrenal glands. When

you are frightened, your body excretes adrenaline and your heart begins to beat very fast. If this is going on chronically, you can easily see how this can induce cardiac arrhythmias. The most common causes of adrenal imbalances are drugs and nutritional deficiencies described here. But a less common one relates to your diet.

Consuming too many carbohydrates (bread, pasta, processed foods, etc.), can induce a chronic adrenal problem with too much adrenaline circulating in the blood. Actually caused by too much insulin produced by the body to counter the excess carbohydrates, this type of adrenal problem is one of the main hidden causes of heart arrhythmias. In all cases of stubborn arrhythmia, a low-carbohydrate diet should be instituted for at least a month. All wheat and wheat products must be eliminated during this period. Also, add *Drenamin* (3–9 daily) from Standard Process to the nutritional protocol to help normalize adrenal function. Ninety days would be an adequate period for a complete test, but most people begin to get better in a month.

**Hormones.** A second secret cause of arrhythmia is a variation on the first—a hormonal imbalance. Most functions in the body are governed in one respect or another by hormones. And heartbeat is part of this biochemistry. So if you are a long-term arrhythmia sufferer and you take hormones of any type (including birth control pills), see your doctor to try a three month test without hormones. In addition, you can help normalize hormones by taking a hormone protomorphogen product from Standard Process called *Symplex F* (for women) or *Symplex M* (for men) at a dose of 3–6 daily.

**Pinched Nerves?!** A third secret cause of arrhythmia is a pinched nerve that actually interferes with nerve flow to the heart muscle. These nerves are part of the autonomic nervous system. Since these nerve centers form outside of the spine, most doctors don't see how spinal misalignments can interfere with their function. However, all nerve centers (plexuses) have their root in the spinal cord which sends nerve roots out through the spinal vertebrae. Interference here can cause a chronic irritation to nerves which make up the centers that feed out to the heart. It is not unheard of for a chiropractor or osteopath to cure chronic arrhythmia with spinal adjustments.

If you are going to see one of these experts, you might consider a kinesiologist. You can ask around

in your town to see if any of these doctors is also a kinesiologist. If so, he or she will also be able to evaluate your diaphragm for chronic spasm—a hiatal hernia which can simulate heart arrhythmia, angina, or heart attack, and more. There are specific treatments for this kind of problem, and if it is the secret cause of your arrhythmia, you will get quick relief which *no other form of therapy* will provide.

### ***The #1 Cause Isn't Going Away***

Resolving tough cases of heart arrhythmia is difficult detective work. Today it is my opinion, based on a monumental number of cases, that the onslaught of powerful prescription drugs is the main culprit in resolving heart arrhythmias. It is not unusual for patients to be on six, eight, or even a dozen different drugs, as their cardiologists strain to mix up a brew of chemistry that might provide some mediocre semblance of symptom relief.

Since the number of prescriptions is growing—a dozen every year and increasing for every person in the U.S., from infant to oldster—I see these problems getting worse. As prescriptions proliferate, our taxes will go up, and there will be more and more people with heartbeats that simply will never quiet down.

#### **PROTOCOL FOR PEOPLE WITH CARDIAC ARRHYTHMIAS**

Cardio-Plus: 6–15 daily

Cataplex B: 6–9 daily

Min-Tran: 6 daily

Blue Ice Fermented Cod Liver Oil: 2–6 daily

Cataplex F: 6 daily (unless allergic to iodine)

### **HEART VALVE “DISEASE” AND MITRAL VALVE PROLAPSE**

*“Thousands of patients are scared senseless by their cardiologist with a diagnosis of mitral valve prolapse. After all, the mitral valve allows oxygenated blood into the heart’s main chamber. If the valve doesn’t work, that must be bad, right?”*

*Health Alert, Vol. 16, No. 9*

I wrote this article on mitral valve prolapse (MVP) in 1999. The standard medical treatment of drugs and surgery for valve problems (such as leaking, sclerosing and diseased valves) continues unabated. Indeed, if you have a heart valve that is so diseased from viral or bacterial infection, or so calcified that it can no longer function, it is great

to have cardiovascular surgeons. But for every one “valvular disease” case like this, there are dozens of other cases for which standard medical treatment is completely incorrect.

When it comes to the mitral valve, remember that in 1999, the *New England Journal of Medicine (NEJM)* reported what we have known all along—all those dire diagnoses of MVP have horrified patients *for no reason*. According to *Health Alert* and the *NEJM*, MVP is a *non-disease*.<sup>1</sup> In addition, many other cases of “valvular disease” are also non-diseases.

### ***Non-Diseases Still Diagnosed***

This is critical information. And if you are familiar with it from *Health Alert* in the past, it bears repeating. The reason? Despite the fact that cardiac experts deemed MVP a non-disease, tens of thousands of Americans are diagnosed with it every year. When combined with other “valvular disease” diagnoses, MVP has become an epidemic in this country.

If you are diagnosed with one of these conditions, you could be placed at extreme risk by ensuing medical treatments that involve surgery and powerful drugs for life. And today a new danger is being discovered. Metal heart valves (such as the St. Jude valve) *can destroy your red blood cells*, producing an anemia that is incurable without still more surgery. Left untreated, this metallic heart valve-induced anemia will kill you. All this for a condition that usually is simply a symptom of a severe nutritional deficiency or imbalance! This deficiency leads to leaking heart valves, heart murmurs, heart arrhythmias, and angina. Here’s what you need to know.

### ***What You Will Be Told***

The pronouncement will be made that your heart valves are leaking and that you need open-heart valve-replacement surgery. A mechanical valve will replace your original valve. Thereafter you will be subjected to a lifetime of powerful, toxic drugs that can include warfarin (rat poison)—brand name Coumadin—to thin your blood in an effort to protect you from blood clots thrown off by your new valve or valves.

Or you may be told that you have unstable angina—most likely caused by a blocked coronary artery, or often with an unknown cause. You will

be subjected to angiography, usually followed by angioplasty or stent surgery, followed by a lifetime of powerful, toxic drugs.

Or if your heart murmurs, skips beats, beats too fast, beats too slowly, or beats abnormally, you will be subjected to angiography, often followed by shock therapy, or ablation, to burn nerve endings in your heart. The same prescription for lifelong powerful and toxic drugs generally ensues.

### ***What You Will Not Be Told***

You will never be told the following **facts**:

- Most heart disease is **preventable** because it is caused by nutritional deficiencies and imbalances. Much of today's current heart disease and valve problems are a modern form of the B-vitamin deficiency disease called beriberi of the heart.
- Without adequate vitamin B in the diet, your heart muscle will weaken and lose tone, while your heart enlarges, sags, and stretches. ***This also stretches your heart valves out of their normal shape, allowing for leaks and murmurs.*** Supplying the necessary phytonutrients or phytochemicals strengthens your heart muscle, causing your heart to regain tone, lose excess water, shrink in size, and rise higher in the chest cavity where it belongs. It also allows heart valves to reassume their normal shape and position, often alleviating leaks and murmurs.
- Once this all happens, your heart can once again pump oxygenated blood more properly, alleviating chronic fatigue and cardiac invalidism.
- Much of angina is nothing more than a "charley horse of your heart." This can be caused by insufficient blood flow, oxygenation, and flow of nutrients to your heart. Most often when the deficient nutrients are replaced, heart cramps stop. A specific type of the vitamin E complex called E2, and an omega-3 nutrient (vitamin F) are critical in these cases.
- Sclerosing of your heart valves is frequently caused by the same deficiency of vitamin F—which is needed to deliver calcium from the bloodstream into the muscles. Without adequate vitamin F, calcium precipitates out of the blood into areas of stress like heart valves, essentially slowly calcifying them—the definition of sclerosis.
- This same kind of vitamin F deficiency also can cause calcium to precipitate out of your blood into the kidneys (kidney stones), eyes (cataracts), and joints (arthritis).
- Your heart valves and coronary arteries are

susceptible to viral and bacterial attacks, leading to clogged valves and arteries. Most of these can be prevented and controlled with a phytonutrient or phytochemical product made from buckwheat. When these inflammations and infections are cleared naturally, blood flow is normalized, blood tests once again become normal, and blood vessels slowly become naturally unclogged.

- Heart valve replacement is often a symptom treatment followed by powerful drugs that can have life-threatening side effects. You are much more susceptible to stroke, your body will be compromised by a lifetime of poison (Coumadin), and some replacement valves themselves can cause a cancer in the form of an incurable anemia.
- Angioplasty, bypasses, and stents are often symptom treatments with no lasting effects. If you are lucky after these procedures, you will have a few good years until your symptoms begin to return. At this point more surgery or different drugs are prescribed—generally with the same prognosis. This continues until you are told that there is no more tissue with which to work.
- Shock treatment rarely works long-term for heart arrhythmias. And the same can be said for ablation, which is much more dangerous. When the heart is beating too fast because it is weakened from beriberi of the heart, burning the nerve endings cannot resolve the problem.
- All heart drugs, usually prescribed for life, are debilitating and dangerous. They can cause kidney damage, induce sexual problems, cause heart arrhythmias, and all have one thing in common—they sap your strength and energy.

### ***Back to Heart Valve "Disease"***

As you can see, much of heart valve disease is simply a symptom. Except in destruction or severe damage of the valves, most medical treatments ignore the underlying cause of valve problems. Therefore, even after surgery or other medical treatments, in most cases, the actual cause of the problem is still present, fomenting, and ready to put you right back to square one.

If you have leaky heart valves, you must strengthen your heart. This requires the following phytonutrient or phytochemical products from Standard Process: ***Cardio-Plus*** (6–12 daily) and ***Cataplex B*** (6–9 daily). With or without angina it is also best to use an omega-3 or Vitamin F product.

We use *Cataplex F* (6 daily). If you have angina you will need to add *Cataplex E2* (6–9 daily), the special form of vitamin E needed in these cases, along with *Calcium Lactate* (6–12 daily).

If you have suffered a viral or bacterial attack of your coronary vessels and/or heart valves, you will also need to take *Cyruta-Plus* (6–12 daily), made from buckwheat. All of this may be necessary for two years or more—even though you will start to feel stronger within 60 days.

Remember that most blood pressure drugs by definition weaken your heart. When your phytonutrient or phytoceutical protocol takes hold, you'll begin to feel better, and your blood pressure will begin to normalize. At this point, you will need to return to your doctor. You both must work together on a prescription drug-weaning program to finalize your progress.

If you wish, have your heart reevaluated in 120 days. In most cases your blood pressure will normalize, your heart will be strong and regular, your heart muscle will have strengthened and produced a better output, your murmurs will have disappeared, and your angina will have cleared up or diminished greatly. Upon x-ray your heart can be noted to have shrunk back to normal, raised more normally in your chest cavity, and cleared itself of edema and excess water.

As discussed, there are times when heart valves are too damaged to be healed. But if you receive a diagnosis of valvular disease, and you are given a medical explanation (under *What You Will Be Told* in this article), remember one thing: Unless the situation is a dire medical emergency, you owe it to yourself to begin a phytonutrient or phytoceutical protocol before subjecting yourself to surgery and a lifetime of drugs.

In 80% of these cases, doctors and patients will find that the heart and its valves are so improved that drastic medical treatment is no longer needed. And if you combine this type of protocol with proper diet and exercise, in a year or two you will find that you no longer need any medical treatment for your heart at all.

### **Why You Are Not Told**

Your doctor does not know about the field of clinical biochemistry—the application of phytonutrients or phytoceuticals (plant and animal extracts and concentrates). Instead he or she relates all

nutritional therapy for the heart under the heading of “vitamins and minerals.”

Physicians will tell you that the only scientific treatments are drugs and surgery. They'll say that the standard “vitamins and minerals” nutrition is a bunch of bunk and will not help you. And for the most part, **they are correct**. Their own literature and research proves that the use of synthetic or fractionated portions of whole vitamin fractions (standard vitamins) will do you no good. In this field, potency does not relate to effectiveness. And that is even truer when it comes to heart disease.

So, they are giving you good information when they tell you that vitamins will not help. Unfortunately, most physicians group the clinical application of therapeutic foods, extracts, concentrates, and phytonutrients or phytoceuticals in with the ineffectual vitamin therapies. In reality they are not even related.

Don't blame your doctor all the time. For the most part all the miracle vitamin cures you read about do not work. And when it comes to heart disease, there is no substitute for whole foods and concentrates. Whole foods and concentrates are the only things that are:

- in their raw, natural, and energized state;
- digested and metabolized by your body in their natural form;
- delivered directly to your heart where they are needed.

There simply are no substitutes.

As always, if you have specific problems, feel free to drop me a line. I'll try to send you the specific information you need. And it is always a help to everyone else if you report your successes with heart and valve disease to me. After 40 years as a clinical biochemist and more than 90,000 patients, I have learned what works and what does not. But I can always learn something new.

#### NOTES

1 “Study: Heart valve defect is not as dangerous as previously thought,” *Associated Press*, 6-30-99.

#### PROTOCOL FOR PEOPLE WITH LEAKY HEART VALVES

**Cardio-Plus:** 6–12 daily

**Cataplex B:** 6–9 daily

**Cataplex F:** 6 daily (unless allergic to iodine)

With angina... add...

**Cataplex E2:** 6–9 daily **Calcium Lactate:** 6–12 daily

With viral or bacterial attack... add...  
**Cyruta Plus: 6-12 daily**

## ANGINA PECTORIS

What is angina pectoris? Severe pain in the chest, arm, or jaw; dizziness; erratic blood pressure and pulse; sweating and anxiety; and a feeling of impending death. In most cases it is caused by a lack of blood supply or nutrients to the heart muscle. It is often a sign that there are blockages in the coronary arteries. In addition, it can be a harbinger of more serious heart problems and heart attack.

Medical treatments are usually limited to stents and bypasses. These treatments often provide relief, but they are stopgap measures that only treat the symptoms. What's missing? A better blood supply that contains adequate nutrition to provide the heart muscle what it needs.

Amazingly in some cases, just resupplying the heart with the necessary nutrients—even without reestablishing improved circulation to the heart—provides substantial angina relief. However, in the long run, circulation to the heart needs to improve so that oxygen- and nutrient-rich blood can be delivered as needed.

Enter the lowly swine. Did you know that the pig heart is very much like the human heart? When heart valves fail because they are too calcified or too destroyed by viruses and bacteria, pig heart valves are routinely implanted into the heart of humans. Did you also know that pigs with damaged coronary vessels, when fed proper nutrition, **grow new coronary vessels** in six to eight weeks!

Your body also wants to improve your coronary circulation and it constantly develops collateral (alternate) circulation when blockages or other circulatory problems develop. When proper nutrition is used, coronary arteries can be greatly improved, thus reducing clogging.

### **Angina Relief**

Angina pectoris is a **symptom**. It may feel like death itself, but it is nothing more than a charley horse of the heart. In some cases, simply adding omega-3 fats and calcium to the diet makes angina pains disappear. Omega-3 fats from flax oil, cod liver oil, or **Cataplex F** from Standard Process act as a catalyst to release calcium and minerals from the blood into the muscles. I like to call omega-3 fats the

calcium middleman.

An amazingly effective nutrient that rushes oxygen to the heart muscle is a special part of the vitamin E complex that comes from a glandular portion of beef. This nutrient, **Cataplex E2**, is made by Standard Process and it facilitates oxygen getting into the heart muscle, causing a relaxation. Cataplex E2 can be used for any muscle cramp, but it is specific to the heart and angina.

In fact, angina is a deficiency syndrome (deficiency of E2) in the same way that scurvy is a deficiency of vitamin C. This is critical to know—mainly because this information is not readily available anywhere else. E2 was the very first vitamin destroyed when commercial milling of wheat began in this country. And now millions of people have a heart muscle that is starving for E2.

For relief of the angina cramp itself, we use Cataplex E2 (3-12 daily) and **Cataplex G** (3-12 daily), chewed up. It is not unusual for chest pain to subside within 10 to 15 minutes with this emergency therapy. But in the end, this type of nutrition for the heart must be teamed with proper nutrition to rebuild better circulation and flow of nutrients to the heart muscle.

### **Rebuild Coronary Circulation**

To start rebuilding heart circulation we use several specific products by Standard Process. I always use **Cardio-Plus** (6-12 daily). Cardio-Plus is actually one quarter Cataplex E2, one quarter Cataplex G, one quarter vitamin C, and one quarter heart tissue extract. With angina, additional Cataplex E2 is needed (6-9 daily). **Cataplex B** is used (6 daily) to provide heart muscle strength. We always add **Calcium Lactate** or **Min-Tran** (6-12 daily). Finally, a good source of omega-3 fats is needed. We use either **Cataplex F** (6 daily), a tablespoon of flax oil, or **Blue Ice Fermented Cod Liver Oil** (2-6 daily).

If the coronary vessels have been damaged by viruses or bacteria, there is often an elevated **C-Reactive Protein (CRP)** level in the blood. In this case, add **Cyruta-Plus** (6-9 daily) until your CRP returns to normal.

Remember, pigs build new coronary arteries in six to eight weeks. You can also rebuild your coronary circulation. Combine these protocols with a low-carbohydrate diet with little to no wheat. Drink plenty of pure water. And start exercising as soon as your heart cramps let up. If you've already had a

bypass or stent, you still need to do this. The bypass or stent is a stopgap. The underlying problem of poor nutrition, lack of exercise, specific nutritional deficiencies, and possible viral damage is still there.

#### PROTOCOL FOR PEOPLE WITH ANGINA PECTORIS

Cataplex E2: 3–12 daily, chewed up  
Cataplex G: 3–12 daily, chewed up

#### PROTOCOL FOR PEOPLE WHO NEED TO REBUILD CORONARY CIRCULATION

Cardio-Plus: 6–12 daily  
Cataplex B: 6 daily  
Calcium Lactate or Min-Tran: 6–12 daily  
Cataplex F: 6 daily (unless allergic to iodine) or...  
Blue Ice Fermented Cod Liver Oil: 2–6 daily

With elevated CRP... add...

Cyruta Plus: 6–9 daily

### THE ELUSIVE VITAMIN K2

Way back in 1945, Weston A. Price published the second edition of his masterpiece, *Nutrition and Physical Degeneration*. In this edition, he added a chapter on “a new vitamin-like activator” that was previously unknown. This nutritional complex was essential to the development of strong bones and teeth, and to the prevention of degenerative diseases such as osteoporosis, heart disease, hardening of the arteries, and memory loss and dementia. This same complex, which had always been a staple in the diet of indigenous peoples, was becoming more and more scarce in the modern diet—even back in the 1940s and 1950s. For most people today, this critical nutritional complex is basically absent from the diet altogether.

Price named this substance *Activator X* because it was an unknown nutritional substance that **activated vitamins and minerals**, especially vitamins A and D and the mineral calcium. Price developed an accurate chemical test to determine its content in certain foods. This substance eventually came to be known as Activator X or the **Price Factor**.

Price found the highest quantities of this nutritional complex in the milk of certain animals that consumed rapidly-growing green grasses, in the organs and fat of certain animals, and in the eggs and liver of certain fish. For over 80 years the identification of this nutritional complex remained a mystery. Royal Lee, founder of Standard Process, assumed that Activator X was an essential fatty

acid. In 1980, biochemist Dr. Jeffrey Bland called Activator X a specific essential fatty acid called EPA.

Remarkably, the actions of Activator X seemed to match perfectly with certain vitamin K complexes. Indeed, vitamin K has also been somewhat of a mystery over the decades. Vitamin K falls into the family known as quinones. Vitamin K1, known as phylloquinone, is found in the green parts of plants and it is known as the anti-clotting vitamin. When animals consume K1 from plants, they convert part of it into **vitamin K2**. The actions of K2, which mimic those of Activator X, fulfill a host of needs that we are just now beginning to understand.

Vitamin K1 is used by the liver to activate blood clotting. Vitamin K2 is used by other tissues to basically place calcium where it belongs—in the bones and teeth—thus making it critical to bone and joint health. It also functions to keep calcium out of places it does not belong, such as the eyes (cataracts), kidneys (kidney stones), arteries (arteriosclerosis and calcium deposits in the arteries), soft tissues of the joints (arthritis, bursitis, tendonitis, myositis), and more. Vitamin K2 is also critical to the health of the nervous system, brain, and heart—providing all the very same functions as Activator X. Indeed, after more than 80 years, we now know that **vitamin K2 and Activator X are the same nutritional complex**.

#### Get Activator X (and Vitamin K2)

Price demonstrated that Activator X dramatically activated or worked synergistically with vitamins A and D. That is why Price and others have gotten much better results when cod liver oil, which is a good source of vitamins A and D (as well as some Activator X), is combined with butter oil concentrate, which is extremely high in Activator X. Each nutritional complex (cod liver oil and butter oil) is less effective alone than when combined with one another. Together they prevent dental decay, as well as prevent and help people with osteoporosis, arthritis, heart disease, and the physical degeneration of older age, including hormone, nervous system, and brain functions.

If you have bone and joint problems, such as arthritis and osteoporosis, vitamin D, omega-3 fatty acids, and small amounts of Activator X found in cod liver oil are critical. However, for severe cases, as well as for problems with heart disease, the nervous system, and the brain (memory), improvement will not likely happen until cod liver oil is combined with

Activator X—usually from butter oil.

Activator X, or vitamin K2, is available in the diet in small quantities, as discussed. It is in organ meats, fish eggs, and fresh whole milk and cheeses from cows grazing on rapidly growing green grasses—usually in the spring and fall. Since these are not exactly diet staples, nor easy to obtain, we use supplements. Properly gathered and prepared butter oil, especially when combined with cod liver oil (2–6 daily), is a wonderful way to get vitamin K2 and an excellent means to help patients recover from degenerative diseases. And butter oil is indeed a critical part of a bone and joint regeneration protocol. Without vitamin K2, you simply may not be able to recover from osteoporosis. The same can hold true with serious arthritis. And if you have memory, heart, or nervous system problems, with or without arthritis or osteoporosis, you need vitamin K2.

The easiest source of vitamin K2 is butter oil capsules. Remarkably, some people do not like the taste of real butter because they have become so used to store-bought butter. So taking 3–4 daily makes it easy to get your vitamin K2. And if you have severe problems, whether bone, brain, or heart, I have gotten excellent results with patients by using 9–15 capsules daily.

### ***The Source and Combination Matters***

The supplement business today has lost all credibility. Wild and completely false claims, highly processed (industrialized) “supplements,” and supplements that are tainted or do not even contain what is listed on the label are now routine. When it comes to vitamin K2, the source and the processing are critical. Whole food nutrition is the only way to get vitamin K2. And that means whole butter oil and whole cod liver oil.

We have discovered all kinds of problems with suppliers of nutritional oils. And we have stopped doing business with some companies that we suspect have tampered with the oil. Real, whole-food nutritional oils are hard to come by, are in limited supply, are expensive, but are in fact the real thing. And that is what you want. While they cost more, you need less. And if your skeleton is deteriorating, your brain doesn't work, or you may die from heart disease, what good is saving a few bucks on an oil that does not work?

So make sure you get the best—***Blue Ice Fermented Cod Liver Oil*** and ***X-Factor Gold***

***Concentrated Butter Oil.*** The butter oil is synergistic with vitamins A and D in the cod liver oil. And since both oils serve as mineral activators, the mineral products in your bone and joint protocol are supercharged. These bone and joint products from Standard Process include: ***Calcifood Wafers*** or ***Powder***, ***Calcium Lactate*** tablets or powder, ***Cal-Ma Plus***, and ***Glucosamine Synergy***. The addition of whole vitamin C complex in the form of ***Cataplex C*** rounds out the protocol.

If you have problems with your joints, or are confused in any way, see the article “Pain and Inflammation: End it Now” in Section 8: Pain and Infection for my joint protocol. Remember, vitamin K2 is no longer such a mystery. Rather, it is a splendid nutritional complex—rare in the American diet—that helps your body and bones in so many ways.

### ***Everyone Needs Vitamin K2***

Dr. Weston A. Price was correct in 1945 when he described a “new vitamin-like activator,” which we now know is Vitamin K2. He also developed the first chemical test to determine the quantity of vitamin K2, and found it in butterfat, fish eggs, animal organs, and animal fat. Since Price's death, Russian scientists have done extensive research on vitamin K2, all confirming Price's original hypotheses. Indeed, the latest research available online proves that vitamin K2 is critical to your good health by activating minerals and working synergistically with vitamins A and D.

If you are on blood thinners and your doctor has told you to avoid vitamin K, it does not mean that you do not need this critical vitamin. Your body will suffer without it. Fortunately, and in most cases, you can safely use butter oil to fulfill your body's vitamin K needs without triggering a powerful blood-clotting action. So until you can get better and off blood thinners, avoid vitamin K deficiency disease with butter oil.

Worried about real butter in your diet? Does your doctor have you scared senseless about fat and cholesterol? My “Pain and Inflammation: End it Now” article in Section 8 will help you recover from “fat-phobia” and “cholesterol-phobia” (the senseless fear of these two critical substances). Or get a copy of ***Good Calories, Bad Calories***, by Gary Taubes, or ***The Great Cholesterol Con***, by Anthony Colpo, or



*The Great Cholesterol Con: The Truth About What Really Causes Heart Disease and How to Avoid It*, by Malcolm Kendrick, MD. Is vitamin K2 still elusive and mysterious? If your skeleton, body, heart, and/or brain are deteriorating, you need vitamin K2—period. It is no longer a mystery.

## COUMADIN AND VITAMIN K

The therapeutic use of Coumadin (warfarin) to thin the blood is usually reserved for patients with mechanical heart valves, rheumatic heart disease, atrial fibrillation, deep vein thrombosis and clots, pulmonary embolism, and heart attacks. It is a powerful drug that is best avoided if at all possible. It carries a long list of side effects and reacts with almost every other prescription medication. Its main threat is that you may bleed to death in your sleep.

Patients on Coumadin frequently experience extreme bruising and some simply cannot tolerate Coumadin at all due to the severe side effects of bleeding into many different tissues. Extreme caution must be used with aspirin and NSAIDS (Advil, Motrin) because of the obvious bleeding problems. Due to all the dangers and symptoms caused by this drug, I am constantly asked, “how can I get off Coumadin,” and “what else can I take in its place?”

In truth there are few good substitutes. Aspirin, flax oil, bromelain, vitamin E, and others have a tendency to keep the blood less viscous (thick), but they are a drop in the bucket compared to Coumadin. As for getting off this drug, unless it is prescribed haphazardly, the only way to get off it is to cure the underlying condition, thereby precluding the need for the drug altogether.

In heart valve replacement and some other conditions that cannot be reversed, there may be no way out of Coumadin therapy. But that does not mean you cannot consume foods rich in vitamin K. Many doctors inform their patients to avoid all supplements that contain vitamin K. Some even go so far as to ban green leafy vegetables while undergoing Coumadin therapy. That is because Coumadin blocks the vitamin K clotting factors II, VII, IX, and X in the liver. And some physicians still feel that eating vitamin K might tend to normalize the blood clotting, thereby reducing the effectiveness of Coumadin and cause a need for a higher dose of the drug.

Yet the need for vitamin K cannot be overlooked.

This is especially true since literally *millions* of Americans take Coumadin on a regular basis. When you eliminate green leafy vegetables and supplements like *Blue Ice Fermented Cod Liver Oil* and *Cyruta-Plus* by Standard Process, you are setting yourself up for bone problems, clogged arteries, and inflammation of the arteries with elevated C-Reactive Protein (CRP) levels—a powerful indicator of heart attack.

The very cure for people with clogged and inflamed arteries is bioflavonoids and antioxidants from foods. These foods are used to make *Chlorophyll Complex* and *Cyruta-Plus*. In fact, *Cyruta-Plus* (3–6 daily) will often put out the fire in inflamed blood vessels quickly and effectively—lowering CRP levels and reducing your odds of a heart attack.

### *Do Not Avoid Vitamin K*

Other than synthetic vitamin products, it is best to eat some green leafy vegetables, and to take *Blue Ice Fermented Cod Liver Oil* (2–3 daily) while on Coumadin therapy. The reason is simple. Without vitamin K you are at high risk of *osteoporosis* and *atherosclerosis*. That is a real catch-22 since a vitamin K deficiency can lead to clogged arteries and clots (one of the reasons for which Coumadin is prescribed). Your doctor can monitor your clotting levels and help you determine the proper dose of cod liver oil capsules.

Without vitamin K your body cannot properly calcify bones, leading to potential osteoporosis. And with the same deficiency, you are prone to calcification of blood vessels, especially the coronary arteries. So while on Coumadin and restricted vitamin K, you could be developing a fomenting case of fragile bones with increased risk of fracture—as well as vascular calcification with increased risk of heart attack and death.

For these reasons, it is best to maintain a steady level of vitamin K in your system while on Coumadin. In most cases, it will not interfere with the blood thinning effects of the drug, and it will protect you from the ravages of osteoporosis and atherosclerosis. In the worst case scenario, your doctor might need to taper up the dose of the drug slightly. But in all cases, with a constant vitamin K level in your blood (achieved with steady cod liver oil use), your clotting time will become more stable and easy to maintain.

## ***How to Get Off Coumadin***

As discussed, often the only way to eliminate the need for this drug is to resolve the underlying cause of the problem necessitating its use. That means normalizing your heartbeat with proper nutrition, normalizing fluid balance throughout your circulatory system with proper nutrition and exercise, and preventing the need for heart valve surgery in the same manner.

If you have already had surgery, or your problems are beyond repair, keep the information in this article in mind when it comes to Coumadin therapy. Do not fall into the category of “the cure is worse than the disease.” In almost all instances, it is possible and necessary to maintain proper vitamin K levels during this time. I often recommend using cod liver oil instead of Chlorophyll Complex therapy while taking Coumadin—this helps to minimize all the clashes you might have with your prescribing physician. Whether you butt heads with your doctor or not is no longer the issue. Keeping you alive and in good working condition is far more important.

### **MITRAL VALVE PROLAPSE**

*“Thousands of patients are scared senseless by their cardiologist with a diagnosis of mitral valve prolapse. After all, the mitral valve allows oxygenated blood into the heart’s main chamber. If the valve doesn’t work, that must be bad, right?”*

*Health Alert, Vol. 16, No. 9*

It seems impossible that I wrote that in September, 1999. Around that time, a study published in the *New England Journal of Medicine* was reported in the Associated Press (6-30-99). It stated that all those dire diagnoses of mitral valve prolapse (MVP) have horrified patients *for no reason*. It turns out that according to the latest medical studies (and to *Health Alert* for more than 40 years), MVP is a *non-disease*.

#### ***Typical Patient***

Almost every single day, when I sit down to go through my load of patients, there is at least one who has the dreaded mitral valve prolapse diagnosis. For the lucky ones, not much is medically done. For the unlucky ones, medical intervention and surgery can *lead to disaster*. This type of disaster can strike even young patients. It usually goes just like this typical

story from one of our patients:

“I began having trouble climbing stairs and running out of breath—even though I am only 55 years old. I went to my doctor who sent me to a cardiologist. He told me I had mitral valve prolapse and needed surgery.

“I had open-heart surgery on my mitral valve and was released from the hospital on several drugs including Coumadin. My heart was beating erratically and my blood pressure soared. After a week I had my first TIA (tiny stroke). My Coumadin was increased, and I suffered a massive stroke—leaving me paralyzed on one side and unable to see clearly or speak at all.

“My heart remained weak and I couldn’t walk 25 feet without exhaustion. I was put back in the hospital and the doctor told me I had atrial fibrillation and that was the cause of my weakness. They added the drug amiodarone at that time.

“This drug nearly killed me, and I ended up back in the hospital again. This time they told me that my heart wasn’t pumping blood sufficiently, that my mitral valve was leaking (despite the recent surgery), and that I needed cardioversion to shock my heart back into normal rhythm.

“As a side note, tests showed that all my vessels were completely clear and that my cholesterol was low-normal. At this point I felt like I was going to die, and I told my wife that enough was enough. That’s when we contacted you.”

This case is amazingly typical. I must see at least six to 10 such cases per month. This is a perfect example that despite medicine’s own discovery that mitral valve prolapse is basically a non-disease, it can kill you. Or, to be more blunt, how your doctor can kill you while trying to treat a non-disease. Let’s take the case apart:

1) **Incorrect Diagnosis**. Our patient, who suffered breathing problems and exhaustion, was suffering from a massive B-vitamin deficiency-induced case of *beriberi of the heart*. Beriberi is a disease of near muscular paralysis due to a B vitamin deficiency. When it hits the heart, the heart muscle begins to weaken and falter. Like any other muscle that weakens, it becomes flaccid and stretched out. Since it contains so much fluid, it becomes enlarged and can even drop low in the chest cavity.

Since the heart contains valves, these stretch and become misshapen as the heart becomes more and

more flaccid. The valves no longer look normal, and when the mitral valve is particularly affected, it can look like it is turned inside out or prolapsed. Since the heart muscle is now so weak, oxygen-rich blood is lacking in the body. Extreme muscular fatigue sets in. In an effort to pump more blood, the heart will beat faster and erratically. If drugs are introduced to try to affect this condition, anything can happen.

The problems all began with the incorrect diagnosis. Any valve problem (including the mitral valve) is not a disease, but rather a *symptom*.

2) **Unnecessary Surgery and Drugs.** The second and most critical problem with the case was the treatment—surgery. While no surgery was actually needed, an open-heart procedure to replace a valve was ordered and completed.

Because of the rigors of surgery, combined with the drugs used during and after surgery, the patient got worse and began having TIA's (tiny strokes). The second set of problems began with another incorrect diagnosis. The doctors told the patient his heart was now diseased and not able to beat properly or strongly enough. In reality, the surgery and drugs—combined with ignorance of the real, underlying, and still fomenting cause of the original condition—caused all of these secondary problems.

3) **More Drugs to Treat Secondary Problems.**

The final medical protocol of more drugs, then more potent drugs for the secondary problems caused by the surgery finally did the patient in. Luckily he did not submit to further surgery, which would have been futile. He was not treated to “cardiac conversion,” which *almost never* works to maintain proper heartbeat. But nonetheless, having had valve surgery, he was relegated to a life of Coumadin to keep his blood thin. This induced a massive stroke and a formerly healthy 55-year-old was now an invalid—and still on a huge regimen of drugs.

### ***Treating the Cause***

Fortunately in this case, there is a happy ending. This person contacted us and we got him started on the proper phytonutrient or phytochemical protocol to treat the real underlying cause of his heart “disease.” Soon his heart was beating strong and true, and he weaned himself off most of his drugs because his doctors refused to help. He went into stroke rehabilitation with renewed strength and vigor, and after about a year, he is almost 100%.

His “heart disease” is gone, but he is not

completely out of the woods. He still has an artificial valve in his heart which requires that his blood run as thin as water—lest he have a stroke. So he is faced with a life of slow poisoning with the rat poison warfarin (brand name Coumadin) to keep his blood thin and to protect him from a clot which may be thrown off by his artificial heart valve. Unfortunately, there is no undoing the valve surgery.

In addition, he was given the hopelessly outdated instructions to avoid anything containing vitamin K (like any green vegetables and foods). Luckily we were able to give him the correct data, and he is now eating a healthy diet (see the article “Coumadin and Vitamin K” in this Section). But he will have to be careful for the rest of his life—he bruises easily, his gums sometimes bleed, and he must take extreme caution to avoid internal bleeding. At least his “mitral valve prolapse” is cured.

How do I know that his entire condition was caused by beriberi of the heart? Simply because within 90 days of supplying his heart with the phytonutrient or phytochemical cure for beriberi, his “heart disease” disappeared. The two main products of this treatment are *Cardio-Plus* and *Cataplex B*, both produced by Standard Process. I could have tried a thousand other “miracle products,” but after 40 years, I've learned that these would result in failure. In this case especially, that was not an option.

### ***Successful Protocol***

To date his non-disease of MVP has not returned. His heart is beating strong and steady. His weakness and dizziness are gone. His muscles no longer cramp up, and his shakes are gone. He has completely recovered from his stroke. He no longer has TIA's. His blood pressure is normal. And he is drug-free except for the Coumadin. This is what I like to call *evidence-based, or pragmatic medicine*—no rocket scientists needed here. I only wish I could undo the surgery so that he would not have to live with rat poison.

## **HEART BYPASSES, STENTS AND ANGIOPLASTY—THE SECRET IS OUT**

*“There is a national medical secret regarding the care of heart disease patients. Its secret insures the continuance of the heart disease industry, which includes physicians, surgeons, hospitals, and pharmaceuticals. Without*

[knowing this secret] the public continues to gobble up billions of dollars worth of useless bypass surgeries, angioplasties, stents, and drugs."

*Health Alert*, Vol. 17, No. 10

In the first few months of 2004, a major medical secret was finally "discovered." Everyone was running for cover. The secret was a headline right out of *Health Alert* from 1984. The vested interests in organized medicine labeled me a heretic, liar, lunatic, quack, and worse—all for uncovering the big medical heart-treatment secret—20 years before the cat finally got out of the bag.

The big secret I've preached for over four decades now is simply this—actively and mechanically intervening to open arteries with balloon angioplasty, stents, bypasses, and more is *relatively useless* in most heart patients. They are performed to the tune of billions of dollars every year *without any evidence documenting their benefit*. They are done because doctors still ignore the real causes of heart disease, because of the money involved, and because these procedures *are paid for by insurance and Medicare*.

There you have it—almost everything on the bold, cutting edge in cardiac care is useless, dangerous, temporary, expensive *symptom-treatment* that almost never has a long-term benefit to the patient. How can this be? How does all this happen? How can we continue to let medicine break the bank for useless, frivolous, but high-tech and dangerous treatments? How can the public fall for all this? Why would well-trained and well-meaning physicians recommend stents and bypasses?

### ***The Grand Scheme***

The grand scheme works like this. You go in for some noninvasive screening tests like a stress test, a cardiac calcium score with a scanner, a questionnaire, or other tests. These are money-driven businesses. When anything is out of the normal (which is true for most folks over age 65), you are recommended for catheterization and angiography (both highly dangerous tests that offer little in the quest to vanquish heart disease at its cause). Thereafter, it is a fast-lane trip to angioplasty, stent, and/or bypass—all because the tests show the need.

The truth is a direct quote from Dr. West—"Heart disease is a *systemic disease*." Treating symptoms

in this super-exciting, life-and-death manner *does nothing about the disease*. But it is thrilling—and isn't that what doctors and patients alike are after in this country? The truth is that most heart docs are excellent chemists—mixing one mash of toxic chemicals after another to try to force the heart into some semblance of normalcy. They are constantly balancing one chemical after another due to serious side effects that become worse than the disease itself—and all the time *completely ignoring* the underlying cause of the disease.

### ***Cookbook Health Care***

Basically, heart care is like a cookbook. You present yourself with condition A, B, C. The physician looks up the drugs for A, B, C, and there it is. Thereafter your doctor simply tries one drug after another to accomplish the impossible—cure heart disease without addressing the underlying cause. The drugs are switched like candy as one is more toxic and harmful to you than another. After two or three drugs, the interaction side effects are too numerous for any physician or pharmacist to even understand, so your body is in daily chaos. Not exactly as high-tech and "scientific" as you might have imagined.

The surgeons use a cookbook with slight variations. They are excellent mechanics and have a wonderful understanding of the structure and biology of the heart. But their treatments are basically the same—interventional and expensive Band-Aids, with no long-term benefits. Following "successful" heart surgery, you will once again be put on a battery of toxic drugs. And as one stent and bypass after another reverts back to its original diseased state, you will have one operation after another, until finally there is no more tissue to work with. At that time you will be back to square one, and your doctor will have no qualms telling you they can do no more surgery—everything possible has been done!

All these things make up the big secret in heart care today. For the average physician, it is as simple as this... An internist refers a patient to the cardiologist for an "obvious need" for angiography and bypass. The surgeon may even know this procedure is useless and fruitless, but he will be compelled both financially and professionally to comply. A useless sham procedure will be performed. And the surgeon can rest assured, knowing that the internist will continue to refer patients to him.

Pretty amazing stuff. Especially when you

consider the American public holds heart physicians in the very highest esteem, thinking they are the most brilliant of physicians—after all, they can open up the heart! In truth, there are times when interventional surgery is needed—and those times are extremely rare. But for the most part, physicians are *educated out of the brains they were born with* by medical and surgical education and seminars, all paid for by the drugs and surgery industries.<sup>1</sup>

### **Big Business**

Today, clinics calling themselves “The Heart Center” and other sophisticated medical names advertise their services on radio, TV, and in the print media. They promote themselves with terms like premiere, award-winning, and nationally-recognized. And they claim to offer *new technology in patient care* and *advanced* cardiovascular care and treatment. The truth is that 95% of their entire existence is based on the hopelessly outdated treatments and surgeries that are now considered useless.

Newspapers covered by the AP Press ran front-page stories about the uselessness of most heart surgeries; I thought surely everything will change... But it didn't. After all, if you are an “award winning, nationally recognized heart center,” and your existence depends on a never-ending stream of patients lining up for useless but expensive procedures, you're not about to change anything. If you are a surgeon whose livelihood depends on referrals from other physicians who expect surgery; and all you know is surgery; and you have no idea what causes heart disease or what to do about it; and you're paying for your kid's college tuition, your Mercedes, and a big house payment—surely you'll stop doing Band-Aid surgeries, right?

#### **NOTES**

<sup>1</sup> “The Heart Symposium,” *Health Alert*, Vol. 21, No. 6.

### **NEW HYPERTENSION GUIDELINES: YOU ARE NOW “OFFICIALLY SICK”**

With all the fanfare of great medical experts, the Heart, Lung, and Blood Institute, and newspapers and television stations across the nation, the guidelines for normal high blood pressure have been ratcheted down. It didn't take a clairvoyant to see this one coming. These money-making ploys to make everyone a patient work wonders.

Just look at 40 years of estrogen therapy for all the women who “needed it.” Look at comparing

older women's bones to a 35-year-old's—this makes almost all women sick with osteoporosis or at least osteopenia. Then look at the ever-lowering cholesterol normals now heading down toward 150, which guarantees tens of millions of new drug-gulping patients. Now consider that 20% of all school kids have “abnormal” psychological screenings requiring prescriptions for Ritalin. Don't forget, if you have persistent heartburn you probably suffer from the “dreaded reflux,” requiring the “little purple pill” or some other pill every day for the rest of your life.

But none of these ploys even comes close to the latest and the next greatest scam of lowering blood pressure normals to 115/75. This one should really do it—actually deeming 90% of the entire adult population permanently sick and in need of prescription drugs for life. You really have to hand it to this industry—they know how to promote.

You see, the real people behind the scenes who pull the strings knew what the new guidelines would be before the medical committees even met for the first time. They knew what the new guidelines would be before members of the committee even knew that they were going to be on a committee. And they knew because this kind of ploy works so well.

The public is yet incapable of recognizing that the guidelines for all diseases are hopelessly outdated and wearily predictable. The average becomes the abnormal. At the same time, the level considered average continues to drop. This remarkable scam ensures that more and more healthy people slip into the category of unhealthy. Once the prescriptions start for the non-diseases, the drug side effects will ensure that these formerly healthy people will indeed fill in the ranks of the unhealthy.

### **What Is Real?**

After 40 years in this business, I can tell you that ranges of the norm are broad indeed. I've taken care of hundreds of people in their 80s and 90s with lifelong blood pressure readings of 200/100 or greater. Never having taken a pill for this “disease,” they shrug it off stating that their blood pressure has “always been like that.”

Not too long ago the normal blood pressure cut off was 160/90 before a diagnosis of hypertension was given. That has dropped and dropped, moving down to 120/80. And now “hypertension specialists” are saying the risk of heart disease increases when

blood pressure is higher than 115/75! And what are “hypertension specialists?” They are basically chemists who dispense chemicals to force the body through abnormal means to lower the force with which the blood courses through the blood vessels.

In the 1980s, a cholesterol reading of 300 was normal. It dropped to 250, and once statin drugs were for sale it dropped again to 200. As weary and outdated as it may seem, these levels have now dropped to 150. And mark my words, they will even try for 100. After all, there are millions more patients out there who still “do not know they are sick.”

The new blood pressure norms, combined with the cholesterol norms, have ensured the medical and pharmaceutical industries an unlimited number of patients—just about everyone in the Western world has either hypertension or hypercholesterolemia (according to these numbers). And best yet for these “medical experts,” the vast majority “*has both.*” You’ve got to see the smiles on the pitchmen sitting around the corporate table. They know full well their campaign is in full swing—“everyone is ill and all shall be treated.” This is disease mongering at its worst.

If you believe all this ilk, you are faced with an *inevitable life of drug-taking disability*. But if you are a thinker, you are smarter than all this. You don’t have to believe me. Medical and pharmaceutical experts now agree that blood pressure and cholesterol drugs can be dangerous indeed. The new breed of blood pressure drugs seems to work no better than the old diuretics, but they carry a more dangerous list of side effects and a grossly higher price tag.

### ***The Real Cost***

Aside from eventually breaking the bank and bankrupting Medicare completely, for the time being these drugs make big money. Diuretics for a year could cost around \$375. The newer drugs can cost \$7,000 for the same period. And the drugs can wreak havoc with your health. Both can damage the kidneys, and the newer drugs slowly but surely can induce heart failure. All this to achieve the mythical “lower than 115/75 level” deemed best by “experts.”

The drugs used to bring healthy patients into the new “normals” are also equally dangerous. Statin (cholesterol-lowering) drugs can deplete heart enzymes, induce myopathies (muscle problems) and neuropathies. The number of people with sore muscles and peripheral neuropathy induced by statin

drugs is unknown because nobody is looking to these drugs as the potential cause. But a computer search into myopathy and neuropathy related to statin drugs will astound you.

What about the cost to kids? Talk about getting the population started young. We are approaching one fifth of school kids on drugs. And three quarters of all pediatricians recommend over-the-counter sleeping pills for kids. Half of all pediatricians have prescribed a drug for kids to help them sleep. All this with little to no science to back up drug treatment, and *absolutely no attention* to the real underlying cause of the problem.

What happens when the drugs are found to be really dangerous—such as estrogen, now known to cause cancer? The drugs are simply switched. The latest new breakthrough for women from the esteemed Johns Hopkins Medical School is—are you ready for this—*anti-depressants* for hot flashes to take the place of estrogen.

A new study was recently published in the *JAMA*. This study is essentially an ad for the drug makers to extend their market for anti-depressants. Even now well-meaning but overeducated doctors are handing out Prozac, Paxil, and Zoloft to just about everyone. Now they can add another 20 to 30 million women to these rolls. Why fool around—why not just give these drugs to everyone? After all, they’ll probably help every conceivable symptom ever described.

If you think not, just listen to an ABC News report on the study about these drugs and menopausal symptoms. The network called the study and report extraordinary, amazing, revolutionary, and a top-dog breakthrough study showing that these drugs are more promising than any other form of therapy. Are these people psychic or just hallucinating? Commenting on anti-depressants for hot flashes qualifies the media for the Scream-of-the-Year Award. And just where is the science? I’ll tell you.

Most of the “late-breaking medical news” you hear, see, or read about come from *VNRs*<sup>1</sup>—a *video news release* sent to newspapers and TV/radio stations *by the drug company!* Not only does the media fail to investigate the “news” it reports, it simply replays the VNR as if it were news—also failing to let you know where the “news” comes from. Thousands of VNRs are sent to stations and papers yearly.

So where is this all heading? It is not heading—

it is already here. The average senior receives **25 prescriptions per year**—lots of those for drugs that are absolutely contraindicated in all cases for any reason for seniors. The drugs are prescribed by two, three, and four different physicians—triggering millions of medication alerts (side effects) each year. And what do the experts say? They say all the side-effect medication alerts show that the “safety net is working.”

### **Back to Blood Pressure**

Yes, let's get back to blood pressure. The medical good news is that there are lifestyle modifications to help you control blood pressure. They include losing weight—usually with unhealthy low-fat diets that do not work. The DASH diet—which is actually pretty good but will fail to control blood pressure on its own. Eliminating salt—which is applicable for less than 5% of all blood pressure sufferers. Exercising 30 minutes on most days—with no discussion of how. And of course, drinking only in moderation.

These will routinely fail because they are inadequate, ineffective, and although based mostly on good sense, will fail to be followed by most blood pressure patients. So the medical advice to control blood pressure with diet and exercise almost never works for anyone. And when that fails you have drugs, drugs, and more drugs. There are literally dozens, all carrying a litany of sometimes debilitating or even deadly side effects.

The good news is that there is a better way—**treating the cause of high blood pressure**. What a concept! Not everyone has high blood pressure for the same reasons. There are those who suffer this condition because of obesity, hardening of the arteries, kidney and/or liver weakness or failure, stress, emotions, and more. But for every case there is an answer. And all begin with the basics. The **basic five** include the following:

- 1) Eliminate smoking and drinking.
- 2) Eat a low-carbohydrate diet with plenty of green vegetables.
- 3) Begin and maintain a program of steady exercise of aerobics and resistance or strength training (weight lifting). Weight loss and weight control will automatically follow with this diet and exercise protocol.
- 4) Use deep breathing and proper breathing techniques, a practice needed by most people with high blood pressure.

5) The basics must be practiced along with a specific protocol designed to treat the particular cause of high blood pressure in your individual case. So how do you determine which type you are?

### **Basic Types of Hypertension**

The most common cause is called **benign essential hypertension**. This is usually marked by the first (systolic) and second (diastolic) numbers both being high. If you are this type of person you need to address the basic five plus special attention to the heart, blood sugar, and kidneys. A good basic protocol for this type of person includes **Cardio-Plus** (2 taken 3x daily), **Diaplex** (2 taken 3x daily), **Organically Bound Minerals** (1–2 taken 3x daily), and **Renafood** (2 taken 3x daily).

The person with a high diastolic (second) number is usually dealing with a liver and/or kidney problem. This is often called **hepatic, portal, or renal hypertension**. Besides the basic five, in most of these cases one to two three-week liver detoxification sessions are needed before the final blood pressure protocol is used. If your liver and/or kidneys are congested and functioning poorly, your blood pressure will not normalize until they are detoxified. If you need information about liver and kidney detoxification, see the article “Liver and Kidney Detoxification and Liver/Gallbladder Cleanse” in Section 3: Digestion and Gut Health.

If you have gallbladder problems, or if your gallbladder has been removed, you may need to perform one or more **Liver/Gallbladder Cleanses**. This will help thin your bile and promote improved bile flow through the liver, bile duct, and gallbladder. It will help insure that your bile flows smoothly and is not too thick.

After one to two sessions of detoxification and possibly one to two **Liver/Gallbladder Cleanses**, you may find that your blood pressure is already normalized. If not, your long-term protocol will continue to address the heart and these organs. A good protocol would include **Cardio-Plus** (2 taken 3x daily), **Albaplex** (3 taken 3x daily), **A-F Betafood** (2 taken 3x daily), and **Min-Tran** (2 taken 3x daily).

A variation of this type of person is one with a high first (systolic) number only. This is a person who has a liver problem and/or clogged arteries. This is often called **atherosclerotic hypertension**, and again the basic five must be followed. Usually one three-week liver detoxification session is needed, and

sometimes one or two *Liver/Gallbladder Cleanses* aid in the liver cleanup.

This is followed by a protocol for one to two years that includes *Cardio-Plus* (2 taken 3x daily), *A-F Betafood* (2 taken 3x daily), *Cyruta-Plus* (2 taken 3x daily), and *Min-Tran* (2 taken 3x daily). If your cholesterol is high (over 275) with abnormal HDL and LDL numbers, you must add a tablespoon of raw flax oil or *Blue Ice Fermented Cod Liver Oil* (2–6 daily) to your protocol. We provide both of these oils at a discount in our *Health Alert* store ([www.healthalert.com](http://www.healthalert.com)) or 1-800-231-8063 (M–F, 7–5 PST).

The cod liver oil is very expensive because of the difficulty of procuring oil and ensuring that the oil is not contaminated with mercury or other heavy metals. This is a problem with some brands of fish and cod liver oils. But the price is often worth it. You can judge whether you need flax or cod liver oils by starting with flax. If your joint pains and/or cholesterol (HDL/LDL) numbers do not respond well, switch to cod liver oil.

The final major type of high blood pressure has its roots in emotional problems and stress. Called *emotional hypertension*, this usually accompanies a low libido (sex drive) and chronic stress. If this is you, you need to follow the basic five and put emphasis on exercise and deep breathing techniques. If you need information on deep breathing, see “Look and Feel Better in 30 Days,” in Section 6: General Health and Well-Being. Hard exercising, deep breathing, and even meditation or some other program to address anxiety and other emotional problems will go a long way toward resolving the cause of the high blood pressure.

With emotional hypertension your protocol should include *Cardio-Plus* (2 taken 3x daily), *Drenamin* (2 taken 3x daily), and *Min-Tran* (2 taken 3x daily). And like all other types you are looking at a year to two on your protocol. Even if you have been on drugs for a long time, there is still hope.

### *Treating the Cause*

There are no shortcuts to treating the cause. Most holistic therapies, including thousands of milligrams of calcium, CoQ10, magnesium, and what have you, will fail. While drugs will lower your numbers, your high blood pressure is always still there. Think not? Just stop your drugs. Besides turning some people into zombies, these powerful drugs can also cause impotence, kidney failure, tachycardia, cardiac

arrhythmias, headaches, muscle aches, brain fog, memory problems, hypotension, fainting spells, hypoglycemia, heart failure, and even death.

So start your new life now. Consider liver and kidney detoxification no matter what type of high blood pressure you have. It will benefit your health in untold ways. There is no need to stop your drugs when you start these types of protocols. Use both for four to six months, then see your doctor about starting a drug-weaning program. Allow six to 24 months to completely wean from drugs. If you can't get off drugs in the first year, simply use a lower dosage and keep at it. Eventually, you will be set free from this medical merry-go-round. When you are, you can forget about hypertension drugs and all the other drugs prescribed to treat side effects.

But what about the “science?” Aren't these “experts” right? Well, when it comes to blood pressure cutoff numbers, here are some of my favorite quotes from one of the best articles ever published (from *the European Heart Journal*, Issue 20, Oct., 2000):

“No randomized trial has ever demonstrated any reduction of the risk of either overall or cardiovascular death by reducing the systolic [first number] blood pressure from our thresholds to below 140mm/Hg [as in 140/90].” And, “Most importantly, the current paradigm [thinking] considerably overestimates the risk in the mid-range of [systolic] blood pressure (roughly 125–180mm/Hg). The vast majority of the population falls into that mid-range, and the cut-point of 140mm/Hg lies toward its lower end. [Most people at around 140 systolic are really in the lower end of the mid-range of blood pressures.] Consequently, a large proportion of the population considered at risk with the current cut-point are in fact *at no increased risk* [emphasis mine].”

It always amuses me that the more useful and realistic research seems to come from *European journals*. Hello—is anyone listening?!

#### NOTES

1 Rampton, Sheldon and Stauber, John, *Trust Us We're Experts*, Jeremy P. Tarcher/Putnam, 2002.



#### PROTOCOL FOR PEOPLE WITH BENIGN ESSENTIAL HYPERTENSION

**Cardio-Plus:** 2 taken 3x daily  
**Diaplex:** 2 taken 3x daily  
**Organically Bound Minerals:** 1–2 taken 3x daily  
**Renafood:** 2 taken 3x daily

#### PROTOCOL FOR PEOPLE WITH RENAL HYPERTENSION

**Cardio-Plus:** 2 taken 3x daily  
**Albaplex:** 3 taken 3x daily  
**A-F Betafood:** 2 taken 3x daily  
**Min-Tran:** 2 taken 3x daily

#### PROTOCOL FOR PEOPLE WITH ATHEROSCLEROTIC HYPERTENSION

**Cardio-Plus:** 2 taken 3x daily  
**A-F Betafood:** 2 taken 3x daily  
**Cyruta-Plus** 2 taken 3x daily  
**Min-Tran:** 2 taken 3x daily

**If cholesterol is high... add...**  
**Blue Ice Fermented Cod Liver Oil:** 2–6 daily

#### PROTOCOL FOR PEOPLE WITH EMOTIONAL HYPERTENSION

**Cardio-Plus:** 2 taken 3x daily  
**Drenamin:** 2 taken 3x daily  
**Min-Tran:** 2 taken 3x daily

### HEART POUNDING AT NIGHT

In most cases, a pounding heart upon retiring at night is caused by a B vitamin deficiency or imbalance. Indeed B vitamins are probably the most critical to proper heart function—more important than vitamin E, CoQ10, and all the others. Half of the B vitamins promote strengthening and tightening of the muscles within blood vessels. The other half of the B vitamins promote relaxing of these same muscles, allowing for dilation.

The body maintains the proper balance of each “half” of the B vitamin complex from dietary supplies. This balance keeps the heart working smoothly and efficiently. When there is a B vitamin deficiency, or when the B vitamin balance becomes tipped one way or the other, the heart muscle and blood vessels suffer. Some of the symptoms of this scenario are angina, high blood pressure, chronic stress, nerve problems, weakened heart muscle, heart failure, arrhythmias, and more.

Given the critical nature of the proper B vitamin balance to a strong heart, you can see how high-

potency B vitamins—which are synthetic and incomplete—may cause problems with the heart and blood pressure. If this is the case with you, you must stop all these vitamins and get back to basics. This usually requires *Cardio-Plus* (3–6 daily) with *Cataplex B* (3–6 daily) from Standard Process. This protocol will supply the full balance of the B vitamins, helping with relaxation and dilation as well as tightening and strengthening when needed.

#### *Pounding Heart*

If you go to bed soon after dinner and experience pounding of your heart, this is usually a signal that the B vitamin nutrition to your heart is impaired, imbalanced, or lacking. In most cases, you need the portion of the B vitamins that helps with the digestion and metabolism of fats—like choline and inositol. Taking more B vitamins, or even the wrong kind, will not produce any results—it may actually make the condition worse.

Fortunately, in his wisdom, Royal Lee—dentist, researcher, inventor, and founder of Standard Process—understood this B vitamin phenomenon well. He therefore provided two B vitamin products—both taken from slightly different raw materials. The first he called *Cataplex B* and the second, or lipotropic (fat metabolizing) fraction, he called *Cataplex G*. *Cardio-Plus* is one quarter *Cataplex G*, so by taking *Cardio-Plus* and *Cataplex B* you are getting *all* the B vitamins.

In the case of the pounding heart, the usual predominant B vitamin need is for *Cataplex G* or the lipotropic B vitamins. You can easily test to see if this is the cause of your pounding heart. Take *Cataplex G* (6 tablets) between dinner and bedtime. Do this for ten nights and see if your pounding heart quiets down to normal. If it does, you have made a powerful discovery—one that not one in a thousand cardiologists understands.

So remember, pounding heart at night—*Cataplex G* after dinner. If this is the cause of your problem, you will be amazed that your heart normalizes itself almost immediately. After all, the heart is the most responsive organ in the body to *proper* nutritional therapy. By the way, if this is the cause of your pounding heart, *no amount* of CoQ10, vitamin E, tocotrienols, hawthorn, or any other “heart vitamins or nutrients” will have any effect whatsoever.

## PROTOCOL FOR PEOPLE WHOSE HEART POUNDS

Cardio-Plus: 3–6 daily

Cataplex B: 3–6 daily

Cataplex G: 6 tablets between dinner and bedtime

### CLOGGED ARTERIES

*“If you are under the impression that you can have surgery to unclog [or bypass] the fat and cholesterol out of one of your [coronary] arteries and then just go about your life, think again.”*

*Health Alert, Vol. 14, No. 6*

Bypass or some other surgery to deal with a life-threatening blockage or clot in a coronary artery can be a lifesaver. But it does nothing to address the cause of the problem. I always wonder how often, if ever, a cardiac surgeon asks himself, “why is this artery clogged?”

Most people and too many doctors simply think the problem is caused by cholesterol. Yet there are millions of people with cholesterol levels *over 500* with squeaky clean coronary arteries. And there are millions of people with cholesterol levels *below 150* with coronary arteries stuffed with fat and plaque. So cholesterol is obviously not the problem.

#### **Causes**

The sad truth is that medicine “does not know what causes clogged arteries or heart disease.” In fact, probably no one really understands all the causes and mechanisms of this epidemic. But based on decades of experience, some of us understand that *coronary artery disease is a symptom*. Its basic causes are faulty fat metabolism, poor diet, and a deficiency of the whole, phytonutrient- or phytochemical-rich vitamins B and C complexes.

1) **Faulty fat metabolism**, resulting in millions of cases of cholecystectomies (gallbladder removals), usually begins with a diet high in refined foods, carbohydrates, and bad fats (a typical American diet). This begins the clogging up of the system.

2) **Poor diet**—including the consumption of processed fats like salad dressings, margarines, shortening, partially hydrogenated oils, and more — is the culprit. Lots of refined carbohydrates like fast foods, cookies, crackers, cakes, pastas, bread, and more maintain high levels of artery-irritating insulin circulating through the system.

3) **A major deficiency of the phytonutrient or phytochemical vitamin B and C complexes** puts the nail in the coffin. A deficiency of the fat soluble B-vitamin factors found in the whole vitamin B complex impairs your body’s ability to break down fats. And the bioflavonoid portion of the whole vitamin C complex is needed to maintain strong immunity and to quell inflammations and infections (especially viral) which attack blood vessel linings. (See the article “How Can Infection Cause Heart Attacks and Strokes?” in this Section).

When you put all three together—you have created *coronary artery disease*, or clogged arteries. How do I know that these are the major causes of clogged arteries? I’ve treated more than 50,000 people with coronary artery disease by addressing these causes. And I’ve monitored the reversal or cure of their condition. The surgeon treats a single or multiple clogs with bypass, angioplasty, and stents, which provide temporary relief until the underlying causes *re-clog* the vessels (often right within the stents). I treat a person with any number of clogs by eliminating the cause—thus allowing for the blood vessels to slowly and surely *unclog* and get progressively healthier.

Some people actually need the surgeon—either to buy time and save their life, or because they refuse to follow natural processes to reverse their condition. But one thing is for sure—if you simply follow medical procedures, the new bypass will clog or close up just like the one that was replaced. Or, put in simple terms, even if you have angioplasty, bypass, or stents, *you always need natural phytonutrient or phytochemical therapy* to eliminate the underlying causes of the problem.

#### **What to Do**

The most critical step you can take is to make a dietary switch to a low-carbohydrate Mediterranean-type diet. The standard medical low-fat diet will not get the job done. If you have high LDL cholesterol and low HDL cholesterol combined with high triglycerides, you also need to eliminate all wheat and wheat products for at least a year. Your new, low-carbohydrate Mediterranean diet will start normalizing insulin levels and remove another cause of blood vessel inflammation. It will also make cells less resistant to insulin, allowing the insulin to normally maintain proper blood sugar levels.

Thank goodness nature has provided us with

phytonutrient or phytoceutical plants that are natural clog-busters. One of these is beets. The betaine in beets is a natural fat-metabolizing tonic. It helps thin the bile, facilitate better liver and gallbladder function, is useful even if your gallbladder has been removed, and will help your body finally metabolize and utilize fats properly. This will naturally slow and then reverse the buildup of fat throughout your system, including in your blood vessels. We use *A-F Betafood* (3 per meal) from Standard Process for its high betaine content with wonderful results.

The buckwheat plant is supreme for providing whole vitamin C and the types of bioflavonoids or vitamin P that are most specifically needed to fight blood vessel inflammation—a prime and overlooked cause of clogged arteries. Everyone with clogged arteries should have a *C-Reactive Protein (CRP)* blood test. If it is high, you can bet you suffer from blood vessel inflammation. And your body's natural reaction to this is to soothe over the inflamed blood vessels with a layer of fat.

We use *Cyruta-Plus* (2–3 per meal) from Standard Process because it is whole buckwheat plant—not some fractionated isolate processed in a lab that purports to get the same results. This product is specific (with its bioflavonoid content) at quelling blood vessel inflammation caused by viruses, high insulin levels, and more. A deficiency of the whole vitamin C phytonutrient or phytoceutical complex which contains bioflavonoids, such as *Cyruta-Plus*, allows viruses to take hold and clogs to develop.

As your bioflavonoid stores are rebuilt, the body can slowly eliminate the viral blood vessel inflammation which causes fatty plaque buildup. You can measure your success with follow-up CRP tests. Once the inflammation from high levels of circulating insulin and viral or even bacterial attacks begin to subside, your body's newly normalized fat metabolism can slowly eliminate any recent fatty buildup and even reabsorb that which is already present.

The only missing factor in this type of therapy is the whole vitamin B complex needed for good blood vessel and heart muscular tone. We use *Cardio-Plus* (2–3 per meal) and *Cataplex B* (2–3 per meal) with great results. A portion of *Cardio-Plus* is derived from liver powder—a powerful fat metabolizer. So you get the benefits of the B complex vitamins for circulatory strength combined with the fat-busting capabilities of

liver extract.

### ***What About Chelation?***

I am not a chelation expert, but one of our advisors is John Trowbridge, MD. If your blood vessel problems are from calcification, intravenous chelation may be helpful. Chelation is the attraction for the metabolic calcium ion by a chelating agent which is infused into your vein. Chelation has little effect on fat blockages. According to Dr. Trowbridge, oral chelation is a misnomer by very definition—since synthetic antioxidants do not perform the ionic action known as chelation.

There are all kinds of ads for “powerful” oral chelation products comprised mostly of synthetic antioxidants. When you consider the underlying causes of most coronary artery disease, it is obvious that oral chelation cannot possibly perform as successfully as the protocols described here. If you doubt this, test your CRP before and after using synthetic oral chelation. I've done this and proven to myself that for the most part, this does not work.

Like all things related to health, you are back to the basics of real physiology and the treatment of the underlying cause of disease. Surely clogged arteries are not caused by a deficiency of a daily dose of 100,000 mgs. of ascorbic acid. And just as surely you cannot expect to be cured by the surgical busting or bypassing of a clog in your coronary artery. This is a Band-Aid—one that will usually come off quickly, often in three to six months! You can submit to modern, high-tech, ultra-expensive, and extremely dangerous medical symptom treatment, or you can treat the real underlying cause of the problem.

And best yet, did you know that you can ***grow your own permanent bypass?*** Pigs provided the correct nutrition do this in six weeks. And humans do this routinely—it is called collateral circulation. What is needed is the nutrition in this article and ***plenty of vitamin K2—the real clot-busting, anti-plaque vitamin.*** The best sources of critical vitamin K2 are ***X-Factor Gold Concentrated Butter Oil*** (4–8 daily) and ***Blue Ice Fermented Cod Liver Oil*** (2–6 daily). Both butter and cod liver oil contain the critical ***vitamin K2.***

When you embark on phytonutrient or phytoceutical therapy, be sure to allow sufficient time. It can take from eight to 24 months to reverse blood vessel inflammation and damage. Most acute inflammation will begin to reduce within 90 days, but

getting rid of all the debris can take months. So get started—the choice is yours.

#### PROTOCOL FOR PEOPLE WITH CLOGGED ARTERIES

Cardio-Plus: 2–3 per meal  
Cataplex B: 2–3 per meal  
A-F Betafood: 3 per meal  
Cyruta-Plus: 2 per meal  
X-Factor Gold Concentrated Butter Oil: 4–8 daily  
Blue Ice Fermented Cod Liver Oil: 2–6 daily

### DO CHOLESTEROL AND BLOOD PRESSURE DRUGS SAVE LIVES?

Well, if a doctor uses a defibrillator on a man having a heart attack and helps him regain a normal heartbeat, he or she has saved his life, right? For that moment, yes. But what if the man dies next week of another heart attack? Although always taken for granted, heart care and heart drugs rarely save lives. They extend some lives, but at a large cost because of the serious side effects from the drugs. In contrast, some lives are shortened by the care itself.

Oncologists admit in a medically uncommon moment of humility that their drugs rarely cure cancer. They zap tumors, but the cancer comes back. And so it is with heart care as the bypasses re-clog, the drugs add some months or even years but can lead to eventual heart failure, the cholesterol really wasn't a problem at all, and so on. But to hear all the talk, you would think lives are saved every second. This hype is accomplished by statistical sleight of hand, distortion of clinical results, and bogus "scientific" research. Think this is an exaggeration? Read on ...

#### ***Statin Therapy (Cholesterol-Lowering Drug)***

The entire concept of doctors and drugs "saving lives" in the world of heart care is ***totally misleading***. Heart docs need to take the same road as the oncologists (cancer docs), finally admitting that they are not saving lives, but they may be extending lives—a little. The oncologists only manage to ***increase the median survival*** (often for not more than a few months). But the heart docs "***save lives***." How can this be?

The front page of the ***Heart Protection Study*** (HPS) boldly stated that "tens of thousands of lives could be saved each year by changing prescribing guidelines for statins [mostly increasing the number of patients and dose of drugs]." Sounds pretty good—especially because it implies that everyone who

begins taking the drugs will be saved and live a long, normal life.

This, of course, is a hoax. The drug, at best, may give the patient a little extra time, but at what cost in side effects. What the front page should say to be honest is that "tens of thousands of people may have their lives extended minimally—maybe six months—by using statins. And that only occurs statistically if you treat ***more than one million people!***"

So why didn't the HPS front page just say this? I know you don't need the answer, but here it is anyway. Compare the exciting and remarkable idea of "saving lives" to the truthful concept of merely delaying the progression of a disease for a short time at a big cost in serious side effects. The truth is amazingly ***less wonderful***.

#### ***What About Blood Pressure Drugs?***

We've all heard it enough—you will die from a heart attack or stroke if you don't keep your blood pressure down, with drugs if necessary. To "save lives" (or for the sake of selling more drugs), "experts" want to ratchet down the so-called normal blood pressure to 110/70. As if this weren't enough, they are calling for blood pressure screening of kids—***starting at age three!***

And for what? So everyone can be "saved" and all can be on drugs. The truth is a whole lot more sobering. A study published in the *Journal of the American Medical Association*, May 2003, took a hard look at drug therapy vs. placebo in the treatment of blood pressure. In 19 trials lasting many years, it was discovered that 1,453 people in the placebo group died, while 1,303 people in the drug-treated group died.

This kind of makes you think that 150 people were "saved" and lived an additional 30 years by taking drugs every day. That wouldn't be too bad. This is what the study implies, but the truth is that no one was actually saved. Rather, their deaths were delayed by a maximum of one year!

The startling truth from this study reveals that the average patient taking blood pressure drugs daily for 30 years will gain an additional ***nine days of life!*** That certainly will change your mind about the hugely inflated claims made by manufacturers of heart and blood pressure drugs. At a cost of about \$1,000 a year (\$1.5 million per year for the study groups), with side effects that often turn heart patients into invalids, it would not be intellectually dishonest

to call this kind of medical care a *complete waste of time and money*.

### **The Naked Truth**

If well-meaning doctors presented the real facts to patients, *millions of people* would kick the daily drug habit. Consider two scenarios ...

**Scenario 1.** You find out from your doctor that your blood pressure is high. He or she tells you that you could eat better, exercise, and even (dare I say) take supplements. He or she could then recommend that you go on one or more heart drugs for the rest of your life—drugs that could render you impotent, eliminate energy, cause cardiac arrhythmias, or even heart or kidney failure. They would cost you about \$100 monthly, would lower your blood pressure numbers, and over the next 30 years would give you (on average) an extra nine days of life.<sup>t</sup>

**Scenario 2.** You find out from your doctor that your cholesterol is high. He or she could tell you the truth—that cholesterol has little if anything to do with heart disease, heart attack, or stroke. And he or she could advise you to improve your diet, start exercising, and (dare I say) use supplements. Or you are told you could go on a statin (cholesterol-lowering) drug daily for the rest of your life. This drug could make you feel lousy, sap the strength from your legs, possibly cause neuropathy and memory problems, potentially cause liver damage, and even kill you. But you will have your life extended by a few days to a few months.

These scenarios would be intellectually honest. I think we can all agree that the pharmaceutical industry is not about to stand for this. So the charade continues in the guise of “science.” But what the heck, it keeps the economy rolling, and it insures job security for researchers and clinicians like myself, Malcolm Kendrick, MD, (some of whose material I have used in this article), and thousands of others. Special thanks to Dr. Kendrick, a GP and cholesterol skeptic. Dr. Kendrick practices in a town outside of Manchester, UK.

### **STROKE REHABILITATION MIRACLE**

Thanks to Edward Taub, Ph.D., from the University of Alabama, a new era of rehabilitation of stroke patients has begun. Called *Constraint-Induced Movement Therapy* or CI Therapy for short, this stroke rehabilitation technique can do in two weeks

what couldn't be accomplished for stroke patients in 10 years.

Based on ideas dating back to the 1850s, neuroscientists believed the brain was “hard-wired” and had little ability to reorganize or repair itself following injuries like stroke. Dr. Taub, however, has discovered just the opposite. In what can only be considered the most remarkable medical news of the decade, Taub and his co-workers discovered that under the right circumstances, the brain can “rewire” itself for reorganization and repair.

The reorganization and repair seems best accomplished when the brain is *forced to reorganize*. This is where CI Therapy comes in. The patient with one-sided stroke damage is forced to use the damaged side while the good side is restrained. The rehabilitation takes place eight hours daily for two weeks. In about that time, a remarkable thing happens—the brain rewires itself around the area of damage, and the affected arm or hand once again begins to work as before.

Having gone almost unnoticed by medical science, this phenomenon is earth shaking in the world of neuroscience. The researchers showed that the area of the brain that controls the arm, etc., on the damaged side *doubles* in size in about two weeks! The damaged area of the brain that controls the affected limb actually jumps over to the other side of the brain! This is the Holy Grail for neuroscientists, and CI Therapy has triggered this remarkable response.

Amazingly, it doesn't seem to matter how long ago you suffered a stroke. If you have one-sided, (arm, hand) damage, you can be rehabilitated. And the research opens up all kinds of other potential brain research projects—like cerebral palsy, aphasia (speech affectation), spinal cord injury, and even fractured hip. This is truly a medical breakthrough of monumental proportions. If you have a one-sided upper extremity, post-stroke problem, you can be helped. You will need to set aside a couple weeks to go to the CI Clinic. Your good side will be restrained for 90% of your waking hours for two weeks. And then you have the potential of rewiring your brain and regaining the use of your extremity!

For more information visit them online at [www.uabmedicine.org](http://www.uabmedicine.org). If you are serious, get to Alabama and see what medical miracles are really all about.

## **STRONG AND HEALTHY LEGS, VEINS AND CIRCULATION**

Let's face it, once you are no longer able to walk properly, everything changes. And by far the two things that cause the most leg problems leading to the inability to walk are *circulation* and *joint problems*. Of these circulation is the most important because more people are disabled and die from circulation problems, especially in the legs, than from anything else. But you can prevent these problems, insure your ability to walk, reverse many leg conditions that rob you of your ability to walk, and remain independent and strong. This article describes what you need to know and do.

### ***Leg Circulation Depends Upon Strong Vessels***

Today scurvy is all but forgotten. But *millions of Americans* are walking around with *subclinical scurvy*. With this condition, there is inadequate nutrition to keep your blood vessels and their linings—even your tiniest vessels, your capillaries—healthy. You don't get full-blown scurvy and die, rather you get pink toothbrush, eventual bleeding gums, tooth loss (90% of lost teeth are due to subclinical scurvy), excess bruising with stains on your skin, blood clots, increasing plaque, peripheral artery disease, coronary artery disease, varicose veins and hemorrhoids, leg ulcers, thrombosis, deep vein thrombosis, and eventually strokes and heart attacks. Think not? One person in America *dies every single minute* from a heart attack—one for every minute of every day—most attributable to unhealthy vessels.

As long as you have inadequate nutrition in the form of the real vitamin C complex (not ascorbic acid) and its accompanying vitamin P complex (bioflavonoids), you will be at risk for all the conditions listed. And if you have any of these problems, you will never overcome them with stents, bypasses, angioplasty, drugs, or anything else except the real nutrition your vessels need.

But you can heal and strengthen your blood vessels when the correct nutrition is used! This nutritional healing is accomplished primarily in the *linings* of your blood vessels where *collagen* and *fibrin* serve as your blood vessel healers against inflammation, tiny ruptures, clots, plaque, and more. And the nutrients that are absolutely necessary to activate proper collagen and fibrin activity are found in the real vitamin C complex with its vitamin P

component (bioflavonoids).

With any of these circulation problems, your best foods are fresh fruits and vegetables, and especially deep green buckwheat leaf juice. This juice contains high quantities of vitamins C, P, and in particular the most specifically effective bioflavonoid for your vessels, *rutin*. I don't expect you to start juicing organic, deep green buckwheat juice. Thankfully Standard Process grows it perfectly on their own organic farm, and processes it without heat or chemicals into a supplement with all its life force. In any and all cases of circulation problems, especially in the legs, you will need to take the amazing green buckwheat leaf juice (rutin) supplement, *Cyruta-Plus* (3–4 taken 3x daily) along with *Cataplex C* (2–3 taken 3x daily).

### ***Peripheral Artery Disease (PAD)***

PAD is not a pretty picture. When fatty deposits or clots clog your arteries and restrict blood flow to your legs, suffering can be great indeed—from pain and numbness to a wheelchair and even amputation. While physicians automatically think about stents and cholesterol-lowering drugs, and vitamin hawkers try to sell super-potent antioxidants that will “scrub your arteries clean,” your thinking needs to be more basic and precise. Here is the basic protocol for people with PAD:

- 1) If you smoke, stop smoking.
- 2) Start nutrition in the form of fish-based vitamin D (*Blue Ice Fermented Cod Liver Oil*), and vitamin C complex (not ascorbic acid) with bioflavonoids and rutin. And for some reason with PAD, certain fractions of the vitamin D complex like D2, which are not available from the sun, are most important. For that reason we use the whole food vitamin C, D, and bioflavonoid complexes in the form of *Blue Ice Fermented Cod Liver Oil* (1–2 taken 3x daily), *Cataplex C* (1–2 taken 3x daily), and *Cyruta-Plus* (2–3 taken 3x daily).
- 3) And then walk, walk, walk, and walk some more. Begin a strenuous walking program as soon as possible. Walk as far as you can before leg pain. Then rest and walk some more. Continue with this program as your nutritional protocol takes effect. You will find you can go farther and farther over time before leg pains begin. Eventually you will want to be walking 10–20 miles per week. When you can walk strongly for two miles without pain, you will know you are nearing the end of your medically “incurable”

condition of peripheral artery disease.

### **Deep Vein Thrombosis, Cramps, Restless Legs, and Airplanes**

When I first heard that someone was suing an airline with the claim that the cramped seating caused him to suffer from *deep vein thrombosis*, I thought, only in America. Since that time, I've learned that more folks than I ever imagined must avoid flying for this problem and associated other problems like leg cramps and varicose veins. If you have this problem, you can sue an airline, or you can solve your problem while *adding years to your life and life to your years*. Here is how:

- 1) Improve circulation, especially to your legs.
- 2) If you smoke, stop smoking.
- 3) Start nutritional therapy to enhance your circulation, in the form of RNA, deep green buck wheat leaf juice, phosphoric acid, calcium lactate, wheat germ, magnesium, liver, and more.
- 4) And begin to walk, walk, and walk. As for the nutrition, Standard Process has made it simple by including all the circulation enhancing ingredients into one product, *Circuplex*. You will need 2–4 tablets taken 3 times daily for at least six months.

**For thrombosis:** When it comes specifically to veins and airplanes, remember the one miracle nutrient that comes from the Stone plant called *Collinsonia Root*. It is actually an herb that acts to bring tone to your vessels and veins—the definition of the antidote to thrombosis during long flights. You will want to take 2 capsules with a large glass of water before all flights. And if your condition is particularly bad, or it is a particularly long flight, you might need another 1–2 capsules during the flight with a large glass of water. On a daily basis, especially if you have varicose veins and or hemorrhoids, taking 1–2 capsules daily, always with a large glass of water, will help you to restore the tone in your veins.

**For muscle cramps:** If your leg circulation problem takes the form of muscle cramps instead of thrombosis, be sure to feed your leg muscles before all flights. Simply take *Calcium Lactate* (6–12) and *Cataplex F* (3–6), both by Standard Process, *before or during all long flights*. Calcium Lactate is the most easily assimilated form of calcium, and Cataplex F is unsaturated fatty acids with liver and a trace of organic iodine. It serves to mobilize calcium to your tissues and muscles, rather than to your bones. If you are one of the very rare individuals

who is allergic to iodine, you will not be able to use Cataplex F. Instead use one tablespoon of *Omegaflo Organic Hi-Lignan Flax Oil* by Omega Nutrition.

**For restless legs:** The antidote for people with *restless legs* is to make sure that adequate calcium and minerals are supplied to the tissues and muscles of the legs. This requires the best calcium product, which is *Calcium Lactate* (3–6 taken 2x daily), along with *Cataplex F* (2–3 taken 2x daily). Cataplex F is known as the *calcium middleman* because of its ability to mobilize calcium out of your bloodstream to your muscles. Since Cataplex F contains a trace of iodine, if you are allergic you will need a substitute (see the previous paragraph).

If your restless legs problem occurs on long plane flights, take your dose before boarding, and another dose during the flight as needed. If your restless legs problem occurs at night, be sure to take 6 Calcium Lactate and 3 Cataplex F at bedtime. And remember many people fidget, twitch, shake, and jerk at night and think that the problem is Restless Legs Syndrome when it is really just a vitamin B deficiency. In these cases the *riboflavin-rich* portion of the B complex is needed at bedtime. Use *Cataplex G* (3–6 tablets) before bed and see if it resolves your nighttime problems.

### **Joint Pain and Arthritis**

Most arthritis and lots of joint pain problems are structural in nature. Do you know that when your joints are nourished and maintained in their proper positions, they will not wear out, become inflamed, or arthritic? Keeping your low back, hips, knees, ankles, etc., in proper alignment is not always easy. And this is where a good chiropractor, osteopath, or other physical therapist comes in handy. And remember, many leg problems begin in the low back. If you can keep your low back aligned, you have a better chance of maintaining healthy legs.

There is a corrective posture you can do at home to help keep your low back and hips aligned. You can do it twice daily for two minutes each time (once in the morning, and once at night). See my article, “Stretching for Low Back and Legs” in Section 2: Bones, Joints, Muscles, and Skeleton for instructions.

As you might imagine, if your joints lack the necessary nutritional building blocks to regenerate and heal, your joints will never get better—surgery or not. When it comes to bones and joints, the nutritional building blocks are called the *osteofactor*

**nutrients.** And they include little known nutrients like vitamins C, K2, P, D2, minerals, enzymes, coenzymes, and more.

You can get lots of these nutrients from one **raw bone product** called **Calcifood** by Standard Process. In the form of capsules (3–4 taken 3x daily) or powder (use 1 tbsp in a daily smoothie), this product is actually raw bones with the marrow, processed without heat or harsh chemicals to maintain all the nutritional life force found in raw bones.

For more severe cases you will need the entire spectrum of osteofactor nutrients for anywhere from 4 months to a year or more. To get precise instructions on how to use the osteofactor nutrients, turn to my article, “Pain and Inflammation: End It Now” in Section 8: Pain and Infection. This program has helped thousands of our patients escape the chronic pain of joint problems and arthritis as well as the disability that begins with crutches, progresses to a wheelchair, and ends in a nursing home.

### **Growing Pains**

When rapidly growing kids develop joint pains in their hips, knees, ankles, feet, etc., we call it “growing pains.” The real name is **subclinical rickets**—a disease thought long gone from our society. Most rickets was caused by a combination of calcium and vitamin D deficiencies. With growing pains, the problem is primarily a calcium deficiency.

If you have kids or grandkids with this problem, be sure to give them **Calcium Lactate** by Standard Process. A normal dose for a rapidly growing young teenager is 3–4 taken 2x daily. Make sure they get out in the sun. And if they are an indoor teen, also give them **Blue Ice Fermented Cod Liver Oil** (1–3 taken 2x daily). To treat kids with a calcium deficiency with painkillers and worse is criminal. Give these kids what their joints need to grow and stay healthy. You will be amazed.

### **Weak and Frail**

And finally, we come to a problem facing 50% of our seniors over age 70...when you are just weak and frail, due primarily to lack of exercise, deficiency of adequate quality protein in the diet, insufficient water intake, and/or nutritional deficiencies. Some in the medical profession call this a disease—**sarcopenia**. In these cases there are no shortcuts. You must stop smoking; start taking a protein supplement; get off the couch and walk, walk, and walk more; improve

your diet; and take a good whole phytoceutical supplement.

For protein take **Protefood** (1 capsule with each of 3 daily meals). This will provide added protein and amino acids your body needs to get strong again. To regain your strength, take the most premier multi-nutritional product I know of, **Catalyn**, first produced by Standard Process in **1929**, and still selling gangbusters **after more than 80 years** without any advertising. Remember that the nutrients you see on the label of Catalyn are only the major nutrients. They are low dose because they are utilized by your body from 50 to 100 times better than other multivitamins. Catalyn contains the nutrition from liver, yeast, carrots, wheat germ, pea juice, alfalfa, lecithin, oats, mushrooms, and much more.

And finally, to get stronger, feel better, regain a strong walk, go up and down stairs like when you were younger, to become more independent, and to actually turn back your biological clock, you must **exercise**. You can start with walking as in the prescription for Peripheral Artery Disease. But best yet is to begin **strength training**. This is weight lifting, and it benefits all people, even those into their 90s, in ways that seem almost impossible.

If you really want to turn the clock back, join a simple gym. Get a copy of the book, *The Slow Burn Fitness Revolution* by Hahn, Eades and Eades. In this book you will learn how to lift weights without hurting yourself, only once every 5 days, and for only an hour each time. I guarantee that in 3–6 months you will become a different person—bounding about instead of hobbling about. To get younger, healthier, and stronger, you need to get and keep your legs, veins, and circulation healthy and strong. Drugs and surgery will fail. These are the protocols you need to once again feel like that younger person inside you. These protocols will help you:

- Get and maintain strong legs.
- Enhance your circulation and improve your arteries and veins.
- Overcome peripheral artery disease, varicose veins, thrombosis, and deep vein thrombosis.
- To beat Restless Legs Syndrome, growing pains, and sarcopenia.
- Keep moving, out of a wheelchair, and out of a nursing home.
- Once again feel like that younger person inside you—to climb stairs, walk briskly, and be stronger



and more independent.

Get started today. Follow the protocols and use the products that really work. You will finally begin to grow younger and stronger, rather than older and weaker.

**PROTOCOL FOR PEOPLE WITH  
LEG CIRCULATION PROBLEMS**

**Cyruta-Plus:** 3–4 taken 3x daily  
**Cataplex C:** 2–3 taken 3x daily

**PROTOCOL FOR PEOPLE WITH  
PERIPHERAL ARTERY DISEASE (PAD)**

**Blue Ice Fermented Cod Liver Oil:** 1–2 taken 3x daily  
**Cyruta-Plus:** 2–3 taken 3x daily  
**Cataplex C:** 1–2 taken 3x daily

**PROTOCOL FOR PEOPLE WITH  
THROMBOSIS PROBLEMS**

**Circuplex:** 2–4 taken 3x daily for at least 6 months  
With varicose veins and hemorrhoids... add...  
**Collinsonia Root:** 1–2 capsules daily with a large glass of water

**PROTOCOLS FOR PEOPLE WITH  
LEG PROBLEMS WHEN FLYING**

With thrombosis... take your dose before all flights  
**Collinsonia Root:** 2 capsules with a large glass of water  
If needed, take 1–2 capsules during the flight with a large glass of water

With muscle cramps... take before or during all flights  
**Calcium Lactate:** 6–12  
**Cataplex F:** 3–6 (unless allergic to iodine)

With restless legs... take your dose before boarding, and add another dose if needed during flight  
**Calcium Lactate:** 3–6 taken 2x daily  
**Cataplex F:** 2–3 taken 2x daily (unless allergic to iodine)

**HEART FAILURE, HEART ATTACK,  
AND PNEUMONIA: HOSPITAL  
READMISSION AND DEATH**

Among people 65 years old or more, the risk of readmission to the hospital and/or death within one year after hospitalization for heart failure, heart attack, or pneumonia is *extremely high*. Within one year of discharge, hospital readmissions occurred 67% of the time for *heart failure*, 50% of the time for *heart attack*, and 36% for *pneumonia*. Readmissions to the hospital is something everyone wants to avoid given the dangers and risks found in even the best hospitals. And in the same age group, within one year, fully 36% of those hospitalized with

heart failure died, 25% of heart attack patients died, and a whopping 31% of pneumonia patients died. Both sets of numbers are unacceptable and can be dramatically improved by using simple *Health Alert* recommendations.

***Heart Failure: 67% will be readmitted and 36% will die within one year.***

Most heart failure is caused by *nutritional deficiencies*. How do I know this? Over the past 35 years I have helped more than 30,000 heart failure patients lift themselves out of this mess and restore their heart. Just go to my website, and click on testimonials to read dozens of their stories. Consequently, every patient diagnosed with heart failure should immediately begin a regimen of *cardiotonic nutrients* to nurture their heart. The same nutrients I've used and that have been proven effective for more than 30,000 heart failure sufferers.

These nutrients would include *vitamin B4*, the secret and almost unknown heart nutrient. See the article "Congestive Heart Failure" earlier in this Section to learn about cardiotonic nutrients and B4. The simplest protocol that should be started immediately—preferably before any diagnosis of heart failure—contains the following nutritional complexes (which include B4): *Cardio-Plus* (2–4 taken 3x daily), *Cataplex B* (2–3 taken 3x daily), *Cataplex F* (unless you are allergic to iodine, 2–3 taken 3x daily), and *Min-Tran* (2–3 taken 3x daily). All products are from Standard Process. If you use this protocol, you will amaze yourself and your doctor. And you can beat the readmission and death statistics.

***Myocardial Infarction (MI or Heart Attack): 50% will be readmitted and 25% will die within one year!***

If you have had a heart attack, you should immediately begin a slightly different regimen of cardiotonic nutrients that nurture your heart and coronary circulation. See the article "Congestive Heart Failure" earlier in this Section to learn more about this protocol. It consists of *Cardio-Plus* (2–3 taken 3x daily), *Cataplex B* (2 taken 3x daily), *Cataplex E2* (2 taken 3x daily), and *Cyruta-Plus* (3 taken 3x daily). You should use this protocol for at least six months. Thereafter you can cut the dose by a third and continue for two years. At that time you can reevaluate, but stay on a reduced or modified form of

this protocol for life. If you use this protocol you will amaze yourself and your doctor. And you can beat the readmission and death statistics.

***Pneumonia: 36% will be readmitted and 31% will die within one year!***

Pneumonia is a special situation all in itself. Fully 31% of all people over age 65 hospitalized for pneumonia will die within 12 months! That is astonishing and should not be. Why? Because we do not employ the necessary protocols to treat people for the underlying causes of pneumonia and resultant death. Pneumonia often gets its start in older folks thanks to a weak heart that cannot adequately pump blood through the lungs. This allows for a better environment for bacteria—a breeding ground for pneumonia.

Consequently, all treatments aimed only at the bug with no treatment to strengthen the heart will fail. For this reason, if you are over 65 and come down with pneumonia, you will need to strengthen your heart using the protocol for Heart Failure in this article. In addition, once this is started, and if you are prone to chronic pneumonia, you need to strengthen your immune system. You can do this by taking *Immuplex* by Standard Process (6 daily). This will help your immune system get stronger to fight infection.

We now know the bug that causes pneumonia—*streptococcus pneumonia*—not only attacks your lungs, but can also invade your heart and actually poke infected holes into your heart muscle.<sup>1</sup> So you will additionally need to attack the bug where it lives—in your lungs. At the first sign of any infection, cough, or pneumonia, and especially if you are a senior, you need to begin treatment *as early as possible with antimicrobials*. In these cases *Respiratory Relief* is the product of choice. It is a specialized antimicrobial colloidal silver product that is safe and effective with a proven kill ratio over bacteria, viruses, and even fungi. It is inhaled (breathed in) via a *nebulizer*—a handy appliance that turns Respiratory Relief liquid into a breathable mist. Respiratory Relief will be delivered directly onto the streptococcus pneumoniae bacteria and/or others where they are first attacking—in your bronchials and lungs.

So if you are prone to pneumonia, don't become a statistic. Instead use the three-pronged approach. 1) Strengthen your heart. 2) Strengthen your immune

system. And 3) kill bugs where they live by using antimicrobials. This approach can spell the difference between life and death for you. And if you use it, you can beat the pneumonia readmission and death statistics.

Plus we have made it even easier. You can purchase Respiratory Relief and a small, handy, efficient nebulizer from the *Health Alert* store at steep discounts. Just go online to , or call one of my Subscriber Support Specialists at 1-800-231-8063, M–F, 7–5 PST. For more on pneumonia, streptococcus pneumoniae, and your heart, see my article, “Pneumonia Can Destroy Your Heart,” *Health Alert*, Vol. 32, No. 2.

Death within 12 months for 36% of seniors hospitalized for heart failure? 25% for heart attack? And 31% for pneumonia? This is an abomination! I do not want this to be you. I've laid out scientific, pragmatic, holistic therapies for you to bust the statistics. The rest is up to you.

**NOTES**

1 A.O. Brown, et al., “Streptococcus pneumoniae translocates into the myocardium and forms unique microlesions that disrupt cardiac functions,” *PLOS Pathogens*, doi:10.1371/journal.ppat.1004383, 2014.

**PROTOCOL FOR PEOPLE WITH HEART FAILURE**

**Cardio-Plus:** 2–4 taken 3x daily

**Cataplex B:** 2–3 taken 3x daily

**Cataplex F:** 2–3 taken 3x daily (unless allergic to iodine)

**Min-Tran:** 2–3 taken 3x daily

**PROTOCOL FOR PEOPLE WITH MYOCARDIAL INFARCTION (MI) OR HEART ATTACK**

**Cardio-Plus:** 2–3 taken 3x daily

**Cataplex B:** 2 taken 3x daily

**Cataplex E2:** 2 taken 3x daily

**Cyruta-Plus:** 3 taken 3x daily

**PROTOCOL FOR PEOPLE WITH PNEUMONIA**

**Immuplex:** 6 daily, to strengthen your immune system

**Heart Failure Protocol:** to strengthen your heart see the article “Congestive Heart Failure” earlier in this Section

**Respiratory Relief:** antimicrobial colloidal silver

**Nebulizer:** to deliver Respiratory Relief

**FOR PEOPLE WITH DIABETES,  
HEART DISEASE, HIGH  
CHOLESTEROL AND OBESITY**

I do not like to take care of my friends medically. But when they are headed toward health disaster, I simply cannot just sit by. I learned this the hard way through my friend Jim Foster, who was like a father to me. When he began to have heart troubles, I gently

offered my help. He turned me down for a renowned cardiologist in a world-famous heart clinic.

As Jim got into more and more trouble, I offered again and again, telling him that he was in danger. But it wasn't enough, as Jim was finally turned into a drooling invalid, and eventually poisoned and cut to death by drugs and surgery. This was a hard lesson for me. I now know that I needed to grab Jim by the collar and tell him he would be killed if he didn't listen to me. But I wasn't strong enough, the rest is history, and I learned my lesson.

So when one of my physician friends (Dave) had a heart attack, I knew what I had to do. During Dave's hospitalization, he learned that he was becoming obese; that his blood pressure, cholesterol and triglycerides were through the roof; that he was diabetic; and that he was at extreme risk for another heart attack and/or stroke. His (and my) medical friends rallied to his side, and he came home on six prescriptions for blood pressure, cholesterol, diabetes, and potential stroke.

Aside from Dave's immediate health problems, he was faced with the reality that at the age of 65, these drugs were a dead-end that could not be maintained without a terrific toll on his quality of life. In addition, the very things that he needed to do to reverse his diseases—diet, exercise, and phytonutrients or phytochemicals—were foreign to him and completely against his nature.

Nonetheless, my course of action was clear—all I had to do was think about Jim Foster. So we had a heart-to-heart. I thought Dave would reject my protocol out-of-hand. But instead, much to my surprise and joy, and unlike Jim Foster, he embraced it. And this is no easy task for a man who has never exercised, whose roots are in organized medicine, and who likes to eat unhealthy foods and drink alcohol.

### ***Dave Begins to Cure Himself***

So Dave began to cut out the carbohydrates and alcohol. This was the first step. He ate healthy protein and complex carbohydrates—shunning processed foods and sweets. He cut back drastically on alcohol. And then he started his second step to beat diabetes, which would lead to resolving all his other problems. He began intensive weight training (weight lifting).

Only when muscles are taxed with resistance (like with weight lifting), can sugar be removed from the bloodstream without insulin. Once this starts, the blood glucose level begins to lower. As this happens,

the pancreas produces less insulin, decreasing high blood insulin levels. This all takes place with a low carbohydrate diet, exercise, and in the presence of the correct nutrients.

Finally, Dave started his third step toward regaining his health. He started a phytonutrient or phytochemical regimen. People with diabetes and heart disease suffer primarily from deficiencies and imbalances of B vitamins (including vitamin B4), minerals, and omega-3 fatty acids. Dave began to take the following supplements from Standard Process: ***Diaplex*** (3 taken 3x daily with meals), ***Cataplex GTF*** (2 taken 3x daily with meals), ***Min-Tran*** (3 taken 3x daily with meals), ***Cardio-Plus*** (3 taken 3x daily with meals), and ***Cataplex B*** (2 taken 3x daily with meals). In addition, he took ***Blue Ice Fermented Cod Liver Oil*** (3 daily). Much to my amazement, and with encouragement but no "enforcement" on my part, he followed this regimen while consuming a low carbohydrate diet and maintaining a strict weight-training schedule. He was basically reinventing his entire persona.

### ***The Right Supplements***

The cure for people with diabetes, heart disease, high blood pressure and high blood fats (cholesterol, triglycerides, etc.) is a combination regimen. Any part of the program without the others will only result in partial success—frequently with the need for ongoing and debilitating prescription drugs. But when the entire program is in force, all drugs can usually be weaned and eliminated with the help of the prescribing doctor. And this is exactly what happened with my friend—and in less than 90 days!

The ***Diaplex*** I prescribed is critical in supporting the healthy function of the pancreas. Among dozens of other nutrients, it contains pancreatic extract combined with B vitamins and trace minerals. A healthy pancreas along with vitamins and trace minerals are needed to normalize insulin levels.

***Cataplex GTF*** contains B vitamins and trace minerals, including the biologically active form of chromium. B vitamins and chromium combine to make up what is known as the glucose tolerance factor (GTF), which is essential to maintain normal glucose (sugar) levels in the blood. Without these nutrients, no amount of exercise or low-carb dieting would normalize high-glucose levels.

***Cataplex B*** contains the full, biologically active, phytonutrient or phytochemical B vitamins, including

B4, which cannot be synthesized. These are necessary to help normalize blood fats, maintain a strong and steady heart muscle and heartbeat, and support proper sugar metabolism in the body.

**Cardio-Plus** is a combination of five products in one. It contains:

- **Cardiotrophin** (heart extract);
- **Cataplex C** (the whole vitamin C complex—not just ascorbic acid);
- **Cataplex E2** (the oxygen-sparing portion of the vitamin E complex);
- **Cataplex G** (the calming side of the vitamin B complex—the natural partner to Cataplex B);
- **Calcium Lactate** (the most usable form of calcium).

In addition, Cardio-Plus contains an entire spectrum of other nutrients, including selenium, potassium, CoQ10, and more.

**Min-Tran** is a naturally calming mineral complex containing Calcium Lactate and other minerals (including iodine, magnesium, and more) from kelp and alfalfa. It is known that minerals from food are far more active than mineral supplements. In fact, in a study reported in the *Journal of Clinical Nutrition* (May 2007), it was again proven that calcium from food is best. Women who got their calcium from food enjoyed better calcium metabolism and bone development than women who consumed even higher levels of calcium from supplements.

**Turmeric Forte** is *activated curcumin from turmeric root*. In medical studies 100% of subjects with *prediabetes did not progress to type 2 diabetes* when taking activated curcumin. Combined with weight bearing exercise and a low carbohydrate Mediterranean diet, these products make up the most effective type 2 diabetes protocol available. And now you can *combine this with intermittent fasting to truly supercharge your protocol*.

All the nutrients prescribed for Dave and our patients are made from food (phytonutrients or phytochemicals). And there simply are no substitutes. Dave had taken an entire array of “natural” vitamins and minerals for several years prior to his heart attack, subsequent type 2 diabetes, and blood fat abnormalities. Thankfully, he is now living proof that getting the right phytonutrients or phytochemicals will make a difference.

### ***The Wheat, Gluten and Slow Burn Connection***

Being a physician, Dave is inquisitive. And he

closely monitors his blood sugar. He has told me that I was absolutely correct in recommending no wheat or gluten, along with heavy weight lifting. His sugar rises most precipitously and stays high longer when he eats wheat or gluten. And his sugar drops quickly and stays normal longer after his intense weight lifting.

I recommended that Dave lift weights following the “slow burn” technique. This is lifting weights very slowly, only four to six repetitions per exercise, and only once every five to seven days. Sound good—lifting weights only once or twice weekly, instead of the usual four to six times? You bet. Studies show that when you exercise in this manner, the positive effects last in your body for the next five to seven days! And Dave has proved that over and over again with the simple use of a blood glucose monitor.

For anyone with diabetes, heart disease, high blood pressure, and/or blood fats problems, I always recommend a gluten-free diet and slow burn weight lifting. You can learn all you need to know about wheat, gluten, and being overweight by getting the book, *Low-Fat Lies* by Mary Flynn. And you can learn all about the benefits and technique of slow burn weight lifting by getting the book, *The Slow Burn Fitness Revolution*, by Frederick Hahn, Michael Eades, MD, and Mary Eades, MD.

And slow burn is not just for younger folks. If you start this technique, it can be your personal fountain of youth. I have patients in their 90s who lift weights in this manner. Older folks routinely become stronger, more stable, more secure, more positive, and more independent after three months on this regime. Sound like the fountain of youth to you?

### ***The Obesity Connection***

For most Americans, it is all about insulin. Both the *Journal of the American Medical Association* (May 16, 2007) and *Time Magazine* (June 11, 2007) agree. If you consume lots of wheat, grains, and processed foods (which all contain gluten), your pancreas secretes higher than normal amounts of insulin. Insulin is irritating to your blood vessel linings and can lead to coronary artery disease and atherosclerosis.

But more important, high insulin levels mean that you will have more degenerative diseases like arthritis, heart disease, coronary artery disease, and obesity. And it is not your genes that make you

secrete high levels of insulin. It is simply your diet—processed foods, grains, and sugar, as well as lack of exercise. These things make your muscle (and other) cells less receptive to insulin. So they won't let the sugar in with the usual amount of insulin circulating in your blood. Therefore your blood sugar rises, and your body secretes more insulin. Genes are not the cause of obesity, insulin is. When you have high insulin levels, you have a much harder time losing weight. And when you do not exercise, your insulin levels rise.

Once insulin levels begin to rise, the body starts to inhibit the fat-burning hormone called hormone-sensitive lipase. Without this hormone you cannot burn fat for energy. You will begin using protein (lean muscle mass) and carbohydrates for energy. This causes you to become abnormally hungry, which causes you to eat more carbohydrates—continuing the cycle.

But when you remove the processed foods and gluten, and you start exercising, your insulin level drops. When this happens, your hormone-sensitive lipase levels normalize. You then start to once again burn fat for energy. The net result is weight loss and getting a handle on degenerative diseases. It is not rocket science.

### **DDD: The Deadly Diabetes Duo**

The deadly diabetes duo is *wheat* and *lack of exercise*. Despite all the “science” in medical therapy for type 2 diabetes, it still remains a *man-made disease*. And as sure as it is man-made, it can be “man-cured.” This disease is caused by eating processed foods loaded with wheat, sugar, and corn syrup, all the while staying on the couch and avoiding exercise. It is as simple as that.

For those of you who do not believe this, all you need is an accurate glucose monitor for diabetes testing. Within 30 days of following the instructions in this article, you will have proven it to yourself. ***To eliminate blood sugar problems, all you need to do is eat only real foods with lots of protein, avoid wheat and sugar, exercise, and take the correct supplements.*** That's it!

### **Skeptical? Test It!**

Think wheat and lack of exercise are not the deadly duo? Take this test. If you are diabetic, you probably already know your average blood sugar fluctuations. Now stop all wheat and any food with

wheat in it. (Be sure to read ingredient labels—you will be surprised.) At the same time, join a gym and start exercising your muscles—hard. The best way I have found is “slow burn” weight lifting.

After one month on this regimen, compare your blood sugar readings with previous readings. If you have not cheated, you will be absolutely amazed. And you can take it a couple steps farther. Have a blood test after a month on this treatment plan and compare your blood glucose readings, your triglycerides, and even your HDL/LDL ratio to those from past months.

If you're still not convinced, monitor your blood sugar after specific meals. See how high your blood sugar spikes after a big pasta or other wheat-laden meal—and note how long it takes to normalize again. You will find that ***nothing pushes up blood sugar like wheat.*** And ***nothing keeps that sugar-high longer than wheat.***

If you still need more evidence, watch your blood sugar drop within hours after one of your strong, “slow burn” exercise sessions—and how long it stays down following exercise. Nothing (even drugs) has a more powerful and longer-lasting glucose-moderating effect than strong, muscular, weight-bearing exercise (weight lifting).

### **Wheat and Diabetes**

A “healthy” meal of “whole-grain” cereal is not the breakfast of champions. It is the breakfast of diabetics. If you insist on eating wheat all the time, you will eventually (if not already) be relegated to a lifetime of diabetic drugs with all their problems and life-threatening side effects. Just stop eating wheat altogether. If you would like a book recommendation to help you design a healthy diet, get a copy of *Low-Fat Lies* by Mary Flynn, or pick up the classic *Protein Power*, by Eades and Eades. It is available in bookstores and online.

### **Exercise and Diabetes**

Remember, muscular exercise is the only time the body takes sugar out of the blood and into the muscles ***without insulin***. That defines the cure for type 2 diabetes. You can test your own blood sugar for the proof. I am aware that most people really don't like to exercise. That is one of the reasons why “slow burn” exercising is the best.

### **How to Be Drug-Free in 90 Days**

Quite frankly, without exercise and the elimination of, or dramatic reduction in, wheat intake,

you simply will never overcome diabetes. And conversely, with these two factors and the right supplements, you can be drug-free within 90 days. Supplements are also needed to overcome longtime nutritional deficiencies brought about by a diabetes-causing diet.

The products you need are produced by Standard Process. If you need final proof, combine this new diet, new exercise program, and new supplement protocol, and then take regular blood sugar readings. After one to three months start to compare them to past readings. If you are diabetic, take the final step and take these readings to your doctor. Let him or her know that you have cured your diabetes naturally—and you wish to wean off diabetes drugs. Now that's a formula for success.

### **Conclusion**

There could not have been a worse patient than Dave. He was very overweight and had never exercised in his life. He loved his wines. He was trained in classical medicine. All his friends wanted to help him with prescription drugs for life. In fact, his two best friends were a cardiologist and an internist. But he actually came to me! And more shocking—he followed through on my recommendations.

His rewards were a 60-point drop to normal blood pressure. His blood glucose dropped over 200 points to normal. His triglycerides dropped over 300 points to normal. He lost 40 pounds of fat. And he is now stronger than he was 25 years ago. **All without drugs or surgery.** Can diabetes, heart disease, high blood pressure, obesity, and abnormal blood fats be reversed? You bet.

#### **PROTOCOL FOR PEOPLE WITH DIABETES AND HEART DISEASE**

**Diaplex:** 9 daily (3 per meal)  
**Cataplex GTF:** 6 daily (2 per meal)  
**Min-Tran:** 9 daily (3 per meal)  
**Cardio-Plus:** 9 daily (3 per meal)  
**Cataplex B:** 6 daily (2 per meal)  
**Blue Ice Fermented Cod Liver Oil:** 3 daily (1 per meal)  
**Turmeric Forte:** 3-4 daily with food that contains some fat

### **THE MEDITERRANEAN DIET FOR HEART HEALTH AND WEIGHT CONTROL**

You've all heard the story. A heart patient with

clogged arteries has bypass surgery, is put on several powerful drugs, is instructed to take lots of synthetic vitamin E, CoQ10, niacin, etc., starts an intensive cardiac rehabilitative exercise program, and begins a new life on his extreme low-fat diet, a la Dean Ornish or Nathan Pritiken. He sacrifices every day (every meal), but sticks with it. After all, his life depends on it.

After a year on the program, he is experiencing chest pains and is depressed, but he has lost weight and looks fair. As chest pains get worse, he undergoes another heart catheterization and is aghast at the results. His arteries are now plugged **worse**. In a nutshell, these failures are a result of several factors. One may be the array of cardiac drugs which turn patients into cardiac invalids. Another may be the synthetic nutrients which often do no good at all. A third may be his depressed state of mind brought on by his extreme diet. Or his deterioration may be due to a diet that can be disastrous in his particular case.

The opposite of this result is told to me by one of my readers. He contacted me because he had a bad liver with grossly elevated liver enzymes (four to five times normal as shown on blood tests). He had early diabetes with blood glucose levels around 180. His blood pressure was high at around 175/100, and he weighed 294 pounds. Instead of the usual medical routine, we opted for a natural protocol. Instead of synthetic nutrients, he started on a program of whole-food supplements (like the ones we discuss in *Health Alert*). Instead of the cardiac rehab exercises (which are not all bad), our patient began a routine of fast walking, deep breathing, and "Slow Burn" weight lifting. And most important, instead of the radical low-fat diet, he started a diet that was correct for his metabolism—the Mediterranean/Blood Type Diet.

Like thousands of my other patients and readers, his results were radically different from the average heart patient. As reported to me after six months, his liver enzymes were normal. His blood sugar was normal. His blood pressure was 132/70. He had lost over 60 pounds, and more than 5% of his body fat was now gone. Critical to these kinds of results was the **foods this person consumed**. And when it comes to the **right way to eat**, there is no one way that is correct for everyone. That is why so many heart patients, given the universal low-fat diet, get worse. So, how should you eat?

## ***The Mediterranean—Blood Type Diet***

Did you know there are two things that will give better results in preventing heart attacks than all the new heart and cholesterol-lowering drugs combined? Increase your intake of pure water and eat a ***Mediterranean Diet***. This combination alone—with no other changes—will reduce your odds of getting a heart attack by more than 50%.<sup>1</sup> One of my great friends and I always have a good laugh about his Greek father's breakfast. His Dad would have a bowl of coffee, some crusty, fresh-baked bread with olive oil, a dish of raw yogurt, and a small handful of olives. Jim's Dad lived a full, hearty life to old age and ate a Mediterranean diet, which is simply ***the healthiest diet in the world***. And that brings us to the crux of this article—exactly what should you eat?

What you want to eat is real food. How about a salad with hearts of romaine, arugula, garden-fresh tomatoes, peppers, red cabbage, spinach, olives, sweet red onions, and feta cheese, tossed with a dressing of extra-virgin, first-pressed olive oil, balsamic vinegar, a touch of Celtic Sea Salt and crushed pepper? How about other foods like grilled fish, pasta puttanesca, bean soup, grilled vegetables, lean red meat, farm-fresh eggs, a sweet peach, sun-dried tomatoes and olive oil with crushed pepper on pasta sprinkled with a little fresh Parmesan?

Compare this to the bizarre Dean Ornish night-on-the-town dinner. The salad consists of Caesar salad without the croutons, dressing, or Parmesan cheese (a handful of Romaine lettuce leaves). For the main course, you eat steamed vegetables with a scoop of plain white rice. There is no oil, coffee, or dessert. And the beverage is water. This dinner is low-fat. It is supposed to be heart-healthy. Unfortunately, most of the critical nutrients (like carotenoids) will not be absorbed, since fat is needed for these nutrients to get into the bloodstream. And far more important is the question, how long can you eat like this before becoming depressed, tired, and ready to quit? Why not try instead the Mediterranean style of eating—a real diet made up of the foods of life. This is fare you can live with and one that will make you well.

### ***How to Eat Right***

When considering any diet, you must realize that not everyone is created equal. Some people are fast metabolizers and others are slow. Therein lies some of the rub with other diets, including The Zone, Atkins, Pritiken, Ornish, Sugar Busters,

and more. Yet it is rather easy to incorporate your own metabolic individuality into a healthful Mediterranean diet—use the basic tenets of eating for your blood type as a guide for choosing foods within a Mediterranean style of eating.

The basics of the ***Blood Type Diet*** are that people have different metabolic needs which relate to, among other things, their blood type. By now, I have lots and lots of proof that this is indeed true. While the Blood Type Diet does not help everyone, combining its main concepts with the Mediterranean diet is helpful to just about everyone. You will feel better, get healthier, lose weight if needed, and get stronger.

For details on the blood type diet, purchase the book ***Eat Right for Your Type*** from your local bookstore. However, the following basics are all you really need to know:

**Blood Type O.** You are more of a ***carnivore*** by nature. You need to consume high protein foods like meat and fish. Fruits and vegetables are also very good for you. You need to limit your intake of grains, beans and legumes. If you are overweight, avoid wheat, corn, beans, lentils, cabbage, Brussels sprouts, and cauliflower. Seafood, liver, red meat, Celtic sea salt, kale, broccoli, and spinach are beneficial foods for you.

**Blood Type A.** You are more of a natural ***vegetarian***. In your case, vegetables, grains, beans, legumes, and fruits are good. Some seafood and tofu are also beneficial. If you are overweight, you need to avoid meat, dairy, kidney beans, wheat, and lima beans (who likes lima beans anyway!).

**Blood Type B.** You are a balanced ***omnivore***. This means you can metabolize all kinds of foods. Meat, dairy, grains, beans, legumes, fruits, and vegetables are all good for you. Chicken may not be good for you. If you have a weight problem, avoid corn, wheat, lentils, peanuts, sesame seeds, and buckwheat.

**Blood Type AB.** You are an ***omnivore in moderation***. You can eat most foods, but just not as freely as a Type O person. For you, meat, seafood, dairy, tofu, fruits, vegetables, grains, beans, and legumes can all be consumed beneficially. If you have a weight problem, avoid red meat, kidney and lima beans, seeds, corn, and buckwheat.

These are the general guidelines for an individualized style of eating. To use these tenets, you will obviously need to know your blood type. Get

this information from your doctor or donate a pint of blood and ask the blood bank for your type. Once you know your type, experiment for one to three months with the general types of foods you should eat, prepared in a Mediterranean style. And the first thing you need to know about Mediterranean eating is that *it is not low-fat*.

### **The Low-Fat Myth**

As described in the case history at the beginning of this article, Americans—with the support of well-meaning but ill-informed physicians and nutrition advisors—are on a low-fat craze. As it continues, Americans become sicker and sicker. Low-fat diets are combining with other factors to produce a syndrome that is rapidly becoming epidemic in America. It includes obesity, abnormal liver function with high cholesterol and triglyceride levels, elevated levels of insulin, a predisposition to blood clotting, hormonal imbalances, and a tendency of all these factors to combine—slowly but surely—to choke off the blood vessels that feed the heart. What is the most common health problem Americans suffer from, despite decades of low-fat diets and foods? The answer is clogged arteries and heart disease. The solution to these kinds of problems is not a low-fat diet—which has become a cruel hoax in medical circles. Here's why:

- 1) The medical media has infused in us that low fat is best. Fully 81% of school children now think that the most healthy diet is one that eliminates *all fat*—a death-sentence diet.
- 2) The typical low-fat fare—filled with all kinds of new high-tech low-fat ice cream, yogurt, chips, cheese, pretzels, and cookies—causes people to get fatter. As weight increases, good cholesterol levels drop, triglyceride levels rise, and insulin levels increase. This process continues unchecked and is the exact prescription for thickening blood vessels, choking off blood flow to the heart, feeling weak, turning purple, collapsing, and having your heart stop for good!
- 3) Studies prove that eating low-fat causes the body to make more fat at a dramatically increased rate which is then stored more easily. So eating low-fat will cause more fat. And unlike the clinical studies proving this fact, there is *no proof at all* that eating higher-fat diets causes obesity.
- 4) Oxidation of fats can cause cancer. Yet despite public opinion, *saturated fats* like meat and dairy

do not oxidize easily. Fully 41% of all physicians polled were under the mistaken belief that saturated fats were the oxidation culprits in cancer. In fact, the newfangled fake fats and low-fat concoctions are the real culprits.

5) Along with an omega-3 fatty acid supplement—like a daily tablespoon of raw flax oil or *Blue Ice Fermented Cod Liver Oil* (2–6 daily)—for two to three years, consumption of *monounsaturated fat* must also be part of the diet. That's why I always recommend *extra-virgin, first-pressed olive oil* for salad dressings, food preparation and cooking. If oxidation of fats is like *rusting* in your body, olive oil is rustoleum.

6) All the low-fat, zero-cholesterol concoctions are unhealthy products and are a disaster for your heart and health. The olive-oil rich Mediterranean diet has the healthiest balance of omega fats, and it contains no trans fats at all.

7) Low-fat diets are dramatically low in fat-soluble vitamins A, D, E, F, and K—the very nutrients you need to maintain a healthy heart and circulatory system. But more perversely, low-fat diets lack the fat necessary for your body to absorb many of the nutrients from fruits and vegetables.

8) Almost no one can persist on a diet of 20% fat. Depression sets in, life becomes a bore, and the entire social being is distorted. The simpatico Mediterranean diet is a better diet, offers better health, is delicious, and is easy to stick with.

9) The Zone diet, Sugar Busters, Atkins, Ornish, Pritiken and the rest all have something to offer. But the research shows that it is simply a *reduction in calories* that makes them cause you to lose weight. While insulin is critical, the simplistic reasoning for the relationship between insulin and their diets is flawed. In fact, the Mediterranean diet is better than all of these. And it is best yet when consumed with an overlay of the Blood Type Diet.

10) An olive-oil Mediterranean diet as consumed in Crete and Spain is even healthier than a Japanese diet. Japanese people consuming a lower-fat diet had much more heart disease than did Cretans consuming higher fat and a Mediterranean fare. While the Japanese diet has benefits over the average American diet, it is definitely not the best. In fact, the Japanese suffer from large numbers of strokes (probably due to the low fat intake and low cholesterol levels) and high rates of cancer.



11) Spain, the largest producer of olive oil, has the greatest life expectancy in the Western world.

12) The American food pyramid is a joke, politically influenced by the major food and meat manufacturers and processors—it is a formula for disaster. The Mediterranean food pyramid (shown later in this article) is the way you need to be eating.

13) Extreme low-fat diets of 20% fat—while disastrous to your health—are considered very healthy by most American physicians.

14) Ninety-six percent of polled physicians did not know that such a low-fat diet would *raise triglycerides* to a dangerous level.

15) Eighty-two percent of polled physicians had no idea that low-fat diets *lower HDL* (the good fat) levels in the body.

### ***The Healthiest Diet in the World***

In the final analysis, the healthiest diet in the world is the Mediterranean diet. This is the diet I have always espoused to my patients and family. What proof is there that this is true, other than my word for it? Well, people on this diet, especially heart-attack patients, have less heart attacks and heart disease problems.<sup>2</sup>

In fact, scientists tracking the health benefits of this diet concluded the study early so that all participants could be told they should be on the Mediterranean diet. After four years, those on the diet had *two thirds less* heart attacks and a third less hospitalizations for heart problems. Remarkably, the cholesterol levels were about the same among those on the diet and those not—proving again cholesterol has little to nothing to do with heart attacks.

After taking everything (gender, age, alcohol, lifestyle, etc., etc.) into account, it was proven beyond a doubt that the Mediterranean diet was the most heart-healthy. The coauthor of the study sums it up by saying, “Our trial confirms what we have known for many years—coronary heart disease *is essentially a nutritional disease.*”

A question begs to be answered—since cholesterol played no role in heart disease and the study proved that heart disease is a nutritional disease—why aren’t physicians prescribing the Mediterranean diet instead of trainloads of drugs?

A medical expert, after reviewing the remarkable results of the study, concluded, “I’m all for using diet [to control cholesterol and to limit heart attack risk], but people like these should be taking cholesterol-

lowering drugs. We don’t want people thinking they can get by with diet alone[!]” And there you have it—science proves heart disease to be a nutritional disease, but the medical experts don’t want people thinking they can exist without drugs. Or, as the medical mantra goes—drugs for everything and nothing but drugs for anything!

For those of you who are wary of taking toxic drugs for life and want to take control of your heart disease, the right diet is absolutely essential. The Mediterranean diet is the one for you. And one way to make this diet even better is to also take into account your metabolic individuality. And that is easy.

The Mediterranean diet is steeped in fruits, vegetables, beans, nuts, olive oil, and more. When you get started, simply check the Blood Type foods which are not the best for you and remove these from the Mediterranean diet. If you are testing wheat and dairy, simply do not consume them and instead substitute bulgur, other grains, etc. The mainstay of your diet will remain the same. And trust me, when you start consuming real, whole foods like these, you will get healthier over the next year and then for the rest of your life.

### ***Get the Real Facts***

You may be wondering who is right and who is wrong when you are told one thing by your cardiologist and something different by me.

Well, the good news is that not everyone else is wrong. But all those who *only* promote the low-fat diet for heart disease are wrong. Now you can research the facts for yourself—and I enthusiastically encourage you to do this.

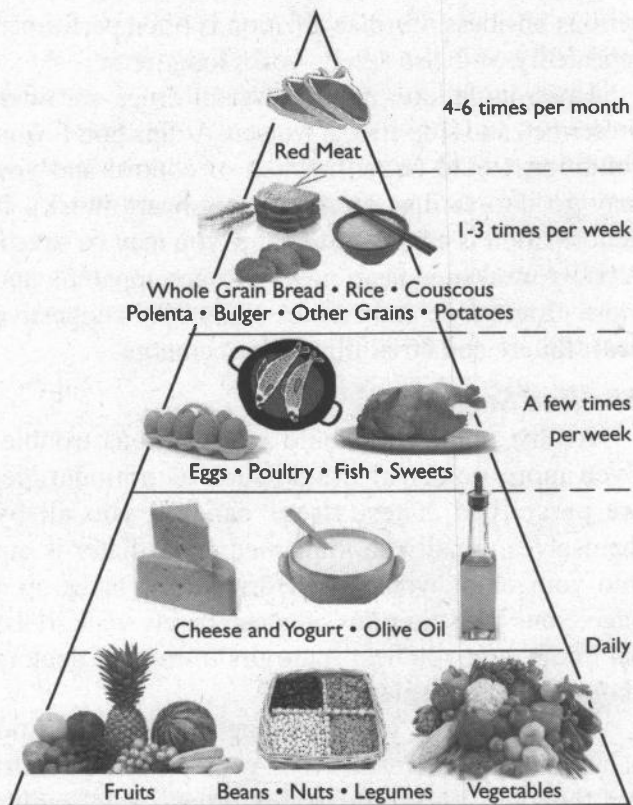
Do you want to find out why low-fat diets fail? How low-fat diets are dangerous? The secrets about the Atkins, Zone, Ornish, Sugar Busters, and Pritiken diets? What to ask your doctor about blood fats? How to eat the healthiest diet in the world? Then please get a copy of *Low-Fat Lies*. This book spells it out and is right up my alley. It will prove to you once and for all that what I’ve been saying about low-fat diets is true. But best of all, it will show you clearly (including lots of recipes) how to start eating the healthiest diet in the world—the Mediterranean diet.

I’ve only recommended a few books to you over the years. And I’ve never recommended one more strongly than *Low-Fat Lies*. This is truly a great book. It will help you finally answer your questions. It will

help you to lose weight, be happy, and be healthy. If you have diabetes or blood sugar problems, be sure to get a copy of *The GI Mediterranean Diet* by Lindberg. It will show you how to eat to resolve blood sugar problems. Both books are available at [www.healthalert.com](http://www.healthalert.com), or call us at 1-800-231-8063 (M-F, 7-5 PST). Either of these books will be one of the greatest steps you have ever taken in your quest for great, vibrant health.

Other great books I highly recommend you read:

- *Good Calories, Bad Calories*, by Gary Taubes, published by Anchor.
- *Protein Power*, by Michael R. Eades, MD, and Mary Dan Eades, MD., published by Bantam.
- *Syndrome X: The Silent Killer*, by Gerald Reaven, MD., published by Simon and Schuster.



### MEDITERRANEAN FOOD PYRAMID

When you read *Low-Fat Lies*, be sure to use *my* food pyramid. It takes into account that many, many people have terrible problems caused by wheat and grains.

This Mediterranean food pyramid was developed by the Oldways Preservation and Exchange Trust. It is unrelated to the food pyramid developed by the USDA, which is taught to all Americans (especially children). **This** is the pyramid that should be hanging

in all doctors' offices.

#### NOTES

1-2 Family Practice News, October, 1998:1-2.

## VARICOSE VEINS AND HEMORRHOIDS

The best symptom relief for hemorrhoids is **arrowroot**. The best treatment for hemorrhoids and varicose veins (hemorrhoids are varicose veins) comes from the root of the **stone plant**, commonly known as the **collinsonia root**. This is even more effective than horse chestnut preparations.

This is a centuries-old remedy used by American Indians. It is the ground up root of the stone or collinsonia plant. The active ingredient in this herbal root is magnesium phosphate, which is a vascular astringent. That means that it helps maintain the proper tone in the muscles of blood vessels. Lack of tone allows vessels and veins to become enlarged and distended.

This stone-hard root is ground into a fine powder and encapsulated, using no heat or chemicals. It can routinely provide dramatic relief for people with vein problems, varicose veins, and hemorrhoids. You just take **Collinsonia Root** (3 taken 2x3 times daily with a large glass of water). If you have hemorrhoids, use arrowroot for symptom relief while taking Collinsonia. Just dab some powder on a few times daily.

Most people with varicose veins and/or hemorrhoids also have a congested liver. If your vein problems are severe, you should consider adding **A-F Betafood** (3 taken 2x daily) and **Cyruta-Plus** (2 taken 2x daily) to both help you clear up liver congestion while strengthening your blood vessels. If you have varicose veins and/or hemorrhoids with a congested liver **and gallbladder problems**, you certainly need A-F Betafood, and you should consider a **Liver/Gallbladder Cleanse** (see "Indigestion and Total Gut Health" in Section 3: Digestion and Gut Health for the specific protocol).

Today medical treatment for varicose veins and hemorrhoids is far superior to earlier medical treatments. But any surgical treatment carries some degree of risk. It is always best to use the herbal protocol for 4-6 months first before undergoing surgery. And it only makes sense to treat the underlying cause, which is most often your liver, for serious cases of varicose veins and/or hemorrhoids,

with or without herbs or surgery.

**PROTOCOL FOR PEOPLE WITH VARICOSE VEINS  
AND HEMORRHOIDS**

**Collinsonia Root:** 3 taken 2–3x daily with a large glass of water

With a congested liver... add...

**A-F Betafood:** 3 taken 2x daily

**Cyruta-Plus:** 2 taken 2x daily

With a congested liver and gallbladder problems... add...

**Liver/Gallbladder Cleanse:** See article in Section 3.

**THE DOWNWARD SPIRAL  
FOR HEART PATIENTS**

For some folks, the first sign of heart disease is the last—a deadly heart attack. But for millions of others, heart disease is a downward spiral leading to invalidism and death. The entire process is often slow, but it can also happen quickly if you are not aware. The good news is that it can all be avoided. Here's the typical order of events in this common downward-health spiral. Do you fit in this picture?

The first sign is often high blood pressure or some “abnormal” finding—frequently discovered during a health screening. High cholesterol, high LDL cholesterol, a slight cardiac arrhythmia, or any combination of findings are usually the first stage of the downward-health spiral. Many of these conditions *have nothing to do with heart disease*, but do relate to prescription drug treatments.

***The Beginning***

The first treatment step usually begins with a prescription—most often for statin (cholesterol-lowering) or blood pressure drugs. These drugs are frequently accompanied by a useless low-fat diet. Since no one can stick with this diet, and since these drugs do not cure anything, the next step is more invasive testing like angiography.

Slight blockages or impaired circulation signal coronary artery disease (CAD). Rather than correct this common problem, angioplasty frequently follows. This is a generally useless treatment over the long haul, so it naturally leads to a more drastic procedure to treat the symptoms of CAD—a coronary bypass.

A bypass is always accompanied by powerful prescription drugs and, for reasons no one can predict or understand, the heart often acts abnormally after

this procedure. The drugs begin to take their toll—producing a long list of side effects, beginning with complete loss of sexual life, progressing to weakness, dizziness, fainting, cardiac arrhythmias, and somnolence (trance-like exhaustion and sleepiness), and eventually leading to total *cardiac invalidism*.

***A Serious Progression***

About now cardiac arrhythmias begin to develop. This generally leads to more drugs, and *cardioversion*, a shock treatment to restore the heart's normal rhythm. This treatment doesn't usually work for the long term, so its natural successor is *cardiac ablation*. Cardiac ablation burns the nerve endings in the heart in an effort to stop the abnormal heart rhythm—often caused by the prescription drugs employed earlier in the downward spiral. This is serious business. Cardiac ablation is often performed repeatedly, and also rarely works long term.

Upon its failure, more powerful drugs are often prescribed and side effects worsen. At this point, your condition would be getting out of control and you may go into cardiac arrest (have a heart attack). If defibrillation is employed in time, you may be saved. A badly weakened heart now becomes apparent, and more progressive and serious signs (like congestive heart failure and atrial fibrillation) emerge.

***The End Stages***

At this point you would be in serious trouble. Even more powerful drugs, such as amiodarone, are prescribed. These drugs can kill you all by themselves. Finally an implanted defibrillator is put into your chest, your list of drugs now takes up a page, your life is in ruins, you can barely walk to the bathroom, and you hear murmurs from your doctors about a heart transplant.

In most cases you continue on. Severe fluid balance problems result from your weakened heart and the long list of prescription drugs. Water builds up in your lungs, and you need constant visits to the hospital to breathe. Your heart is now waterlogged, flaccid, critically weak, twice its normal size, and hanging low in your chest.

Your life expectancy at this stage is less than 24 months. And without some drastic change in your treatment protocol, a sudden and deadly heart attack would be a blessing. But too many folks first suffer through a stroke and paralysis, leading to full-time nursing care and more drugs. This is just a painful

delay to the inevitable end.

### **Where Do You Fit In?**

Where are you in this common scenario? Where do you want to be? If you want out of this syndrome, **take heed**. When you start medical treatment you will not be told about this possible downward spiral. And certainly all patients do not end up this way. But a very high percentage of people do. And I do not want this for you.

At the very first sign (or even before) of heart problems, remember one thing that the world's most famous nutrition expert, Dr. Royal Lee, said more than 80 years ago: "The heart is the most responsive organ in the human body to proper nutritional care." That is a powerful statement indeed. When you are at the first stage, begin the only nutritional therapy that helps you **rebuild your heart health**.

### **Become Heart Healthy**

The treatment is **the clinical application of phytonutrients or phytochemicals, food concentrates, and extracts**. In other words, use the phytonutrient or phytochemical complexes that have been proven for over 80 years to help people actually **heal** their ailing hearts. Heal. What a concept! Believe it or not, this concept is unknown in the field of heart medicine. All the medical heart treatments discussed in the downward-health spiral, and in fact all medical treatments for heart disease, are **treatments of the symptoms**. And as statistics tell us, this does not work for the long haul, and is just too debilitating.

Start by reading this Section in its entirety. In it you will find your problems and specific nutritional protocols that start healing your heart. At the very least, employ the basics of heart nutrition—use the nutrients that actually power up your heart. They are produced by Standard Process—a company founded by the genius, Dr. Royal Lee, over 80 years ago.

The basics include **Cardio-Plus** (6–12 daily), **Cataplex B** (6–9 daily), **Cataplex F** (3–6 daily, unless you are allergic to iodine), **Calcium Lactate** (6–12 daily), **Organically Bound Minerals** (3–6 daily), and a tablespoon of **raw flax oil** or **Blue Ice Fermented Cod Liver Oil** (2–6 daily). Combine this type of protocol with a low-carbohydrate, Mediterranean-type diet (see the article "The Mediterranean Diet for Heart Health and Weight Control!" in Section 1: Heart and Circulation); exercise as soon as you are able; get a good source of pure water; and, as soon as you

begin to get better, begin a prescription-drug weaning program (with your physician's help). This is a formula for success. And better yet, it is a formula for an **upward cardiac spiral**.

#### HEALTHY HEART PROTOCOL

**Cardio-Plus:** 6–12 daily

**Cataplex B:** 6–9 daily

**Cataplex F:** 3–6 daily (unless allergic to iodine)

**Calcium Lactate:** 6–12 daily

**Organically Bound Minerals:** 3–6 daily

**Blue Ice Fermented Cod Liver Oil:** 2–6 daily

## JOINT PROBLEMS MISDIAGNOSED

When it comes to joint pains and problems, you need to be cautious with your doctor. All the x-rays, myelograms, scans, MRIs, and such often don't amount to a hill of beans when it comes to the real diagnosis of your problems. The minute most docs see loss of cartilage, arthritic spurs, spinal disk bulges, or "bone on bone," they are ready to leap to radical procedures like hip or knee replacement surgeries.

If you didn't need this surgery in the first place, it can be devastating. If you didn't need the surgery, *and* the surgery goes bad, it can ruin your life. The rule of thumb regarding joint pains and problems is that in almost all cases, the body can heal the problem within one to two years. That includes "bone on bone," all spinal disk problems, arthritis and osteoporosis, carpal tunnel syndrome, torticollis of the neck, chronic low back pain and sciatica, "dystonia" of the neck or back, costochondritis, spinal stenosis, weak or broken bones that will not heal, and most other joint problems.

Think this is not true because you just continue to suffer? Think this is not true because nobody could have a worse spine, hip, shoulder, or other joint than you? Think again. I used to take care of dozens of rodeo riders. Believe me, when it comes to "torn up joints," these guys have the market cornered. How about a shoulder that was dislocated 40 to 50 times? Or ripped apart hips, elbows and knees? These men had x-rays that made me shudder—with tons of arthritis spurs, globs of calcium deposits, and bones that seemingly had no cartilage at their ends.

Yet they were roping cows and riding broncs, amazingly with little or no pain! The message here is profound. Do not rush into a radical or even a "simple" surgery (there is no simple surgery). Instead exhaust all the possibilities at natural healing first. My files are stuffed with letters from people *whose lives have been ruined* by surgeons who performed joint surgeries that were not needed.

When one of these surgeries goes radically bad, joint problems often can become *permanent, irreversible*, and a source of 24-hour-per-day pain for the rest of your life. So forget all the high-tech tests and diagnostic procedures. The real truth is that most docs don't really know what is going on in a "bad" joint. You can get 12 different interpretations from 12 different "joint experts" for the same MRI.

Think this can't be true? Five surgeons may give you five different opinions of a knee MRI. All will probably recommend knee arthroscopy. Hundreds of thousands of these standard knee "procedures" have been performed over the past years. Some people have never been the same. In July of 2002, a study proved that these procedures were *medically useless* when compared with a sham placebo surgery—and that they should be halted. Nonetheless today docs are still going full-steam-ahead with these "surgeries."

### *What to Do*

Always remember that your body can heal most joint problems provided it has the raw materials to work with and physical obstructions have been removed or alleviated. In almost all joint problems two products that incorporate *raw bone* must be used: *Biost* (3 daily) and *Calcifood Wafers* (6–9 daily). These are produced by Standard Process and are the only products I know of that use raw bone.

If there is inflammation at the same time, you can add *Glucosamine Synergy* (3–6 daily) and a tablespoon of raw flax oil or *Blue Ice Fermented Cod Liver Oil* (2–6 daily) to your daily protocol. Then allow eight to 18 months for healing. See the best joint professionals in your town to remove any impediments to getting well. These are usually chiropractors, osteopaths, or physical therapists. Always eliminate all dairy and wheat products for 30 days since these can keep joints inflamed in some people. And keep in mind that if you have a *pinched nerve*, nothing short of an adjustment will cure you.

Likewise if you have chronic osteoporosis and a lack of sufficient raw bone, enzymes, and nutrients to rebuild joints, your skeleton will deteriorate. Your joints will suffer from a hardening and stiffening of tendons and ligaments as calcium builds up to compensate for weak bones. In the spine, this results in stenosis. It doesn't take a rocket scientist to realize that surgery cannot correct this problem. When the right nutrients are introduced, your bones will strengthen and the calcium buildup and hardening of the other tissues in joints will resolve.

Surgeries are wonderful when you really need them—especially at the hands of a real artist and expert. But for the most part, doctors do not recognize the underlying cause of most joint problems. They cannot make a real diagnosis from most tests. They differ over exactly what is happening

in joints. They refuse to recognize that subtle changes alter muscles and joints, and that these can be corrected by hand. They are too quick to order surgery and too slow to utilize nutrients of any kind. They fail to recognize that even their own surgeries would all go better if the supplements listed here were used before, during, and after their surgeries. And they are convinced they know everything about joints, and you know nothing.

This is a bad combination. Always try to resist any surgery that can have lifelong, disastrous effects and that does not address or correct the underlying cause of the problem. And that holds true *no matter what the tests show!*

#### PROTOCOL FOR PEOPLE WITH JOINT PROBLEMS

Biost: 3 daily

Calcifood Wafers: 6-9 daily

### BONE SPURS AND DEGENERATING JOINTS

If you suffer with bone spurs, arthritis, bursitis, tendonitis, arthralgia, disk deterioration, spinal stenosis, bones and joints that will not heal, and most other joint problems of this type, you have a *nutritional problem*, not a medical problem. With the exception of injury to joints, spurs and problems of this type with bones, tendons, ligaments, and joints means you are suffering from *raging osteoporosis*—whether you are a man or a woman, and no matter what your age.

In the case of spurs, bones become soft from osteoporosis. Virtually all spurs are on tendons and ligaments. As these pull on weak bones, a portion of the bone itself can be pulled away. The body will then deposit calcium to the area in an effort to patch it up. Any bone deposit with a point is called a bone spur. The rest are called calcium deposits. They are all caused by injury or osteoporosis.

#### *Not a Medical Problem*

When you understand that fact, you can readily see the futility of using shots and surgery to correct these problems. At the very best, a shot may temporarily deaden the area. And surgery may remove a bony irritant to muscles and nerves. But the problem will always return, often much worse and much quicker than you could ever imagine. There is rarely any counseling on nutrition with these medical

and surgical procedures, even though *nutrition is the cause of the problem*.

As bones become weaker and weaker, the body hardens tissues like cartilage and connective tissue to take the place of bone. This becomes arthritis, stenosis (as the tissues inside the spinal column are stiffened), and even complete joint deterioration (as in knees with no cartilage). There is no medical treatment for these problems that makes any sense.

Surgery for the symptoms of a spine or joint that is demineralizing can be particularly hazardous. Imagine trying to insert, pin, attach, or reinforce an artificial hip into bones that are *soft*. It is like trying to screw into wood that is termite-ridden. Rest assured the surgery will not go well. You will have a new hip that will not last—requiring more surgery to “redo” the original.

Before embarking on any of these surgeries, you should allow at least six months to re-mineralize your spine or joint. You might be happily surprised to find you no longer need surgery. This would be a wonderful outcome since spinal and neck surgery can go terribly wrong—leaving you permanently disabled and in chronic, disabling pain. At the least you will have made your joints (and entire skeleton) more healthy and more amenable to hip or joint surgeries.

#### *A Re-mineralization Protocol*

Instead of surgery, work on strengthening your bones and joints with a raw bone and mineral program. Go to the article “Pain and Inflammation: End It Now” in Section 8: Pain and Infection for the correct protocol of osteofactor nutrients. This protocol will provide *raw bone nutrition* that makes the difference. It also provides most of the necessary synergists for rebuilding bones. During this time you must *eliminate all of the things that retard calcium and other minerals from being absorbed and utilized by your body*. These include all carbonated drinks, sugar, caffeine, highly processed foods, and antacids. The pharmaceutical push to put all people on antacids has done great harm in creating a nation of people with poor mineral absorption. The ramifications of this are just coming home to roost—with rampant osteoporosis, heart problems like arrhythmias and more, and nutritional deficiencies that affect every single cell, gland, and organ in the body.

You cannot absorb minerals without adequate acid in your stomach. Acid sopplers, stoppers, and

all medical antacids are a major reason why you will not absorb minerals necessary to rebuild joints. This needs to stop, and you may even need additional acid in your stomach. We use *Zypan* (1–3 per meal) with great success.

### **More Important than Calcium**

If the medical mantra of 1,200 mgs of calcium could cure osteoporosis, there would be no problems in this country. Just about everyone takes calcium in one form or another—calcium citrate, coral calcium, calcium carbonate, and every other form of calcium—all taken by the trainloads. The best calcium is *calcium lactate*, which needs just one simple step to be made usable by the body. Most other calcium products require up to 10 steps in the body to be made usable.

In reality calcium is not the most critical element in a joint rebuilding program. The most critical elements include a digestive tract that can absorb minerals, a raw bone supplement that contains all the enzymes and raw bone constituents, weight bearing exercise, and adequate time for the rebuilding process.

### **Say NO to Surgery**

Do not be hoodwinked by a surgeon. There are times when spinal or cervical surgery is necessary. But without an injury or an absolute need, do not subject yourself to surgery for bone spurs or other conditions caused by raging osteoporosis. Rather get the bad stuff out of your body and get the good stuff in. Dump the antacids, eat right, and use the *Slow Burn Fitness Revolution* weight lifting program to really supercharge your skeletal program. You can get this book online or in bookstores.

You will always get the best results when you stay away from symptom treatment that can cause great harm—and instead treat the cause of your problems with natural methods. Six to 12 months is usually sufficient to turn around these kinds of problems. With severe problems, switch from Calcifood Wafers and Calcium Lactate tablets to a tablespoon of *Calcifood Powder* and a scant teaspoon of *Calcium Lactate Powder* blended into some hot liquid or fresh squeezed orange juice twice daily.

### **Neck and Hand Problems**

For goodness sake, if you have chronic neck pain, arm pain, hand pain, or arm and hand pain and numbness every night, do not go to a surgeon first.

Instead start a nutritional protocol and enlist the help of a therapist like a chiropractor or osteopath. Lots of these problems are caused by pinched nerves. If this is the cause of your problem, nothing but an adjustment will resolve it.

If you do not like having your neck cracked, try to find a *non-force chiropractor*. The best of these are doctors who practice the *Activator Method*. To find out if there is a practitioner in your area, call 1-602-224-0220, or visit the website at [www.activator.com](http://www.activator.com). If everything goes numb or falls asleep every night, you probably need an adjustment. Sleeping on a *cervical pillow* would also help. These will reinforce the natural curve of your neck. The best are made by *Tempur-Pedic*. You can find these online, and they are for sale in most bed stores.

### **KNEE (AND OTHER JOINT) SURGERIES OFTEN WORTHLESS**

*“In July 2002, research showed what lots of us have known for years—that arthroscopic surgery for banged up knees is more or less worthless. The finding that this lucrative orthopedic surgical procedure does no good comes as a shock to lots of doctors and lay persons. Even early improvement right after surgery does not last. And the final ‘proof of the pudding’ revealed that sham (fake) knee surgery was just as effective as the real thing!”*

*Health Alert, Vol. 19, No. 9*

Arthroscopic knee surgery was proven useless in 2002.<sup>1</sup> In a study, half the patients got real arthroscopic surgery, and the placebo group got sham (fake) surgeries. That’s where they actually poked two holes in the knee and *pretended* to fix it. These people had as good or better results than those with real surgeries. Even for those who got some good results immediately following the actual surgery, the “bad, old knee” returned with a vengeance months or years down the road.

Surely this research would have put an end to arthroscopic knee surgeries, right? Are you kidding? There are more performed now than ever (over 500,000 a year) because they make millions of dollars for doctors, surgery centers, and hospitals. And if you don’t get good results, or even if you are crippled (yes, this simple surgery can cripple), it doesn’t matter. The surgeon will simply tell you that you

don't heal as well as most people.

Based on the finest scans available, surgeons set out to cut, aspirate, repair, and "clean out" debris from knee joints. It seems very high tech, but it is far from that. The truth is that the pain in most knees is caused by something unrelated to what is discovered on MRIs. Therefore, all surgical manipulation is useless—regardless of how technical it may seem to be.

What these surgeries can do, however, is *cause permanent damage*. And the damage can take its toll in ways that neither the patient nor the doctor could ever imagine. Aside from the standard surgical damage that causes a weak, swollen, inflamed, and painful knee for weeks, months, years, or even for life, there are even worse things that can happen.

The chronic pain and disability caused by some joint surgeries can induce drug addiction in some people. Because they can't function, can't sleep, and can't enjoy life, stronger and stronger pain medications may be prescribed, and that leads to more and worse side effects, as well as a possible addiction.

Consider the surgeon who nicks an artery during "simple and safe" arthroscopic surgery. The nicked artery bleeds into the knee joint. And before the nursing staff can recognize what is going on, the knee is partially destroyed—rendering the patient crippled for life. Or the surgery that makes the knee worse, followed by another surgery to fix the first—only to make it worse still. These treatments render patients impaired or crippled for months or years. And unless they can finally heal from the damage done to the knee, they will suffer for the rest of their lives because of a surgery that should never have been done in the first place.

Of course there is the worst case scenario where two, three, or more surgeries are performed, each one making the knee, shoulder or some other joint worse. Finally there is nothing left to do. And if it is a shoulder, there is not even a joint replacement surgery to replace the one ruined from botched arthroscopic surgeries. The patient ends up on powerful pain pills, is severely depressed, and finally dies from an overdose of painkillers. Think this can't happen? Think again. These are just a handful of cases involving *my own personal friends, or patients* that came to me too late.

### *Arthroscopic Knee Surgery or Not?*

Let's face it, when you tear your knee up in an accident—skiing or whatever—thank goodness for great surgeons. But thousands upon thousands of surgeries for sore knees? When you realize that for most cases, these surgeries have been proven to be ineffective—and that disaster can happen from simple arthroscopic surgeries that "barely leave a scar"—you simply have to rethink your surgery plans. This kind of surgery should be avoided except in very specific and last-resort cases.

For most cases, the reason this is true is simple indeed. Most common knee pain is caused by *muscles*. And the things that are so scientifically noted on your MRI report usually *have nothing to do with the pain*. So just what can you do?

The therapists most versed in handling knee and other joint problems are kinesiologists. Kinesiologists are muscle experts, and they are usually chiropractors or osteopaths. Another excellent therapy for joints is called *Active Release Technique*, which is also practiced primarily by chiropractors and osteopaths. A dozen or so treatments will usually balance the muscles and soft tissues of the joint. You owe it to yourself to exhaust these types of treatments first. There are millions of people who have become surgically crippled. They would tell you "if only I knew before my arthroscopic surgery what I know now."

Great therapists who understand kinesiology or active release technique are often difficult to find. The best way to start is by asking around your own town—to see if rave reviews about one doctor or therapist keep coming up. You can also find out if an active release technique therapist is in your neighborhood by going to [www.activerelease.com](http://www.activerelease.com). You may be able to find a kinesiologist by calling the International College of Applied Kinesiology (ICAK) at 913-384-5336 (or visit their website at [www.ICAKusa.com](http://www.ICAKusa.com)).

### *Add the Nutritional Factor*

Your knee will not get better, no matter what therapy you get—including surgery—unless you have the necessary nutrition to heal. And whether you have surgery or not, you will get better faster with the right nutrition. With knees and other joints, the major nutritional factor remains *virtually unknown* to most people and their physicians, doctors, and therapists. It is *raw bone nutrition*.



Nothing helps heal a joint faster than raw bone with the marrow. If we could simply chew this up, we would all heal much faster. But since this is not possible, we use the next best thing—raw bones with the marrow, processed without heat or chemicals into supplements. You can get this from *Calcifood Wafers* or *Calcifood Powder* from Standard Process.

Take *Calcifood Wafers* (6–12 daily) or a tablespoon of *Calcifood Powder* daily. And you will need the ancillary joint nutrition to go with it. If you simply have a bad knee without arthritis or osteoporosis, take *Calcifood Wafers* (6–9 daily), plus *Calcium Lactate* (6 daily), *Cataplex C* (4–6 daily), *Glucosamine Synergy* (3 daily), and *Blue Ice Fermented Cod Liver Oil* (2–6 daily). All products, except the cod liver oil, are by Standard Process.

Strict vegetarians will have a harder time healing joints. The nutrition from bone and fat are critical to joints. In addition, a low-fat diet, statin (cholesterol-lowering) drugs, and antacids all impair joint healing. A Mediterranean diet with this nutritional protocol provides the nutrition needed to heal joints.

If you have arthritis or osteoporosis, add two additional nutritional supplements. For people with osteoporosis, add Standard Process' *Cal-Ma Plus* (3 daily for 2 months, then 1 daily for a year, taken 1 week on, 1 week off). And if you suffer from severe pain, stiffness, and/or arthritis, add *X-Factor Gold Concentrated Butter Oil* (1–9 daily).

Real butter oil (solid at room temperature) contains the *Wulzen Factor* and *Activator X*, both natural anti-pain and anti-stiffness nutritional factors. In severe cases, I have recommended 15 capsules daily for a few months. This product is very difficult to manufacture in its natural form, and therefore it is expensive. But it can make the difference in severely arthritic and painful joints. You will need to be on a nutritional protocol for six to 18 months, or until the pain disappears. If you are still confused about joint nutrition, see the article "Pain and Inflammation: End It Now" in Section 8: Pain and Infection.

### **Stretching and Strengthening**

Ice is best immediately following an injury, and stretching and strengthening is usually necessary for recovery and prevention of future injuries. Your therapist can prescribe proper stretches and resistance exercise (weights) for your particular problem. And it does make a difference.

In 1964 I had a very severe high school football

knee injury. I basically tore apart my medial meniscus cartilage and my medial collateral ligament. Because they are the stabilizing structures of the entire inside of the knee, this was serious indeed. Today I would have had immediate surgery. An attempt at repairing my ligament would have been made. An attempt to repair my torn meniscus would have been made, or it would have been removed. All the debris would have been aspirated from my knee, and, most likely, my knee would never have been the same.

But in 1964 there was no arthroscopic surgery, and we had no money for a surgeon anyway. So we opted *to do nothing*, other than get therapy from an old-time osteopath, and follow his advice to stretch and strengthen my knee with weight lifting and eating well. That was almost 50 years ago. After six months of recovery, I never again had any trouble whatsoever with my knee. I have competed for the USA in track and field and still play every conceivable sport—all with no medial meniscus cartilage, and most likely a torn medial collateral ligament—never even thinking about my old knee injury.

The lessons here are simple. Most joints will heal and correct themselves given the right circumstances of correct therapy and nutrition. Surgery is only needed in rare instances. And arthroscopic surgery, especially of the knee, is often worthless, risky, and dangerous. And if your surgery goes badly, you will be begging to get your old knee back.

#### NOTES

1 *New England Journal of Medicine*, July 11, 2002.

#### PROTOCOL FOR PEOPLE WITH KNEE PROBLEMS

**Calcifood Wafers:** 6–12 daily... or...

**Calcifood Powder:** 1 tablespoon

For knee pain without arthritis or osteoporosis ...

**Calcifood Wafers:** 6–9 daily

**Calcium Lactate:** 6 daily

**Cataplex C:** 4–6 daily

**Glucosamine Synergy:** 3 daily

**Blue Ice Fermented Cod Liver Oil:** 2–6 daily

For people with arthritis or osteoporosis... add...

**Cal-Ma Plus:** 3 daily for 2 months; then 1 daily for 12 months, taken 1 week on, 1 week off.

With severe pain, stiffness, and/or arthritis... add...

**X-Factor Gold Concentrated Butter Oil:** 1–9 daily

## ARM, NECK AND HAND PAIN AND NUMBNESS

It's a sad situation that physicians know nothing about hands-on therapies. When warranted, hands-on therapies produce outright cures. Yet cures are definitely not where the money is. Since drug companies have a major influence on what is taught in medical schools and what is practiced in doctors' offices, it is easy to see why hands-on therapies are ignored. The real money is not in the cure, it is in the *management of patients for life* with drugs.

For example, a woman has chronic one-sided abdominal pain. She is told she has liver disease and undergoes thousands of dollars in tests, ultimately to no avail. She is prescribed acid sopplers and pain killers. The cause of her problem, identified and corrected quickly, is a rib out of place. The cost—after being fleeced for more than \$3,000 in diagnostic fees by the medical industry—was less than \$100. The cost would jump another \$30,000 to \$50,000 if she were to continue on prescription drugs for life.

And that would be only if she did not suffer from serious side effects from the drugs. Once side effects begin to occur, and more drugs are prescribed to offset the problems caused by the original drugs, costs really begin to soar. Add on more diagnostic tests, more doctors visits, and more drugs for life—and you can easily see how a rib out of place can produce tens of thousands of dollars in profits to the medical industry! Sadly, this is the norm.

Then there's the man with chronic, nagging, aching stomach and chest pains. He was fleeced for more than \$20,000 in diagnostic tests and prescribed powerful antacids, heart drugs, and pain killers. He was scheduled for gallbladder removal and an angiogram, which he narrowly escaped. The cause of his problem was a hiatal hernia, which affects *more than 50%* of people over age 60. It was quickly diagnosed and corrected with hands-on therapy for less than \$100. Comparatively, full implementation of all medical testing and prescriptions could run close to *a quarter million dollars!*

Then there are the tens of thousands of people with aching, numb necks, arms, and hands who are diagnosed with ruptured disks, radiculopathies, brachial neuropathies, and carpal tunnel syndrome. These people undergo neurosurgeries, orthopedic surgeries, and nerve release surgeries by the thousands. Most of the time these surgeries are

unwarranted, do not treat the underlying cause, often do not help, and sometimes make the patient worse. The real cause of the problem is rarely corrected, because it needs to be addressed with hands-on therapy and proper nutrition. And people wonder why Medicare is broke.

### *Pinched Nerves and Entrapped Fascia*

The main causes of most arm, neck, and hand problems (including "carpal tunnel syndrome") are pinched and swollen nerves, muscle sheaths (fascia) and nerve sheaths, and ligaments that are entrapped, irritating nerves and joints. *Nothing* short of unpinching the nerves and releasing the entrapped tissues will ever correct the cause of most neck, arm, and hand problems. This cannot be done with drugs and surgery.

Amazingly the spot that hurts is usually not the spot where the entrapment has occurred. Often wrist pain comes from entrapments in the forearm. Or shoulder pain can be referred from the neck. And so on. Because of this, you can readily see the folly of injecting cortisone into the painful spot, or surgically opening the bones so a swollen nerve can fit through the wrist.

Rather treatment must be directed at the cause; and it almost always involves hands-on treatment. One of the very best is called *Active Release Technique*. This simple but profound therapy uses solidly-held trigger points while the muscle is taken through its range of motion by the patient. It can be painful but often produces instant results. You can find doctors trained in this technique in your area by logging on to [www.activerelease.com](http://www.activerelease.com).

Other problems require specific adjustments of bones and vertebrae. Chiropractors and osteopaths are the most qualified doctors to accomplish this. But deep tissue therapists and those therapists who also use trigger point therapy or Active Release Technique can often get the job done.

When it comes to adjustments, some people simply cannot stand to have their bones cracked. There are some doctors who practice *non-force* adjustments. The best of these methods is the *Activator Method*. These very specific adjustments are performed with a small tool. To find an Activator doctor in your area, call 602-224-0220 or go to [www.activator.com](http://www.activator.com).

Adjustments of this type are extremely light with no cracking of bones. Adjustments are routinely made

in the neck, skull, face, shoulders, collarbones, and wrists. This technique can be amazingly effective in adjusting the ends of ribs, either in the front at the breastbone or in the back at the spine. Yet *millions of dollars* have been spent on foolish medical testing for problems caused by a rib out of place.

Kinesiologists are another type of doctor who are well-versed in joint mechanics. These doctors can usually find the cause of joint problems with muscle testing. To find a doctor nearest you, call the International College of Applied Kinesiology for the name of a referral doctor (1-913-384-5336), or visit [www.ICAKusa.com](http://www.ICAKusa.com).

If you have a neck, shoulder, elbow, hand, finger, or anything-in-between problem, use these therapies before you embark on surgery or years of drugs. Most of my surgeon friends will not have surgery on their shoulder—no matter what. Keep that in mind with your own problems. This is particularly true if your arms and hands fall asleep at night, or if you suffer from numbness in the fingertips, etc. These symptoms usually require attention to the neck and/or fascia between the neck and the hands. A chiropractor, osteopath, or someone similar should be your *first* thought in these cases. Sometimes something as simple as sleeping on a *cervical pillow* will do the job. These are specially shaped pillows that accentuate the natural curve of your neck, allowing for better nerve flow.

### **What About Nutrition?**

If you suffer from osteoporosis, nothing but resolving this problem nutritionally will permanently help your joints. People with osteoporosis have calcium buildup or hardening of the connective tissues in their joints as the body makes an attempt to bolster the skeleton. This buildup entraps nerves, muscles, and fascia, producing the syndromes discussed. So with osteoporosis, you must treat your skeleton nutritionally to get results with joint problems. See my article “Pain and Inflammation: End It Now” in Section 8: Pain and Infection for a protocol of nutrients to help with osteoporosis.

Let's not forget the man who knew how to cure hands—John Ellis, MD. He proved over and over that problems with arms and hands are often due to a vitamin B3 and/or B6 deficiency. This deficiency is common in people who mostly eat a processed-food diet with lots of corn and corn oil products. Pellagra and beriberi are also associated with these

deficiencies.

If you eat mainly a junk-food diet, you must take supplements to make sure your body is not suffering from B-vitamin deficiencies or imbalances. These deficiencies can cause numbness of the hands, swelling in the hands, painful thumbs, hand weakness and pain, impaired hand coordination, carpal tunnel syndrome, numbness when you sleep, shoulder and elbow pain, dropping of objects, and edema.

So be sure to use supplements to eliminate this potential cause of your problems. In chronic neck, arm, and hand problems we always use a raw bone supplement called *Biost* (part of the osteoporosis protocol) along with two B vitamin supplements. They are *B6 Niacinamide* and *Folic Acid B12*. These are produced by Standard Process and a dose of three to six of each daily is normal for at least six months.

Vitamin B12 is often overlooked as another factor in joint problems. That is why I almost always include Folic Acid B12 tablets with my protocols. And not all B12 supplements are the same. B12 is hard to assimilate, especially if you have any kind of digestive problems or take antacids. The B12 by Standard Process is combined with stomach parenchyma extract to encourage *intrinsic factor* in the stomach needed to absorb vitamin B12.

This is just one of the tiny strokes of genius incorporated by Royal Lee, founder of Standard Process. Lee's knowledge of nutrients and absorption was legendary. And his genius in the fields of foods, supplements, biochemistry, mechanics, engineering, farming, and healing certainly go a long way in helping us to help people recover from serious problems. This remarkable pool of knowledge has withstood the test of time and is based on the concept that to get well, you must treat the cause of the problem.

#### **PROTOCOL FOR PEOPLE WITH NECK, ARM, HAND PAIN**

Follow the protocol in “Pain and Inflammation: End It Now” article in Section 8. Add...

**Biost:** 3–6 daily for at least 6 months

**B6 Niacinamide:** 3–6 daily for at least 6 months

**Folic Acid B12:** 3–6 daily for at least 6 months

#### **RESTLESS LEGS SYNDROME MAKES THE NEWS AGAIN**

*“Ropinirole [sold as Requip for RLS] is fraught with side effects. If you thought your*

*restless legs were a problem, how about these side effects from the drug Requip: nausea, dizziness, headaches, vomiting, breathing problems, fatigue, indigestion, viral infections, constipation, pain, sweating, weakness, edema, inflammation of the throat, mental confusion, hallucinations, urinary tract infections, vision problems, and more!"*

*Health Alert, Vol. 23, No. 6*

On May 1, 2008, Restless Legs Syndrome (RLS) made the news, primarily due to thousands of complaints about the side effects from its prescription drug treatment. The side effects are caused by Requip, a Parkinson's drug, now approved by the Food and Drug Administration for "off label" use with RLS patients. It is turning out that the side effects are worse than the disease itself—something we predicted two years earlier.

Yet Requip remains *the only medical treatment* for RLS. And the drug maker is anxious to get a great percentage of RLS sufferers on this drug for life. How much business is it? According to the drug maker there are an estimated **30 million potential patients!** The price tag is staggering for doctors' visits to diagnose RLS; the cost of the drug for months, years, or for life; and the additional cost of medical care for all the side effects for this one condition. And this cost is not for a cure, but rather for just symptom management.

It is especially remarkable when you understand that for the greatest percentage of RLS sufferers, the cure is relatively simple and extremely inexpensive. Restless Legs Syndrome is caused by your body's inability to transport adequate oxygen, calcium, and minerals to the legs. While some of this inability is caused by poor circulation (both bad arteries and veins), most of it is caused by nutritional deficiencies.

Just taking calcium will fail to resolve the problem because it is *the delivery system* that is failing. Most people already take too much calcium and/or the wrong type of calcium—both of which can cause problems. Instead, **nutritional transport facilitators** are needed. These are the nutritional factors responsible for delivering or transporting calcium, oxygen, and minerals to your cells, tissues, and muscles.

The primary calcium transporter is *vitamin F* (unsaturated fatty acids). Vitamin F and your liver work to deliver calcium and minerals to your cells.

So to resolve the calcium transport problem that causes RLS, you can try to mask the symptoms with Requip and hope that you live through it. Or you can take both **Calcium Lactate** (the best form of calcium) and **Cataplex F** (a combination of vitamin F and liver extract). And you will not need the usual medical prescription for calcium of 1,500 mg. This is generally a waste and is prescribed because the typical calcium products are so poorly absorbed.

### ***Restless Legs Syndrome Protocol***

In most cases small doses get the job done. Start with Calcium Lactate (6–12 daily) 250–500 mg, and Cataplex F (3–9 daily). Of this dose, take Calcium Lactate (4–5) and Cataplex F (2–3) at bedtime. Both products are by Standard Process. If your leg circulation is badly broken down, you will also suffer from **poor oxygen transport**. In this case add **Cataplex E2** (6–9 daily) to your daily protocol to facilitate better oxygen uptake into the cells, tissues, and muscles of your legs. The need for all three products will reduce over time as your leg circulation improves.

Cataplex E2 is an *oxygen sparer*. It helps you get along on diminished oxygen due to circulation problems. That is why it is a premier product for people who suffer from angina. (And it is why elite mountain climbers use it at high elevations to stave off altitude sickness.) Often the circulation damage to legs is permanent. In these cases, adding Cataplex E2, along with your RLS protocol from this article, is the way to go.

In addition, you need to use your legs. Exercising, including weight lifting, is best. And even if you can't do this, a good hard walk four to five times per week is essential. Exercising strenuously facilitates the flow of glucose, oxygen, calcium, and minerals into the leg muscles. That is the definition of an RLS cure.

### ***Your Choice***

So again, you have a choice: either mobilize calcium and oxygen to your legs naturally or use a dopamine-altering (brain chemical) drug. The natural therapy has no side effects and is inexpensive. It will also help your heart, liver, nervous system, blood pressure, as well as muscle cramps, and sunstroke. It will help make you stronger and more independent. Drug therapy is often for life, is remarkably expensive, is frequently ineffective, ignores the underlying cause of RLS, and is fraught

with frightening and serious side effects. At very best, it should be relegated to *the treatment of absolutely last resort*.

Requip actually alters my mantra about new prescription drugs. When you compare natural therapy versus Requip, you can repeat my mantra with one change: New Drugs? More Drugs? Cheaper Drugs? Drugs for Free? *Off-label drugs?* Who cares? Fundamental change is needed. This is the fundamental change—in the way of thinking, treating, and getting well. What a concept!

#### PROTOCOL FOR PEOPLE WITH RESTLESS LEGS

Calcium Lactate: 6–12 daily... take 4–5 at bedtime

Cataplex F: 3–9 daily (unless allergic to iodine)

Take 2–3 at bedtime

With poor circulation... add...

Cataplex E2: 6–9 daily.

### CARPAL TUNNEL SYNDROME

An entire industry has been developed and marketed on the premise that carpal tunnel syndrome is a repetitive motion problem caused mainly by too much typing and keyboard work. This also turns out to be false. Research from the Mayo Clinic in Scottsdale, AZ, shows that the keyboard/carpal-tunnel relationship has been accepted as *fact*. Yet it is based on *pseudoscience*, which cannot be proven.

Only about 10% of people with carpal tunnel really have this syndrome. Some of the causes include heavy lifting, arthritis, diabetes, pregnancy, osteoporosis, poor diet, thyroid problems, nutritional deficiencies, pinched nerves, and more. In most cases, keyboard work is not involved. Yet an entire network of books, appliances, “ergonomic keyboards,” and more have been developed and sold to the public in an effort to correct or treat the “cause” of carpal tunnel.

The very best thing you can do with this condition is to treat yourself for osteoporosis and see a good kinesiologist. In about half the cases, the problem is in the neck or along the course of the nerve from the neck into the hand, with little to no involvement in the hand or wrist itself. Once a nerve becomes pinched or irritated in the neck or arm, it swells and can no longer fit through the carpal tunnel in the wrist. Rather than remove the offending pinch or irritation with adjustments, deep tissue work or therapy, the medical answer is to cut into the wrist

and enlarge the tunnel to allow for the swollen nerve.

In many cases where nutrition is the problem, lack of proper raw bone nutrition (calcium, minerals, digestive enzymes, and more) will cause the carpal tunnel to become occluded. This is the body’s way of hardening ligaments, tendons, and cartilage when bones become weak. The medical treatment is surgery. Yet feeding the body the raw materials it needs to maintain strong bones will resolve this problem (and others like it) naturally.

Nutrition for a carpal tunnel problem of this type includes raw bone nutrients like *BioSt* (3 daily), *Calcifood Wafers* (4–6 daily), and *Calcium Lactate* (6 daily) taken for about six months. If osteoporosis is a problem along with carpal tunnel syndrome, a comprehensive protocol should be employed for at least two years. This can be found in the article, “Pain and Inflammation: End It Now” in Section 8: Pain and Infection.

There is no guarantee that today’s medical *science* will not become tomorrow’s pseudoscience or joke. The facts are putting carpal tunnel and Lyme disease in the same category as mitral valve prolapse. This problem—which spurred tens of thousands of open-heart surgeries and endless trainloads of potent cardiac drugs—is now considered a “non-disease.”<sup>1</sup>

#### NOTES

<sup>1</sup> “Mitral valve prolapse,” in Section 1: Heart and Circulation.

#### PROTOCOL FOR PEOPLE WITH CARPAL TUNNEL

*BioSt*: 3 daily

*Calcifood Wafers*: 4–6 daily

*Calcium Lactate*: 6 daily

### MUSCLE CRAMPS

Chronic muscle cramps make life miserable for millions. And in most cases this is unnecessary. Unfortunately most people, including “experts,” do not know much about treating people with chronic muscle cramps. Hence tons of quinine, potassium, poorly-absorbable calcium, CoQ10, and other remedies are used with little effect. Even professional athletes suffer from this problem—Pete Sampras comes immediately to mind.

One of my beach volleyball buddies would always come down with severe leg cramps after a long, hot day playing ball. He’d eat lots of bananas and try all the other “remedies” to little avail—until I said *Vitamin F*. Vitamin F is another name for unsaturated fatty acids, a form of fat nutrition.

Vitamin F acts as a *middleman* for the distribution of calcium to the muscles and cells of your body. Without adequate supplies of this critical vitamin, calcium languishes in your bloodstream, never achieving its usable state and being distributed to the cells where it is needed—in this case to the muscles.

For most athletes and people who suffer from chronic cramps, a combination of *Cataplex F* (vitamin F) (3–9 daily) and *Calcium Lactate* (6–15 daily) from Standard Process is the treatment of choice. In my friend's case, I rarely hear about muscle cramps any more. And for most people, including professional athletes, this combination is a miracle.

### ***The Right Kind of Calcium***

More calcium is sold in the U.S. than any other nutrient. Unfortunately, most calcium supplements are poor or useless because they cannot be utilized by the body. Yet vitamin hucksters cash in, selling high volumes of useless products because of the calcium craze. So what is the answer? In two words—Calcium Lactate.

You see, your body uses a form of calcium called calcium bicarbonate. It is known as the *ionizable form* of calcium. Unfortunately calcium bicarbonate cannot be made into tablets. So we need to take an alternate form of calcium that is chemically changed to bicarbonate inside the body. Calcium Lactate is this form—changing to calcium bicarbonate in one biochemical step. Other calcium sources require up to a dozen steps to finally become the calcium your body can utilize. And Calcium Lactate does not contain lactose. It is derived from plants, not milk. It is also blended with magnesium citrate, thus providing balancing magnesium and making the product slightly acid for better absorption and assimilation.

### ***The Right Digestive Environment***

By the way, lots of people cannot make calcium bicarbonate easily, even if they use a calcium lactate supplement. There are many reasons for this but the main ones include a digestive system that is too alkaline and a diet that lacks trace minerals. Metabolizing calcium so it can be used in your muscles requires good stomach digestion. If you constantly pop antacids, you are robbing yourself of calcium. And taking TUMS won't help—the alkaline nature of this product will inhibit your body from

metabolizing its calcium content.

If you are in this predicament, you should do everything in your power to get off acid sopppers and stoppers. If you need more information, see “Indigestion and Total Gut Health” in Section 3: Digestion and Gut Health to find out how to get off these drugs.

In addition to the right kind of calcium and a properly functioning digestive tract with plenty of stomach acid, your body requires trace minerals to metabolize calcium into its usable form. In fact, your body requires trace minerals to metabolize just about everything—including *vitamins*. That's correct—all the vitamins you may take from the store cannot ever be used without adequate supplies of trace minerals and enzymes. That is one reason why the supplements we use are so superior—they are made from food and naturally contain trace minerals and enzymes, which all synthetic vitamins lack.

### ***How to Tell if You Are Deficient***

A combination of Cataplex F and Calcium Lactate is needed for more than just muscle cramps. This combination is needed for proper nerve impulse, blood coagulation, infection fighting, pregnancy, sleep, tissue repair, and emotional stability. Therefore, a deficiency of these two can cause cramps, heart beat abnormalities, twitching, high fevers, restless legs, chronic infection, hemorrhage, canker sores, and more. In fact, chronic canker sores are a sign that your body has become deficient in calcium. It is one of those *red lights* like the one in your car signaling imminent danger or disaster.

Most of the main symptoms of a calcium deficiency are discussed in the preceding paragraph. And thanks to the work of Dr. Carl Reich and his book *The Calcium Factor*, we know you can often use the pH of your saliva as an indicator as well. Most people with a calcium deficiency have an acid saliva (anywhere from 4 to 6.5). This also correlates with physical ailments and/or disease.

If a calcium deficiency is causing an acid saliva, adding supplemental Calcium Lactate will serve to keep your saliva pH at about 6–7, while other body excretions (like urine) would stay acidic (below 7). You can purchase pH paper at the best price from our store [www.healthalert.com](http://www.healthalert.com) or 1-800-231-8063 (M–F, 7–5 PST). Suck on a strip and then read your salivary pH (the container has a small chart and you simply match the color). If your pH remains acidic, you are

probably calcium deficient and would do well to supplement with Calcium Lactate. For most people in this situation, as the pH becomes neutral, the aches, pains, and health problems also begin to disappear.

Aches, pains, canker sores, acid saliva, and more are all red lights or signals of impending health problems caused by calcium deficiencies. Don't cover up the red light the way the modern world of medicine does with drugs that treat symptoms—that's like disconnecting the wire to the light in your car. Rather, find out what the cause of the problem is and correct it. In the case of chronic muscle cramping, correction comes from following the protocol in this article.

### ***What to Do if You Are Deficient***

Eat a healthy diet with plenty of fruits and vegetables. Eat a third of these raw. Use nutritional supplements made from food to insure a good supply of trace minerals and enzymes. With this kind of diet and a functional digestive system, you will be able to convert your dietary calcium to the ionizable calcium bicarbonate form that your cells and muscles crave.

Remember, the missing factor in modern health care is the loss of the concept of ***cause and effect***. Today, physicians have been educated out of this concept by the pharmaceutical companies that govern most of what physicians are taught and how they practice. After all, there is no money in actually eliminating the cause of a health problem. All the money lies in ***managing symptoms*** with drugs, with no consideration whatsoever to addressing the cause.

#### **PROTOCOL FOR PEOPLE WITH MUSCLE CRAMPS**

**Cataplex F:** 3–9 daily (unless allergic to iodine)

**Calcium Lactate:** 6–15 daily

### **OSTEOPOROSIS: A MEDICAL FAILURE**

*“A long time ago, I said you couldn't take drugs (bisphosphonate drugs) to cure osteoporosis. They are just too dangerous to use for more than 3–5 years. And after that time they have, in effect, increased your bone density with weak bone that is more akin to glass. After 3–5 years, you risk a severe fracture of the femur while simply standing. Or you risk severe osteonecrosis of the jaw that is so deadly and so permanent that your jawbone dies and has to be surgically removed!*”

*“I believe my exact words were, ‘So you listen to Sally Field [who does the ads promoting bisphosphonate drugs], start drug therapy for your osteoporosis, and find out after a few years that something is not quite right. You have a lot of bone pain. You are weaker. And you finally discover that you can no longer take the drug. At that point, you are essentially back to square one, though worse than you were 5 years ago!’”*

*Health Alert, Vol. 29, No. 3*

Indeed, my words from years ago are now a medical fact. And it is all being made worse by the drug companies. An article—“Overestimating Osteoporosis Prevalence Carries Its Own Risks”—describes how the drug companies conned physicians into over-testing for osteoporosis and over treating the condition based on overestimated risk of fracture. The makers of bone scanning machines played a role in this scam by promoting the use of their machines. In the end, millions of men and women were prescribed drug therapy from which ***they derive little or no benefit***—the same old story in medicine.

Unfortunately, when it comes to bisphosphonate drug therapy, you not only waste your time and money, you can be badly injured, with ***the end result being a weakened skeleton***. And worse, over time you risk osteonecrosis (dying) of the jawbone, a deadly outcome that can devastate your life. So after you can no longer take the drugs because they are too dangerous (usually 3–5 years) you may be left with surgical removal of your jawbone and a skeleton that is weaker than when you started drug therapy.

### ***You Can Avoid This Medical Disaster***

Ahh... wouldn't it be better to avoid this altogether. And instead opt for an improved diet, an amazingly effective protocol of the ***osteofactor nutrients***, and some weight lifting. If women ***started here***, we could have avoided this mess that accounts for no benefit and lots of damage. Of course, the drug companies would have been deprived of \$ millions in profits. And that just can't be.

So, we (especially women) find ourselves in a predicament that the old “Life of Riley” TV star, William Bendix, aptly named when he used to say, “what a revoltin development this is.” Why put your skeleton, and even your life, at risk for this no-benefit medical therapy? Because Sally Field or your

physician says so? Because it is easy? Believe me, if you ever suffered osteonecrosis of the jaw, you would do anything to have your osteoporosis back instead.

### **What to Do**

- 1) Start on a Mediterranean diet.
- 2) Get plenty of pure water.
- 3) Throw out all your table salt and eat only light gray Celtic Sea Salt that is ground onto your food with a nifty ceramic grinder. We have both at a discount here at [www.healthalert.com](http://www.healthalert.com) or call 1-800-231-8063, M-F, 7-5 PST.
- 4) Start a simple weight lifting program at your local gym, or even at home.
- 5) Give your skeleton what it needs to rebuild itself—the osteofactor nutrients. These are:

**Blue Ice Fermented Cod Liver Oil** (3 daily) for its omega-3 fatty acids and vitamin D.

**Calcifood Wafers** (6-9 daily) or **Calcifood Powder** (a heaping tbsps daily in a smoothie) for its *raw bone and marrow factors* (everything that bones and joints require).

**Cal-Ma Plus** (3 daily for 60 days, then 1 daily for a year taken one week on, one week off) for its calcium, magnesium, and parathyroid tissue extract.

**Calcium Lactate** (6 daily) for its calcium, magnesium, and citrate.

**Cataplex C** (4-6 daily) for its whole vitamin C and bioflavonoid complexes needed to heal bones.

**Glucosamine Synergy** (3 daily) with arthritis pain, for its glucosamine and raw bone constituents.

This is a large protocol. But osteoporosis and the possible disastrous outcome of your skeleton turning to sand is a big problem. After six months you can probably begin to cut back on dosage. But be sure to maintain your lifestyle changes, especially weight lifting. Stressing your bones with weights **builds bone**. The throwing arm of a professional baseball pitcher contains **30% more bone** than his non-pitching arm! You will learn to love weight lifting. And as an added bonus, after six months, it will turn back your biological clock by 20 years. And if you want more information, be sure to read my article "Pain and Inflammation: End It Now" in Section 8: Pain and Infection.

For the best book on weight lifting, and to make it easy, safe, simple, and only once every five days, get a copy of the book *The Slow Burn Fitness Revolution* by Hahn, Eades and Eades at the *Health Alert* store ([www.healthalert.com](http://www.healthalert.com)). You can lose weight if need

be, strengthen your skeleton, feel more energy, and grow younger by the month. Trust me on this one—rebuilding your skeleton without weight lifting will just be too difficult. And once you get used to it, you will feel so much better for it.

So skip the medical failure of standard drug therapy for osteoporosis. It does not work! Instead get strong, get younger, and rebuild your skeleton the only true proven way.

### **PROTOCOL FOR PEOPLE WITH OSTEOPOROSIS**

**Blue Ice Fermented Cod Liver Oil:** 2-6 daily;

**Calcifood Wafers:** 6-9 daily... or... **Calcifood Powder:** a heaping tablespoons daily in a smoothie

**Cal-Ma Plus:** 3 daily for 2 month; then 1 daily for a year, taken 1 week on, 1 week off

**Calcium Lactate:** 6 daily

**Cataplex C:** 4-6 daily

**Glucosamine Synergy:** 3 daily

### **SEIZURES, SHAKES, TREMORS AND GLUTEN**

In the past we have noted that in some cases of childhood epilepsy, nothing short of an Atkins-style low-carbohydrate, high-protein and fat diet will stop the seizures, not even drugs. I often wonder if it is the diet itself that produces results, or the fact that the diet basically eliminates wheat and gluten.

It is not unusual for people suffering from shakes, seizures, tremors, and more to get dramatic relief when they eliminate all wheat and gluten from their diet. This can take place in a matter of days—even after decades of suffering and dozens of non-effective prescriptions.

So this provides a really important wake-up call for anyone suffering from any of these neurological disorders that include epilepsy, neuropathy, essential tremor, gait and balance problems, and more. Do yourself possibly the biggest favor of your life—eliminate all wheat and gluten (wheat, rye, barley, oats, beans, and legumes) for 30 days. If you are one of the lucky ones, you will finally find blessed relief.

Even if you do not get relief from the neurological problem, I can almost guarantee that some other part of your health will improve. And remember, this is absolutely essential for infants and young kids with epilepsy. In almost all cases of shakes, tremors, tics, epilepsy, and more, include two supplements from Standard Process: **Cataplex F** (1-3



per meal) and *Calcium Lactate* (2–5 per meal).

The unsaturated fatty acids composition of Cataplex F acts as a “middleman” for the flow of calcium to the muscles and cells. Calcium Lactate is the most usable form of calcium available. Made from vegetables, it also contains organic magnesium and is in a citrate base making it slightly acid for even better utilization in the body.

**PROTOCOL FOR PEOPLE WITH SEIZURES, SHAKES AND TREMORS**

**Cataplex F:** 1–3 per meal (unless allergic to iodine)  
**Calcium Lactate:** 2–5 per meal

## SLOW BURN—SERIOUS STRENGTH

Are you tired of teetering around, falling, being in a fog, constantly shaking, feeling clumsy, weak, puny, and always dependent upon someone else? Would you like to be ensured you won't need a nursing home? Are you feeling five, 10, 20 years older than your age? Would you really like to roll back the clock? Well, I am about to tell you about a *startling, profound, powerful*, and even *inspiring* way to get strong, stable, and feel 20 years younger—all for less than 20 bucks!

If you've been a *Health Alert* reader, you know that I am big on fitness and strength training. Long ago I was an elite athlete competing for the United States. Today I remain super fit, and at age 68, I can compete with kids in their 30s. I have maintained my strength over the past 50 years with a combination of strength training (weight lifting), aerobics, and sports, and that required my going to the gym at least four days per week.

I have discovered a way to get and stay as strong (even stronger) with one 30- to 45-minute workout per week! I know it sounds too good to be true. And for me it really sounded ridiculous—until I tried it. I've been at it for over five years now and I have double-checked the research and my own results. There is no doubt that the *Slow Burn Fitness Revolution* is for real.

I spoke with Fred Hahn, the writer of *The Slow Burn Fitness Revolution*, and I've checked on results with many people. I also have great respect for the coauthors of the book, Michael R. Eades, MD, and Mary Dan Eades, MD. I can recommend this strength training to you, no matter what kind of shape you are in. You can get more information for yourself at

[www.seriousstrength.com](http://www.seriousstrength.com).

If you are looking for the real fountain of youth, you can find it in this book—*The Slow Burn Fitness Revolution*. The technique is basically a series of weight lifting exercises in proper sequence, performed in perfect form, dramatically slowly through the entire range of motion of the muscle group. Is it ever different! You will find immediate results. You will feel your muscles getting stronger. You will feel better fast. And you will not be putting yourself at risk, injuring your joints or muscles, or causing all kinds of chronic stiffness and pains.

You can achieve all this in just one 30-45 minute workout per week. Here's what you will accomplish: You will get stronger and improve your endurance and flexibility. You will maintain or build bone density and muscle mass. You will improve your heart, restore vitality, and postpone the aging process. You will burn fat and stimulate enzymes that keep you young. And you will strengthen your joints, improve your back, and eliminate back pain.

The workout includes simple, slow exercises that take your muscles to deep and complete fatigue in perfect, relaxed form. There is no twisting, arching, straining, grimacing, jerking, or all the other stuff associated with weight lifting.

This type of powerful, deep exercise stimulates the production of youthful enzymes, including *AMP kinase*. AMP kinase is your body's *master fuel switch*. It turns on the fat-burning process during the Slow Burn exercise, and for a period of from five to seven days after the exercise period. That's one of the reasons why you only need to exercise one day out of every five or seven.

So don't waste another minute. Ensure your safety, strength, stability, and independence. Get a copy of the book *The Slow Burn Fitness Revolution* by Hahn, Eades, and Eades, published by Broadway Books in New York. It is available at [www.healthalert.com](http://www.healthalert.com), or call us at 1-800-231-8063 (M–F, 7–5 PST). When you combine this kind of a workout with the right kind of diet and real, phytonutrient or phytochemical supplements, you are really talking about getting strong and well.

That means weaning off drugs, feeling like your old self, and feeling young again. Baseball great Satchel Paige claimed he really didn't know how old he was—but he felt really young. He said “How old would you be if you didn't know how old you was?”

Isn't it time to feel young again?

## STRETCHING FOR LOW BACK AND LEGS

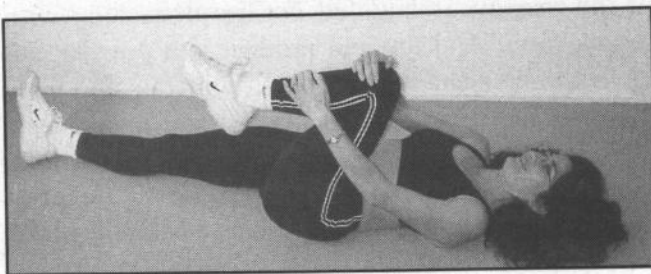
For years I was blessed with loose muscles. My muscles would sort of hang on the bones, making it easy for me to excel in sports without injury. While everyone else was stretching before their workouts, I would jump right into mine with no preparation and without injury. Well, after more than 50 years, I can no longer do this. Years of leg and back pounding in tennis and beach volleyball now require that I stretch my back and legs prior to competition. If I don't, I will suffer the chronic effects of *overuse injuries*. These include chronic low-back pain, hamstring or calve pulls or strains, Achilles tendon pulls or strains, etc.

If you exercise and constantly hurt yourself, or if you are about to embark on an exercise program of brisk or power walking, you need to stretch. To protect the low back and legs, the proper stretches require about three minutes! They will offer you a good degree of protection from injury, as well as helping you recover from chronic low-back pain.

### *The Low-Back Exercise*

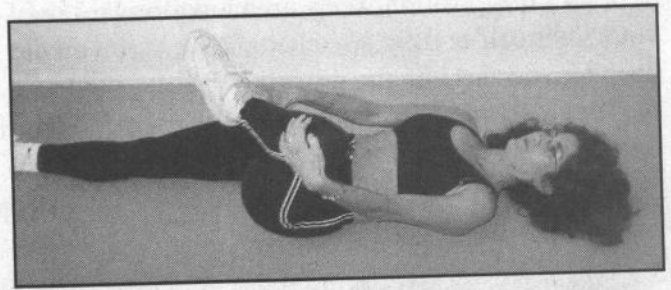
This exercise is more of a stretch than an exercise. It opens up the *sacroiliac joints* and stretches the muscles, tendons, and ligaments that support these large joints (located between your tailbone and your pelvic bones). Perform the low-back exercise while lying on your back wearing loose pants:

1) Lie on your back and bring your left leg into position #1 using both hands to help. Bring your leg back as far as possible.



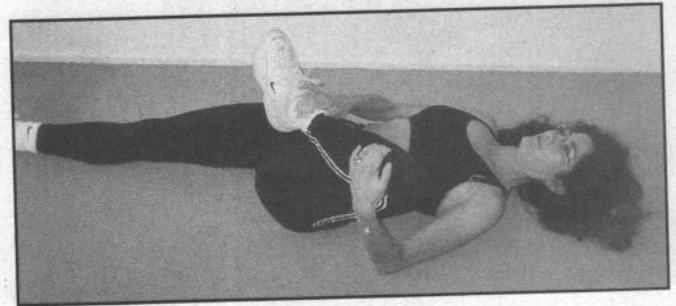
POSITION #1

2) Extend your knee out and bring your ankle toward your groin as in position #2.



POSITION #2

3) Pull your bent knee and leg against your torso. Your knee should be headed toward your left armpit as in position #3.



POSITION #3

4) Bring this posture to a full stretch and keep taught for one full minute.

5) Repeat this procedure using the right leg with right hand around the knee, left hand over the ankle.

This procedure is extremely effective at breaking the vicious cycle of chronic low-back pain. It can be done at any time just about anywhere. At a minimum, it must be done before exercise or sports. If you have a chronic low-back problem, perform this powerful stretch first thing in the morning and the last thing at night. You can perform this stretch as many times as you find beneficial throughout the day with no ill effects.

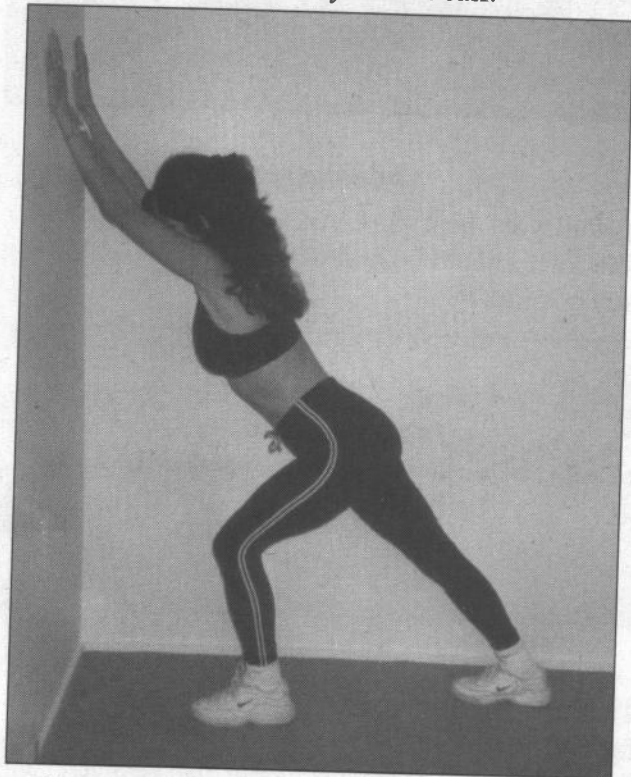
### *The Achilles Stretch*

This maneuver will stretch out the Achilles tendons, calves, and hamstring muscles in the back of your legs. Perform this stretch standing, facing a wall or some other support (see next page).

1) Brace your body with your hands against the wall at about shoulder height. Stand about two feet away from the wall.

2) With your left leg slightly bent, extend your right leg back as far as you can while keeping your knee straight and your heel on the ground.

- 3) From this position, keep stretching forward until your right calf is fully stretched. Make sure you are keeping your heel on the ground.
- 4) Maintain this full stretch for 15 seconds and then repeat the procedure with your left calf.



If you are playing sports or exercising for extended periods of time, repeat this stretch in between games or whenever you feel your calves begin to tighten up.

This stretch is also a therapeutic maneuver if you have already strained one of the muscles in the back of your leg or calf. Stretch carefully and frequently to recover more quickly from one of these injuries.

Together these simple procedures will go a long way toward maintaining low back and leg strength, endurance, and health. Do not underestimate the power or need for proper stretching. It is a more effective therapy than all the pills, potions, and lotions combined.

### **STRONG BONES AND TEETH** **AS YOU GET OLDER**

For most people, the older they get, the less *raw* food they consume. When it comes to your bones and teeth, this can spell a painful disaster. In 1946 Dr. Royal Lee, founder of Standard Process, stated that soft, chalky teeth and osteoarthritis were both

caused by a cooked-food disease. And he also stated the remedy: the use of *raw bone flour*, *raw bone enzymes*, and mineral and trace mineral activators like *manganese*, which is needed to activate teeth- and bone-building enzymes.

After hundreds, perhaps thousands of people with teeth problems and bones and joints that constantly hurt and would not heal, I can tell you Dr. Lee was right. To resolve these problems, you need the nutrition found only in raw food, especially raw bone. I've lost count how many kids with broken bones failed to heal after weeks or months. X-rays through their cast showed no healing of the bone. But as soon as the proper raw bone nutrients were employed, the bones healed properly.

The same has been true for dental patients. Without adequate raw bone and enzyme nutrition, teeth will be weak, soft, or chalky. Without adequate nutrition, a dental implant (a post installed in the jaw to anchor a false tooth or bridge) never takes, never hardens into the jaw, and fails. But when the proper nutrition is used with the implant, results are far superior.

### ***It's Hard to Find Real Raw-Bone Products***

Let's face it, you can eat a third of your diet raw, and that would be great. But are you ready to chew up raw bones with the marrow, like dogs? Making raw-bone products to heal dental and arthritis problems is no easy task. Most bone meal is nothing more than bones boiled for days on end, ground into a powder. The end product is just about sterile, devoid of enzymes, with little if any nutritional value, and most closely resembling sand.

Rather you need healthy, clean bones with the marrow, processed without heat or chemicals to maintain the life force of the bones. The greasiness of the marrow is handled during processing with wheat germ. And the end product is a powder full of live bone elements, including minerals and trace minerals like calcium, magnesium and manganese, complementary enzymes, amino acids, and actual bone protomorphogen—the tiniest live “blueprint component” of bone—akin to what scientists are now calling *microRNAs*.

It is these nutrients that are needed in their raw and live form for repair and renewal of tooth-building elements; broken and damaged bones; weak, damaged, or inflamed joints, cartilage, ligaments, and tendons; and even the nerve tissue surrounding

joints. You can only find these critical nutrients in the products *Calcifood Powder*, *Calcifood Wafers*, *Biost*, and *Bio-Dent*.

If you have weak, chalky teeth or dental surgeries including implants that will not take, use Bio-Dent (12 daily) until your teeth strengthen or your implant cements properly. If you have bones that will not heal, use Calcifood Wafers (6-9 daily) for at least six months. Or do what I do. I place a large tablespoon of Calcifood Powder in my blender with two tablespoons of *Whey-Pro Complete*, a banana, some frozen organic blueberries, and some raw milk to make a *super smoothie*. I do this just to maintain strong bones and joints so I can continue to play sports with younger men. With bones that won't heal, be sure to add Biost (3 daily). Biost contains the protomorphogen portion of bone and complements either Bio-Dent or Calcifood.

You don't have to suffer with weak and painful bones and teeth as you grow older. Start eating more raw foods and use the only real raw-bone supplements. I am 71 years old and still play 2-man beach volleyball with 25-year-olds. Do not let your skeleton weaken, hurt, and eventually turn to sand with advanced osteoporosis. Eat raw foods and use the raw bone healing nutrients found in the supplements discussed in this article.

For more information on gums and periodontal disease, see my article "Gum and Periodontal Disease" in Section 5: Vision, Skin, Hair and Dental.

**PROTOCOL FOR PEOPLE WITH BONE AND TEETH PROBLEMS**

**Bio-Dent:** 12 daily, especially before, during and after dental surgery

With bones that won't heal... add...

**Calcifood Wafers:** 6-9 daily

**Biost:** 3 daily

For strong bones... make a **Super Smoothie** including...

**Whey-Pro Complete:** 2 tablespoons

## INDIGESTION AND TOTAL GUT HEALTH

There is so much digestive trouble in America that this simple treatise should be *digestion lesson #1*. For starters, *even though you may be eating healthy foods*, if they are not completely and efficiently digested, they will *rot* in your digestive tract.

### *Without Adequate Stomach Acid, You Can't Digest Even the Healthiest Foods*

Specifically, proteins (beef, dairy, fish, chicken, eggs, etc.) that are not digested in your stomach due to low stomach acid will rot via a process called *putrefaction*. Carbohydrates in the form of fruits, vegetables, etc., that are not digested in your stomach will rot via a process called *fermentation*—like making wine. And fats that are not digested will rot via a process called *rancification*—like rancid food that causes millions of cases of food poisoning every year. Any or all three can combine to cause indigestion, heartburn, reflux, gas, bloating, constipation/diarrhea, cramps, pain, colitis, gallbladder disease, and more.

So, to fix a problem gallbladder, you need to first check on, and if necessary, fix your stomach. That is why *your stomach is extremely acid—in order to digest your food*. Adequate stomach acid and digestive enzymes signal the digested food to leave your stomach and enter your small intestine when your stomach pH (acid level) is sufficiently acidic. Then a signal is sent to your gallbladder—in particular to your *sphincter of Oddi*—which is the valve that releases bile. This signals the sphincter of Oddi to relax, allowing the flow of bile and fat-digesting enzymes into your small intestine. Here, further digestion of fatty foods takes place.

### *More Than 50% of All People Over 60 Have Low Stomach Acid*

The older you are past 50, the more common low stomach acid becomes. And worse, one in three postmenopausal women produce *zero stomach acid!* Unfortunately, if you suffer from low stomach acid, your stomach pH will *not become low enough* to send a strong signal to your gallbladder. This is the situation for more than half of all seniors—and the reason for the high incidence of gallbladder problems and gallbladder surgeries. *Here's the domino effect*

*of low stomach acid...*

- 1) Low stomach acid is where the *indigestion* process begins. The putrefying undigested foods lying in your stomach produce acids and gasses which actually cause your heartburn and reflux.
- 2) Low stomach acid will also retard your gallbladder from further digesting food in your intestines.
- 3) And it contributes to poor bile flow, sluggish thick bile, and gallstones/gravel.
- 4) Past this stage, your intestines suffer—they are not designed to handle insufficiently digested food. You will end up with gas, cramps, colitis, constipation/diarrhea, and worse.
- 5) Over time the microscopic digestive “hairs” lining your intestines where food is absorbed into your bloodstream will become coated with stale mucus—directly related to improperly digested food.
- 6) This leads to *leaky gut syndrome*, where improperly digested food molecules pass through your intestinal wall into your bloodstream and are seen as foreign invaders in your body.
- 7) This makes you more sick and sets many people up for *autoimmune diseases*.

Obviously if you have heartburn, reflux or gallbladder symptoms, and you opt solely for antacids and/or gallbladder removal, then only the symptoms have been treated. The *real, underlying causes* of the problems have been totally ignored, will remain, and will make you permanently sick for the rest of your life.

Fortunately, you can easily correct these digestive problems that plague so many Americans. You can help your digestive system and improve your health, even if you have already had your gallbladder removed. Here's how you can cure indigestion starting with...

### *1) Low Stomach Acid*

My friend and legendary holistic healer John Trowbridge, MD, loves to say, “first fix the gut.” And equally legendary holistic healer Jonathon Wright, MD, loves to say, “correcting a minor problem in the stomach can help you achieve *breakthroughs that modern science has deemed impossible*.” Both agree that adequate stomach acid is critical to good health and overcoming sickness, especially indigestion.

So, if you suffer with indigestion, find out if you have adequate stomach acid by getting a bottle of *Zypan* from Standard Process and taking a tablet with your meal. If your digestion stays the

same or improves, try two or three tabs per meal. If your burning gets worse, you are one of the rare individuals with excess stomach acid. If your digestion improves, you have **low stomach acid**, and you need to supplement with Zypan (1 to 4 tablets per meal for 6 to 18 months). Zypan contains pancreatic enzymes, proteolytic (protein digesting) enzymes with pepsin, and betaine hydrochloride (stomach acid). It will effectively lower the pH of your stomach. This will aid your digestion in the stomach, especially of proteins. It will also help your body to relax your sphincter of Oddi so that bile and gallbladder digestive enzymes can flow into your intestine.

And there are times when Zypan is not strong enough. Remember many people secrete very little to **no stomach acid at all!** If Zypan helps a little, but does not get the job done, you should switch to **Betaine Hydrochloride**. Take as many tablets per meal as are necessary to comfortably digest your meals. Then slowly over time, reduce your dose, always trying to use only the amount necessary. Anytime you feel tingling or burning, it is a sign that you need to reduce your dose.

## 2) On to Your Gallbladder

When you have insufficient digestive enzymes from your gallbladder, fatty foods will not be digested properly, and you will end up with the urps, burps, nausea, pain, vomiting, constipation/diarrhea, and all the rest of the problems that make up **gallbladder trouble**. But even if you have a cholecystectomy (gallbladder removal), **you are still sick** because the underlying cause of the problem has been ignored.

Many times, lowering your stomach acid with Zypan and/or Betaine Hydrochloride will automatically resolve your gallbladder problems. If not, simply go about using the phytochemical **betaine** to safely and effectively improve the flow of bile through the bile ducts and into your small intestine. The product you will need to end your urps, burps, nausea, pain, cramps, diarrhea, and more is **A-F Betafood**. It contains the vitamin complexes A and F, combined with betaine from beets. It will help thin your bile, allowing it to become less thick and creamy. This facilitates better bile flow whether you have gallstones or not—even whether you've had your gallbladder removed or not.

Standard Process uses young beet leaves to

produce betaine. And betaine is the phytochemical in A-F Betafood that works as a gallbladder and liver decongestant. A-F Betafood primarily thins and mobilizes bile and flushes the bile route—getting your bile moving again. This is important because bile and other enzymes are needed for good digestion. It is also important because your body eliminates all kinds of toxins and poisons via your bile. Your liver processes toxins and dumps them into the bile for elimination through your bowels. Just imagine your liver desperately trying to rid your body of toxins—but your bile is as slow as honey on a cold day! Avoid all these problems by taking A-F Betafood (2–4 per meal for 6 months, then 1 per meal for a year).

## 3) On to Your Intestines

After years of indigestion, stomach and gallbladder/bile problems, your small intestine suffers. And slowly but surely a microscopic coating of protein—based mucus will clog up your intestinal villi (the microscopic hairs that absorb nutrients from your food into your bloodstream). You end up suffering from all kinds of digestive problems like diverticulosis, diverticulitis, colitis, constipation/diarrhea, and more. And you also suffer from degenerative diseases like arthritis, diabetes, heart disease, and more because you are chronically nutritionally deficient thanks to the state of your intestinal linings.

The only way to end this mess is to fix the stomach, fix the gallbladder, then cleanse your intestinal linings. This is done with an amazing product, **Okra Pepsin E3**, by Standard Process. This remarkable phytonutrient product combines the sticky plant okra, protein digesting enzymes and pepsin, and E3—a tissue repair factor that is used primarily for people with stomach ulcers or colitis. E3 contains allantoin, which is a powerful tissue-healing agent.

The okra will stick some of the digestive enzymes and pepsin to the linings of your intestines. Here the protein digesting enzymes will slowly erode (digest) the stale protein mucus that has accumulated over the years. Over time, this relieves the load on your intestinal villi and once again allows your intestines to do what they were designed to do—absorb nutrients from good foods into your bloodstream. This will be the beginning of the end of chronic nutritional deficiencies leading to degenerative disease. Or put another way, the start to a new you.

#### ...and 4) On to Your Colon

Addressing your digestion in the stomach, gallbladder, and intestines will go a long way toward a healthy colon. But years of abuse take their toll. It is now time to rebuild your gut (colon). This can be relatively easy with your new diet, plenty of fiber and roughage, lots of pure water, and a good *probiotic*. A probiotic contains healthy (friendly) bacteria that will seed your gut. It also contains prebiotic material (food for the newly introduced healthy bacteria in your gut) so they can flourish.

After healthy bacteria take hold, they slowly choke out unhealthy bacteria, bringing your microbiome (flora) back into balance. And we now know how critical this is—thanks to some amazing gut scientists at Stanford University and elsewhere who began the *Microbiome Project*. They have been studying the flora in the gut, mapping the genes of the gut bacteria, and beginning to shine a light on how your gut microbes affect your health.

It turns out that **90% of all the genes in your body are not human**. They belong to the microbes, predominantly in your gut. And they affect your health dramatically. We now know that your flora can influence whether you get, can prevent, or cure type 2 diabetes, obesity, depression, certain autoimmune diseases, asthma, skin problems, and so much more. Therefore, nurturing the microbes that influence your health positively is absolutely essential if you ever plan to get truly well.

So, prepare your colon for a probiotic by killing off harmful bacteria and microbes first—by using the colloidal silver solution *Digestive and Urinary Tonic (DUT)*. Drink 2 ounces on an empty stomach 4 times daily for 2 days. You will have also prepared your intestines for a probiotic by using Okra Pepsin E3.

Your intestines and colon will now be prepared and ready to be seeded with and utilize an excellent probiotic that also contains prebiotic material. The product of choice is *ProSynbiotic* by Standard Process. Take 2 daily for 6 months. Then 1 daily for a year. ProSynbiotic contains not just healthy bacteria but prebiotic material (food for your healthy bacteria) as well. The food is in the form of *inulin* from chicory and *galactooligosaccharide*—a non-digestible carbohydrate. Your friendly bacteria love both.

So, if you are plagued with indigestion and gallbladder symptoms, don't just take antacids

and/or have your gallbladder removed. Instead use pragmatic medicine to rehabilitate your digestive tract properly. Normalize your stomach acid, if necessary, with Zypan and/or Betaine Hydrochloride. Enhance the flow of bile through your ducts and from your liver with A-F Betafood (2–4 per meal for 6–18 months). Clean up and heal your intestinal linings with Okra Pepsin E3 (2 per meal for 6–18 months). And nurture and bring your gut's microbiome into balance with DUT and ProSynbiotic (2 daily for 6 months, then 1 daily for a year or longer).

#### What to Expect

Below are the real miracles you can expect when you use pragmatic medicine to heal your indigestion, stomach, gallbladder, liver, pancreas, intestines, gut and colon.

- 1) More properly digested food leaving your stomach.
- 2) Bile that is not as thick and viscous as honey on a cold day.
- 3) Better functioning digestive sphincters that allow for enzyme flow.
- 4) Removal of years or decades of old, stale mucus from your intestinal villi.
- 5) Healing of the linings of your intestines.
- 6) Seeding your gut and microbiome with friendly bacteria.
- 7) Greatly improved health.

That is pragmatic medicine at its best.

#### What About Your Pancreas and Diabetes?

Today, diabetes is an epidemic. And indeed, millions suffer from diabetes, and perhaps millions more suffer from *poor pancreatic function*. In medicine it is called *exocrine pancreatic insufficiency or EPI*. It is basically when your pancreas does not secrete adequate or sufficient pancreatic enzymes. If this is you, you will suffer with bloating, gas, cramps, and diarrhea. And while lots of these problems are caused by low stomach acid, if Zypan and the other protocols in this article fail to help you resolve your problems, you will need to substitute *Diaplex* for *Zypan*.

Diaplex is pancreatic enzymes and pancreas extract. It is designed to provide pancreatic enzyme support and to enhance healing of your pancreas. You will need to take Diaplex (1–3 per meal for 10–15 days) to determine whether you are suffering from EPI. And if you are, Diaplex will help you, and you

will begin to get better in two weeks or less.

Likewise, Diaplex plays a major role in a *diabetes protocol*. With type 2 diabetes you will need: 1) to eat a Mediterranean diet, practice strength building exercise (like weight lifting), and 2) take *Diaplex* (2–4 per meal). 3) Another part of the diabetes protocol is *Cataplex GTF* (2 per meal). GTF stands for glucose tolerance factor because it helps your body utilize insulin properly to keep your blood sugar normal. 4) A fourth part of the diabetes protocol is *Min-Tran* (2 per meal)—which provides organic minerals. 5) The fifth part of the diabetes protocol is omega-3 fatty acids. We use *Blue Ice Fermented Cod Liver Oil* (1 per meal). And the final part is 6) curcumin from turmeric root. We use *Turmeric Forte* (2–3 daily with meals that contain some fat). In scientific studies 100% of subjects with *prediabetes* did not progress to type 2 diabetes. And *Turmeric Forte* will also help you control your glucose if you already have type 2 diabetes.

You can judge your success easily by using your glucose monitor daily for 30 days after you start your new diet, exercise program, and nutritional protocol. You will be amazed. And for lots more information on diet, exercising, and the diabetes protocol, see my article "For People With Diabetes, Heart Disease, High Cholesterol and Obesity" in Section 1: Heart and Circulation. Also, see my article "Diabetes Medications Do Not Protect You" in this Section.

### **What About Bacteria in Your Gut?**

Medicine continues to struggle with this problem—whether it is an infection, hospital infection, or just plain food poisoning. They are often unable to decide whether to use antibiotics (which cause more gut problems), other drugs, or anything else that might help.

Fortunately, we already have the protocol that is safe, effective, easy to use, and inexpensive. Thanks to the most amazing colloidal silver compound called *Digestive and Urinary Tonic (DUT)*, food poisoning and gut infections are a thing of the past. This amazing tonic will kill harmful microbes, including bacteria, viruses, and even fungus.

Simply drink 2 ounces on an empty stomach 4 times daily for 2–4 days, followed by ProSynbiotic (see *On to Your Colon* earlier in this article) to reseed your gut. I simply cannot say enough about DUT—it is simply amazing, with a measured kill ratio over harmful microbes in your gut, and even in

your urinary tract.

So treat your gut, from your stomach to your colon, pragmatically. Do not resort to drugs or surgery as your first treatment. Use the products that really get the job done. There are no substitutes. You will be very happy when you resolve the underlying cause of your digestive problems, rather than just the symptoms.

### **PROTOCOL FOR PEOPLE WITH STOMACH, GALLBLADDER, PANCREAS, LIVER, INTESTINES, AND COLON PROBLEMS**

With low stomach acid...

**Zypan:** 1–4 per meal for 6–18 months

When Zypan is not strong enough...

**Betaine Hydrochloride:** 2–12 per meal

With intestinal problems...

**Okra Pepsin E3:** 2 per meal for 6–18 months

With gallbladder problems...

**A-F Betafood:** 2–4 per meal for 6–18 months

With colon problems...

**Digestive and Urinary Tonic (DUT):** 2 ounces on an empty stomach 4 times daily for 2 days

**ProSynbiotic:** 2 daily for 6 months, then 1 daily for a year or longer

For people with type 2 diabetes...

**Mediterranean diet and weight lifting**

**Diaplex:** 2–4 per meal for 6–12 months

**Cataplex GTF:** 2 per meal for 6–12 months

**Blue Ice Fermented Cod Liver Oil:** 1 per meal for 6–12 months

**Min-Tran:** 2 per meal for 6–12 months

**Turmeric Forte:** 2–4 daily with food that contains some fat

With bacteria, viruses and/or fungus in your gut or urinary tract...

**Digestive and Urinary Tonic (DUT):** 2 ounces on an empty stomach 4 times daily for 3–4 days

### **FOOD COMBINING: THE INSTANT CURE**

You overate and went to bed stuffed. You felt bloated, had a tough time getting to sleep, but finally everything is okay—until 3 A.M. That's when a big wave of acid heartburn wakes you right out of your sleep. Now, you really feel rotten. You have red-hot heartburn, gas, belching, cramps, headache, and nausea. And worst of all, you realize that your dinner is still sloshing around in your stomach, totally undigested, hours after eating.

Hey! You remember that your doctor said Mylanta, so you medicate yourself for the umpteenth time, ensuring that your problems will continue for



countless more nights, months, and years.

If headaches continue, or if you continue to have problems falling asleep, your doctor says Fiorinol; if that doesn't work, the doc says Halcion. Now the indigestion, headaches, and insomnia are solved. Unfortunately, your doctor deserves chastisement, not thanks. By continuing this therapy and ignoring the *causes* of the problems experienced, your doctor is *slowly killing you*.

### **The Drug-Free Protocol**

Would you like to fall asleep naturally? Be comfortable all through the night? Have no symptoms of indigestion? Become drug-free? And lose weight in the process? Here's what you will need to do. Try the following recommendations for *one week*:

- 1) Eat all the food you want at dinner, but stop when you are full.
- 2) Combine your foods in the manner described further on in this article.
- 3) Drink only pure water with your dinner.
- 4) Finish your meal at least two hours before bedtime.

If you are like most people, you will be a new person after seven nights. The worst case scenario is that you will learn some new habits that may not completely solve your problems, but will go a long way toward helping you be much healthier.

### **Combine Your Foods**

There are five simple rules to remember for your one-week trial period of food combining:

- 1) Do not combine fruit with any other food.
- 2) Do not combine a protein with a starch.
- 3) Do not combine bread with a protein.
- 4) Drink only pure water with your meal.
- 5) After dinner, don't eat anything until morning.

That's it! Quite frankly, it's easy. And what does it leave you? All the food you want to eat until you are full. No dieting. And plenty of variations in the types of foods you like to eat.

The hardest part of the program is to stop combining protein and starch, and protein and bread. This means no meat, chicken, fish, eggs, or beans eaten *with* potatoes, rice, or pasta. Instead, have these protein foods with lots of fresh steamed vegetables and a big salad. Or, have a starch dinner of pasta and marinara with veggies and salad—just leave out the meatballs.

### **The One-Week Dinner Test**

The variations are endless. For simplicity's sake, I suggest you be concerned about food combinations only at dinner. If after a week you discover that you are a much happier, healthier person as a result of improved digestion, you can choose to incorporate the food combining guidelines into your other meal-times as well.

For now, just take the one-week dinner test. By the way, when you have a nice, healthy salad, don't ruin it with those horrible bottled salad dressings. Nearly all bottled dressings are an abomination (except perhaps some rare oil-free ones made with healthful ingredients). Instead, make your own salad dressing with raw flax oil or extra-virgin, first-pressed olive oil, organic apple cider vinegar or balsamic vinegar, adding spices you like. These products are available at the *Health Alert* store ([www.healthalert.com](http://www.healthalert.com)) or 1-800-231-8063 (M-F, 7-5 PST).

Remember, it's critical that you eat early enough to allow a couple hours before going to bed. If, after a week of this type of eating, you are still experiencing the same problems, you may then assume that they are not caused by poor food combining. If you are *improving* after a week, but your problem is not 100% resolved, it is probably best to continue. After all, if you've taken the medicines your doctor recommended, you have desperately compromised your digestive system. In this case, it will take a while for your body to be able to digest normally once again.

### **The Proof of the Pudding**

If you're like most people, you will experience blessed relief with this simple, *free* therapy. And when you digress from food combining for a night of party foods (all the wrong kinds) and lots of booze, you will immediately be reminded just how sick your body used to feel.

So, if you're sick, bloated, stuffed, toxic, gaseous, headachy, and awake at 3 A.M., remember that *this* doctor said "*food combining*."

## **THE ELIMINATION PROGRAM**

When asked to name the single most powerful therapy they know, a majority of holistic practitioners will say the elimination diet. I tipped you off to the power of this therapy in a previous article, "Food Allergies Can Be Deadly," *Health Alert*, Vol. 10, No.

9. And now, I want to reinforce just how powerful this therapy can be.

A holistic doctor called to tell us that our article on food allergies reminded him about the elimination diet. He promptly placed all his problem patients on the diet and was shocked to find that almost all of their problems cleared up.

One of my readers from California writes: "I have been bothered with hacking and insomnia ... which made me extremely nervous and unable to sleep .... I was given prescriptions to take, but *none* of them worked .... You recommended *Allerplex* and *Congaplex* [products from Standard Process] and eliminating all milk and milk products for 30 days .... [After] about 10 days, the symptoms have *disappeared completely!* My life has changed for the better—life is really worth living!"

### **Free Medical Care**

The elimination program is extremely powerful. And better yet, it is *free!* This therapy does just what its name implies—it allows you to eliminate offending foods in your diet that trigger powerful disease syndromes. These syndromes can range from allergies to skin problems to migraines to severe muscle and joint pain. To determine if you are being plagued by offending foods, here's how to use the elimination program:

### **Start With One Food**

**Begin with a mono diet (one food only) for two to three days.** For these initial days, the one food you are to eat is a fresh fruit. The best choices are either fresh watermelon or fresh seedless grapes in season. (Watermelon or grapes are best for various reasons, including that they are among the least allergenic foods.)

Because these fresh fruits are available in summer, that is the ideal season for a mono diet (the first step of your elimination program). However, you can substitute another fresh fruit in season at any time of year and expect similarly successful results. Don't try to skip this initial mono diet; those first days of one food only are the *most critical* part of the elimination program.

Stay on this mono diet for at least 48 hours, and in some cases up to 72 hours. At this time, the pain (or other syndrome) you've been experiencing can be expected to subside or disappear. If the syndrome disappears when you are on the initial mono diet, it is

proof positive that foods (of some type) are triggering the problem. And believe me, this is *remarkably common*.

### **Finding the Culprits**

**You must stay on the mono diet until the syndrome subsides or disappears.** If, after a week, *nothing changes*, you have ruled out foods as the trigger of your problems. However, if you feel better, your next job is to determine which of the foods you have eliminated are the triggers. And remember, it is best to inform your doctor of any fasting/restrictive diet plans. It is also important to drink plenty of pure water during this period.

Phase two of the elimination program—the job of determining the trigger foods—is accomplished in the following way. **Introduce other foods into your diet one food at a time.** It is this portion of the program that is more accurately called the elimination diet (with the initial phase of the program being the mono diet).

When you eat an offending food, your body will tell you so within 24 hours via the return or worsening of symptoms. Once offending foods are discovered, most people need to eliminate them from their diet for a year or more. At that time, they can be tested again. The most common culprits are milk, wheat, pork, chocolate, and corn. But remember, *any* food can be a problem for you. Often, these can be typically healthy foods.

The most common problems caused by food allergies are digestive problems, skin problems, sinus congestion, rheumatoid, headaches, and pain syndromes.

### **Simply Begin Here**

While uncovering food allergies is an excellent way to start solving any health problems you're experiencing, foods are not usually the root *cause* of the problem. For example, if pork caused migraines, then anyone who ate pork would get a migraine. Naturally, this is not the case; instead, pork is a trigger for migraines only in some people. And the same is true for all food allergies. The cause of the problem (why people are allergic to some foods) usually lies elsewhere in the way people's bodies react.

Nonetheless, discovering and eliminating the offending foods is *powerful* and *common-sense* therapy. And you are wise to begin here. Would a

couple years of antibiotics to clear up a skin condition make sense if you could eliminate the problem in days by getting a certain food out of your diet? (As you might guess, it is my opinion that a couple years of antibiotic therapy for *any* skin condition is tantamount to malpractice.)

### **Allergy Causes**

Discovering the cause of allergies is much more difficult than finding offending foods. In most cases, people who suffer from food or other allergies have similar metabolic faults. They are usually *dehydrated* and need to drink much more pure water. They probably need to stop using *table salt* and to start using *Celtic Sea Salt* to meet their body's need for salt. Many are in desperate need of calcium, and many of those *deficient in calcium* don't have the proper acid-alkaline balance to digest and utilize calcium properly. A good portion are in need of chiropractic care. These people have an overly sensitized nervous system, often caused by *nerve irritation at the spinal level* (a problem chiropractors can eliminate).

All in all, it takes a good *holistic* health practitioner to get at the root causes of allergies. But even if you cannot eliminate the allergies altogether, just getting the offending triggers out of your diet will resolve most of the problems. So have at it! After all, the therapy is free, and the results are likely to transform your life.

### **Allergy Remedies**

By the way, all of the most sophisticated, ultra-technical medical interventions at any price (and we all know about the prices) will do *nothing* to solve a problem caused by a food allergy. While we're at it, all of the coenzyme-Q10, octacosanol, DHEA, beta carotene, pycnogenol, chromium picolinate, germanium, spirulina, L-carnitine, melatonin, ginkgo, and other hot, new, isolated single "nutrients" will likewise probably offer little help.

So remember to use common sense. To resolve health problems at their root, it is wise to remove offending foods, increase pure water intake, obtain chiropractic care when necessary, use specific nutritional supplements to address personal needs, and get some exercise too.

Some of the most terrifying diseases of humanity (like asthma) are not diseases at all but simply *symptoms*—symptoms of allergic reactions to

offending stimuli. Covering them up will only make things worse. Start now to *remove* the triggers and causes that spawn the horrible and painful symptoms that we call modern disease. After all, this kind of therapy cannot make things worse, can greatly help, is free, and simply makes good sense.

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## **GAS AND BLOATING AFTER EATING: SO COMMON—IT'S "NORMAL"**

If you do not digest your foods properly (especially meats and proteins), beginning in the stomach, you will suffer from gas, bloating, fullness after meals, and even allergic reactions such as hives and allergies. This is all too common. And it has to do with a series of bad habits, and a slow loss of natural digestive acids and enzymes.

The bad habits are easy to fix. You simply need to chew your food thoroughly and eat whole foods that your body can digest naturally. Processed foods are not something your body recognizes as food that can be properly digested. In other words, for some of these processed-food concoctions, a human digestive enzyme does not exist. It would be as if you ate plastic or wood.

Finally, if you are like some people (especially those with impaired digestion), you may need to combine foods for easier digestion. Basically that means eating proteins with complex carbohydrates (meat with vegetables). Do not combine starches (potatoes, etc.) with meat. Only eat fruit by itself. Some folks even advocate eating only fruit before noon. The most radical form of food combining is eating one food per meal. Most people do not have to go this far. But for hundreds of people that I know about personally, food combining has brought digestive relief (see "Food Combining") earlier in this Section).

### ***Adequate Acids and Enzymes***

If you suffer from indigestion, gas, and bloating, *you should not take antacids*. Antacids cover up the symptoms and make the problem worse. Food will generally not leave your stomach until fully acted upon by digestive enzymes. So, without adequate

amounts of these enzymes, food will stay in your stomach for long periods of time. Or worse, with digestive failure in the stomach, food that is not properly digested will be finally passed along to your intestines. This condition causes severe indigestion, gas, and even allergic reactions.

Animal protein (meat) is digested (liquefied) in your stomach by the enzyme *pepsin*. Pepsin is activated by hydrochloric acid (a catalyst). Proteins and meat entering your small intestine as *undigested* proteins are *extremely toxic to your system*. In the intestine, undigested protein undergoes *putrefaction*, giving off poisonous end products called *guanidine* (a constipation toxin), and *histamine* (an allergen that causes allergies, hives, and more), among others. This process is very different from the way adequately digested and liquefied proteins enter the lower digestive tract—as amino acids and peptones, which are needed to build a strong, healthy body.

This is a natural phenomenon that cannot be disputed. You simply cannot go against the laws of nature and expect something other than the usual miserable triad of gas, bloating, and allergic fullness after meals. So think twice about what you eat. Make sure you chew. Combine foods if necessary. Drink pure water. Stop using antacids and acid blockers. And if your digestive system has been depleted from years of abuse, rebuild it with digestive enzymes.

We use *Zypan* from Standard Process as the premier digestive enzyme product because it is so effective at rebuilding the *protein digestion* system. Undigested proteins cause many more problems than fats, carbohydrates, and sugars. Try *Zypan* (1–3 per meal) and judge your response. If *Zypan* causes burning, you may have an ulcer that needs to be healed first. If your digestion improves with *Zypan* and the other treatments discussed in this article, you are on your way to better health.

Gas, bloating, fullness, allergies, and hives? Think digestion, not antacids.

**PROTOCOL FOR PEOPLE WITH GAS AND BLOATING**

*Zypan*: 1–3 per meal

**LIVER AND KIDNEY  
DETOXIFICATION AND  
LIVER/GALLBLADDER CLEANSE**

Most people change the oil and filter in their car every 5,000 miles. That is as often as twice a year.

But they don't think twice about neglecting their body filter (liver) for an entire lifetime. Unlike a car filter, your liver is designed to detoxify and cleanse itself. But the liver can easily be overwhelmed and kept from performing its own self-detoxifying procedures. Additionally, your liver needs certain foods to perform this minor miracle. These foods are not the ones most people eat.

The foods most helpful in cleansing and detoxifying the liver contain chemicals and enzymes which the liver uses in biochemical maneuvers to rid itself of toxins. Without these foods, and with an influx of all kinds of toxic foods and other chemicals, most people find that their liver is overloaded. A toxic, congested liver leads to all kinds of health problems, not the least of which can be cancer. In fact, just about every cancer has its origins in the liver and/or the kidneys. All cancer cases are liver cases.

The person with a congested and toxic liver is usually an allergic person. These people slowly become allergic to *everything*. The reason—their liver is not filtering properly. Molecules end up in the bloodstream that should not be there. The body mounts an immune or *histamine* reaction to these foreign bodies. This reaction is identical to an allergic reaction. Slowly but surely your body will react to just about everything. Just as your car's engine will ultimately fail if the oil filter becomes totally clogged, you will become exhausted, arthritic, racked with aches and pains, sick, asthmatic, and face adrenal failure if your liver is left unattended.

The person with a toxic liver will have all kinds of digestive symptoms—bilious, nauseous, diarrhea and constipation, gallbladder problems and stones, increased cholesterol levels, and more. As the liver clogs up, the kidneys will be called on to take up the load. In fact, the liver is like a third kidney, and the kidneys are like another liver. In most cases of liver detoxification, you need to clean up the liver *and the kidneys*.

A toxic liver will cause just about every kind of health problem imaginable. As the blood becomes thick with fat, vessels become clogged. As vessels become clogged, blood pressure goes up. As you are medicated for the blood pressure, your kidneys will begin to fail. This will put additional pressure on the liver because the liver is a kidney and the kidney is a liver. Your feet will burn, your skin will turn sallow with eruptions, including hives, urticaria, eczema,

psoriasis, and more. And just as your car engine will sputter before it finally quits, you will slowly be drained of every ounce of energy, just before complete adrenal failure.

By now I think I have convinced you of the need to pay attention to your liver. At least the same amount of attention you give to your car's oil and filter changes. Of course, your first order of business is to give your liver a rest by relieving it of some of the poisons it is forced to filter out of your body on a daily basis. You already know the main ones—booze, cigarettes, and drugs. But the discreet ones are prescription drugs, tons of synthetic vitamins and powerful herbs, a 100% cooked-food diet, a constant diet of refined and processed foods (anything in a package or wrapped in cellophane), bad water, pesticides and herbicides, chlorine and fluorine, too much protein and meat, preservatives and additives like nitrates.

Keep in mind how great it feels to replace your car's oil and fuel filters. You then add clean, pure engine oil and the best fuel. You just know your car is going to purr. Well, it isn't too much different with your body, except that you cannot just simply change the filter. You only get one. While it is a highly regenerative organ that can cleanse itself, it is also subject to severe damage from toxins. The ingestion of one tiny batch of the wrong mushrooms will permanently destroy an entire liver, requiring a liver transplant.

So give your liver a break. Stop giving it poison and start giving it what it needs to cleanse itself. Unfortunately, the cleansing foods are not exactly American staples. They include garlic, onions, kale, broccoli, Brussels sprouts, beets (roots and leaves), black radish, red peppers, cabbage, asparagus, and egg yolks. Let's see now, I'll have a plate of organic liver, smothered in raw onions and garlic, with a side of broccoli and Brussels sprouts and a kale, peppers, and Spanish black radish salad. And I think I'll eat this every day for three months and then for three months every year. Sure!

In fact, that would be a wonderful regimen and would probably preclude cancer for anyone willing to subject themselves to such a diet. But in reality, it would help if you ate at least some of these foods on a regular basis. You can then additionally perform a liver detoxification as often as necessary (dictated by the state of your health) by using concentrates of

these foods in supplement form. And this brings us to liver detoxification and retracing.

### ***Retracing and the Herxheimer Reaction***

Retracing is the term used to describe healing which takes place by the elimination of symptoms, like peeling an onion. Symptoms you have not experienced in years or even decades often resurface or retrace before they are permanently eliminated in a true healing experience. Unfortunately, today many so-called healers and physicians use the term retracing to describe side effects from their own incorrect therapies, never taking the blame for anything. It is always the patient's immune system, or the patient's fault, or a process of retracing (that never seems to end).

The Herxheimer reaction is a much more "real" reaction in some patients. It is when the body is killing and throwing off microbes (bacteria, viruses, yeasts, etc.) in larger amounts than the organs of elimination (kidneys, bowels, etc.) can handle. This phenomenon is often a good sign that something is finally being accomplished in your body. The symptoms of this reaction are almost always the same—flu-like symptoms that can include aches, pains, fever, diarrhea or constipation, exhaustion, and headaches. The answer to a Herxheimer reaction is obvious. You must slow down your treatment, whether it be nutrients or whatever. At the same time, you must increase your body's ability to throw off toxins, poisons, and dead microbes. This means more pure water, some flax meal or other fiber to increase bowel function, light exercise, and plenty of rest.

### ***Disease or Toxic Liver Symptoms?***

Liver detoxification is not a procedure to be taken lightly. One of the liver's hundreds of jobs is to filter toxins from the body and release them via the bowels or kidneys. When the liver becomes overloaded, it can no longer keep your body free from toxins, and you will absorb, reabsorb, and have toxic chemicals circulating in your blood. The effects of this can be so slow and cumulative, you can mistake them for poor health or diseases that "develop" as life goes on.

Once the liver is encouraged to discharge stored toxins and cleanse itself (the liver is a self-detoxifying organ), a remarkable thing can happen. The symptoms or diseases that plague you will become much worse for a short time during the detoxification. Problems and symptoms you would

never dream could come from the liver will show up and be exaggerated (retracing).

If you are able to clean up your liver in a three-week detoxification period, these "diseases" and/or serious symptoms will show themselves and then disappear. If your liver is only partially detoxified in a three-week period, you will need to do this two, three, or even four times. Each time these problems will once again show themselves with diminishing severity until they are cleared and gone. For most people, four three-week liver detoxification sessions will provide all of the benefit possible from a healthier liver.

The remarkable thing is that some or even most of the "diseases" you have had may not be diseases at all. Rather, they may be autointoxication, or self-poisoning, from a toxic and congested liver. By the way, this does not just "happen." It is caused by a lifetime of abuse of poor diet, drugs, toxins, poisons, alcohol, cigarettes, etc., etc.

Another remarkable thing about discovering that your "diseases" are really caused by toxins is the shock over the folly of treating these diseases and symptoms with drugs and medicines. In fact, in *most* cases of these types of diseases, the treatment with drugs only makes the situation *worse* by adding more toxins to the mix. If these cannot be released from the body, they too will have to be detoxified at some time in the future.

So, always consider the liver as your life saver and also as the source of your problems if you have not been treating it well. And remember retracing when you embark on a liver detoxification program. You can get really sick.

If you have a toxic liver and suffer from intractable high blood pressure, cancer, allergies, skin conditions, adrenal or kidney failure, arthritis, or any other degenerative condition, there is often no way around this procedure. The key word here is *slow*. A person with a highly toxic liver will become very ill if the liver is purged to release toxins too quickly. Some of the toxins will be reabsorbed and produce a strong, and often allergic, reaction.

When retracing occurs, you can feel like you have the worst flu in memory. Your joints can ache, you can have a headache, coated tongue, diarrhea, fever, and more. This usually occurs on the last few days of the three-week period. If it does, it proves that you need one, two, or even three more three-week

periods of detoxification. So plan your liver cleansing to end on a day or days when you can take off work if necessary. Do not take the liver system and its detoxification lightly.

The answer to detoxification reactions is to go slowly. If the dose of a product calls for nine daily, start with *one* for a day or two to test the state of your liver. If things go well, build up to the full dose. The full dose of food concentrates are taken for three weeks at a time with a week off. While a three-week detox is powerful, some people will need to do this three times or more, followed by once yearly.

### *How to Cleanse the Liver*

The products used and discussed next are food (animal and plant) concentrates which are known to facilitate the most efficient detoxification of the liver. The cleansing program is best performed before you start on a regular protocol for other particular conditions (like heart, etc.). However, if you are already on a protocol, you can perform a liver detox at the same time. Simply use the full dose of liver detox supplements along with a reduced dosage of your regular protocol.

There are a lot of pills to take when detoxifying the liver and/or kidneys. But keep in mind these are simply the condensed and easy version of the foods which one would normally have to eat in huge quantities. The seven products used are from Standard Process. Since 1929, this company has been the benchmark for excellence in the field of concentration of nutrients from foods. Other products will simply not have the same effects.

The normal version of the liver and kidney detoxification program includes four products: *Livaplex* (2 taken 3x daily), *Spanish Black Radish* (2 taken 3x daily), *Cholacol II* (3 taken 3x daily) and *Cruciferous Complete* (2 taken 2x daily). Again, this protocol will be taken for three weeks at full dose followed by a week off. The sicker you feel during detoxification, the more three-week sessions you will need to get well.

If you are dealing with a serious liver detoxification problem, hepatitis, or more serious liver disease, also include in your protocol *Zymex* (4 taken 3x daily) and *Betacol* (1 taken 3x daily). If you plan to also detoxify the kidneys during this time (and this is generally a good idea), add *Albaplex* (3 taken 3x daily) to your protocol.

Keep in mind that this can be a powerful program

indeed. I have personally seen patients who were so toxic they could not tolerate even *one* Betacol tablet at first. So start slowly and drink plenty of pure water during your detox period. If at all possible, include detoxifying foods in your diet during this time.

**Gallstones**

Material that precipitates out of bile is the usual cause of gallstones. When a person has gallstones, he or she is almost certain to have a congested liver and potential plaque along the bile ducts and even into the liver. While a liver detoxification program will help eliminate the cause of this problem, the plaque and stones may need to be dealt with via a more physical liver/gallbladder cleanse. If you have a toxic liver and gallstones, use the liver and kidney detoxification program first. If gallstones are still a problem thereafter, try the *Liver/Gallbladder Cleanse* described in this article.

**The Program**

If you understand how well your car runs when you get the sludge and gum out of the filters and engine, you can get an idea about how your health can improve when you get the gums and toxins out of your liver and kidneys. If you have been eating the average American diet and/or you have the problems discussed in this article and can't seem to get over them, you are a candidate for a liver and kidney detoxification program.

To make things simple, I have designed an easy-to-use protocol which will show you how to cleanse the liver and kidneys.

<b>PROTOCOL FOR PEOPLE WHO WANT TO            DETOXIFY THE LIVER AND KIDNEYS</b>		
The following foods and concentrates have been shown to help people detoxify their liver and kidneys:		
The Normal <u>Liver Detox Program</u>		
PRODUCT	DAILY DOSE	SIZE
Livaplex	2 x 3	90
Spanish Black Radish	2 x 3	90
Cholacol II	3 x 3	90
Cruciferous Complete	2 x 2	90
With <u>more serious liver toxicity or liver disease</u> (any abnormal liver blood tests), add...		
Zymex	4 x 3	150
Betacol	1 x 3	40
With <u>kidney problems</u> (any abnormal kidney test), or to also detoxify the kidneys, add...		
Albaplex	3 x 3	150

**Instructions**

**DAILY DOSE:** The daily dose of products means the number of tablets or capsules taken *with meals* and the number of times during the day. For example, 3x3 means 3 tablets taken 3 times daily with meals.

**GO SLOWLY:** Always start any detoxification program slowly and carefully. Take one tablet or capsule and judge your response. If you have a strong detoxifying reaction, work up slowly to the recommended dosages. Once there, stay on the program for three weeks.

**SCHEDULE:** The detoxification program is followed for three weeks with at least one week off between sessions. While one three-week program provides powerful detoxification, two or more sessions may be needed.

**ENHANCEMENTS:** Drink plenty of pure water during your detoxification program. Include, if at all possible, detoxifying foods like garlic, onions, beets, kale, asparagus, cabbage, red peppers, broccoli, and Brussels sprouts.

**Description of Products**

The following is a brief description of the Standard Process products which are taken with each meal for three weeks. All of these contain or are made from foods which provide nutrients that detoxify the liver via its four main biochemical detoxification pathways:

**Livaplex** (6/day or 2/meal): Vitamins A, B, niacin, iron, iodine, zinc, copper, extract of liver, kidney and adrenal, Spanish black radish, beet leaf juice, tillandsia, betaine hydrochloride, choline, potassium, flaxseed oil, and more.

**Spanish Black Radish** (6/day or 2/meal): Spanish black radish concentrate.

**Cholacol II** (9/day or 3/meal): Bile salts, collinsonia root, montmorillonite clay.

**Cruciferous Complete** (4/day or 2 with 1 meal, 1 with 2 meals): Kale and Brussels sprouts concentrate.

**Zymex** (12/day or 4/meal): A silver-gray yeast-like culture grown on a bed of beet and tillandsia, serving as the supreme detoxicant for the gut.

**Betacol** (3/day or 1/meal): Liver extract, inositol, choline, tillandsia, and more.

**Albaplex** (9/day or 3/meal): This is kidney "gum-out." It contains kidney protomorphogen, liver extract, kidney bean extract, thymus extract, and more.

### LIVER/GALLBLADDER CLEANSE PROTOCOL

A gallbladder cleanse is a good thing to do for most people. Follow these steps:

1. Mix 2 cups of finely shredded, raw, preferably organic, ripe beets with the juice of a lemon and two tablespoons of extra-virgin, first-pressed olive oil.
2. Eat half of this mixture between breakfast and lunch and half between lunch and dinner for 10 days.

**NOTE:** If you are diabetic, you will not be able to do this.

## GALLSTONES AND GALLBLADDER

I had a friend who put four kids through college by performing gallbladder surgeries. Today he does less than half a dozen a year, and those are for severe emergencies—gallbladders that are gangrenous, infected, or spreading problems to the pancreas. For all other problems, he uses one or two supplements, diet, liver/gallbladder cleanses, and sometimes liver and kidney detoxification (both described in the previous article). In the easiest cases, it is simply a matter of switching to a Mediterranean diet and using a product called *A-F Betafood* (2–4 per meal) from Standard Process for 3–9 months.

This surgeon's entire life took a change when he discovered how to clean up the gallbladder. He was able to stop performing hundreds of gallbladder surgeries per year. If you take 90% of the number of gallbladder removals performed in this country annually (about half a million) times the cost for each surgery, you have the potential annual savings from this one procedure alone. When you multiply the cost of caring for those folks who have serious or deadly after-effects from this surgery (discussed later in this article), you discover a reprehensible bloat of dollars and lives wasted.

### *Signs of Gallbladder Trouble*

The earliest signs of gallbladder problems are nausea and "earping." Earping is what I call a cross between a hiccup and a burp. From there, symptoms can include pain, diarrhea, fever, vomiting, and more. When you consider the anatomy and physiology of the gallbladder, you can see that gallbladder removal for these symptoms (except in the emergency cases listed) is band-aid therapy.

Bile is produced in the liver and passed along through ducts that go into the intestines to help digest fats. Without adequate bile, you have difficulty digesting fats and getting sufficient fat-soluble

vitamins like A, D, E, and K. A portion of the bile from the liver that does not go immediately into the intestines is held in a sac called the gallbladder. When a fatty meal is eaten or when bile is needed, the gallbladder sends it from storage along a duct to the intestines for aiding digestion.

A diet of processed foods and unhealthy fats (too many vegetable oils, artificial fats like margarines, excessive fatty foods, and deficiencies in certain types of phytonutrients or phytochemicals from plants) can lead to problems in this system. The flow of bile is slowed; the bile becomes thick; and sludge, crystals, and eventual stones build up from the liver, down the ducts to the gallbladder. The storage of this debris eventually forms small or even large deposits which are called gallstones.

### *Band-Aid Therapy*

In these cases it is obvious that the removal of the sac or debris will do nothing about the cause of the problem. Instead stale, thick bile, sludge, crystals, and debris will continue to build up in the ducts, and even up into the liver. Without a gallbladder, fat digestion will be impaired for the rest of your life. Unless and until you address the cause of the problem, you will continue to suffer from indigestion, nausea, cramps, earps, and more.

If you catch the condition before gangrene or infection, you can easily clean up the system and flush most of the stale bile, crystals, and even small gallstones. If you have already had your gallbladder removed, the same procedure *must still be performed*. That is the critical point almost all physicians miss. Whether you have already had surgery or not, this cleanup is a must. And it must be followed up with proper diet and phytonutrients or phytochemicals to help keep the bile thin for smooth delivery to the intestines.

In my opinion, if you have already had surgery, these procedures are just as critical as if you were trying to save your gallbladder. But if you still have your gallbladder, cholecystectomy (gallbladder removal) makes no sense unless you have infection, gangrene, or problems that are spreading to the pancreas. Gallbladder removal without addressing the underlying causes of the problem often initiates the beginning of even more serious health problems.

### *Downward Health Spiral*

Although you will never be told this by your



doctor, gallbladder removal for older folks can often start a serious downward health spiral. I have pondered the reasons for this over the years after seeing the same pattern play out again and again... An individual has his or her gallbladder removed, and before you know it their memory goes, they get more and more sick, they are headed to a nursing home, and often to their grave.

Too strong a statement? Not really. Indeed lots of folks undergo this procedure and have no apparent repercussions. But after 40 years, I have seen the same thing happen so many hundreds of times, it can't be coincidence. As for the cause, I am still at a loss to pinpoint it. Perhaps it is nothing more than the after-effects of anesthesia. Maybe it is the impaired fat digestion of vitamins A, D, E, and K that automatically follows gallbladder removal. Perhaps it is the constant 24-hour-per-day flow of bile into the intestines that is abnormal and leads to health problems. Maybe the lack of bile in its proper amounts in the body causes an immune weakening—after all, bile is one of the most potent antioxidants known.

In any case, no one is able to pinpoint just why so many seniors begin to go downhill quickly following gallbladder removal. It could be one or all of the reasons I have just listed. Or perhaps, as is so often the case, the gallbladder serves more functions than we understand. Whatever the reason, no surgeon offers advice following surgery to help treat the underlying causes of gallbladder problems which are still present. And you won't get any advice about how to stay healthy, digest fats properly, maintain proper fat-soluble vitamin balance, regain immune strength, keep your memory, stay out of a nursing home, or even stay alive. Therefore, without articles like this, you could be *permanently impaired* following gallbladder surgery.

This lack of information is critical to think about if you are facing gallbladder surgery. Except in a dire emergency, this is a time to think reasonably and to take proper action *before submitting to this procedure*. Your surgeon won't tell you about this downward health spiral following surgery. You have to think for yourself here. You could be one of the lucky ones and have no apparent problems following surgery. Or you could be one of a huge percentage of unfortunate folks whose odds of premature nursing home placement or death skyrocket.

### *What to Do*

If you constantly have the earps or any of the other gallbladder symptoms mentioned above, begin cleaning up your system now. You can start by eliminating fried foods, processed foods, vegetable oils and salad dressings (except homemade dressings with olive oil or flax oil), margarines, any synthetic foods deemed to "save your heart," and almost everything recommended by the American Heart Association.

Instead eat a Mediterranean diet with lots of vegetables. Use olive oil with salads. Eat beets if you can get good organic beets. The leaves, stems, and beets themselves are all wonderful. Beets can be baked, steamed, shredded and eaten raw, or prepared in all kinds of ways. Organic beet tops can be steamed or added to casseroles and foods. If you are diabetic, eat more beet tops than beets because the beet has a high sugar content.

Beet plants contain the phytonutrient or phytochemical called *betaine*. Betaine is like a solvent for bile. It will help the body keep the bile thin, smooth, and flowing. This will prevent plaque, bile gravel, and stone buildup. And start taking *A-F Betafood* (2–4 per meal). In the more severe cases, consider a *Liver/Gallbladder Cleanse*. Since the bile originates in the liver, this procedure will benefit both the liver and gallbladder. You can find the *Liver/Gallbladder Cleanse* in the article "Liver and Kidney Detoxification and Liver/Gallbladder Cleanse" in this Section. And remember, my old doctor friend was wise enough to learn new medical procedures to save thousands of people from unnecessary band-aid surgeries. This is the way you should proceed as well.

#### PROTOCOL FOR PEOPLE WITH GALLSTONES AND GALLBLADDER PROBLEMS

A-F Betafood: 2–4 per meal

### HIATAL HERNIA, INDIGESTION, HEARTBURN, REFLUX, GERD AND ESOPHAGITIS

What is the biggest and strongest muscle in the body? The back? The legs or thighs? How about the big muscles of your arms? Well, the strongest muscle in the body is the diaphragm, the muscle that separates the chest from the abdomen. And unlikely enough, it is a muscle you don't have to think about—unless you run into trouble.

### ***Diaphragm Strain (Hiatal Hernia)***

One day, after playing volleyball, I felt a little odd. Soon, the oddness became downright uncomfortable. I was slightly dizzy, I had trouble concentrating, I was weak and trembly, and my heart was starting to palpitate. Heart attack? No, only a diaphragm strain! Unfortunately, not one physician in 1,000 would recognize this. If it were you, you'd end up in the hospital, undergo thousands of dollars in tests, and potentially be harmed by iatrogenic (doctor- or drug-induced) testing or treatments.

I was simply treated by my local chiropractor. He knew how to effectively stretch my diaphragm back to its normal position, freeing the stomach from its trap in the diaphragm and allowing normal breathing and diaphragm action to resume. The entire treatment took less than two minutes and was 100% effective immediately.

My case was relatively benign. I had the experience to recognize what was happening. But it can become very serious. The palpitations can become severe. Gastrointestinal problems like vomiting and reflux can ensue. You can faint or become extremely weak. You can suffer a severe backache or headache. In some cases, you feel that you are going to die. Remember, the diaphragm is the strongest muscle in the body. Without its proper action, you can't breathe.

Worse yet, millions of people carry around the damage from a strained diaphragm for years or for life! It is estimated that up to half of all Americans over age 60 may suffer from a hiatal hernia (diaphragm strain). A huge percentage of these people have not only stomach and reflux problems, but heart and related circulatory problems as well, all caused by the weakness in the diaphragm.

The danger of an undiagnosed hiatal hernia is that folks are treated with dangerous drugs for a suspected stomach, heart, or circulatory problem that, when properly diagnosed, would be corrected in the same fashion that I was treated. So, if this sounds like you, please take note. Even if a gastroenterologist puts a scope down into your stomach and pronounces that you do not have a hiatal hernia, still have it checked out. This condition is often impossible to diagnose via standard medical procedures.

### ***Is It Gastroesophageal Reflux or Hiatal Hernia or Both?***

A diaphragm strain or hiatal hernia can cause not only the problems described above, it can also

produce severe, chronic heartburn, indigestion, and reflux. Billions of dollars are spent yearly on medical treatments for the *symptoms* of this condition.

The catch-phrase diagnosis for *heartburn* these days is gastroesophageal reflux disease (GERD). In fact, most heartburn and reflux occurs when acids from the stomach are allowed up through the muscular opening in the diaphragm into the esophagus. Although your stomach lining is designed to handle these acidic compounds, your esophagus is not. Constant acid reflux can eventually damage, ulcerate, or even cause a pre-cancerous condition (Barrett's Esophagus) in your lower throat.

No one knows for sure what causes GERD. However, we have found that many GERD sufferers have *inadequate* digestive enzymes (acids) or faulty digestive enzyme production and distribution in their stomach and intestines. For most sufferers, the cause of the problem falls into one or more of four general categories:

- 1) Poor or inadequate digestive enzyme function in the stomach, pancreas, and small intestine;
- 2) poor diet, poor food combining, overeating, and a high refined-carbohydrate-sugar intake;
- 3) prescription drugs that contribute to reflux problems; and
- 4) mechanical problems in the diaphragm like a hiatal hernia or diaphragm strain (as discussed previously).

For numbers 1 and 2, relief is pretty easy. Number 3 can often be readily solved by working with your physician to get off the offending medication. And even if you have mechanical problems (as in number 4), or a combination of problems, relief is most often possible. In most cases, it boils down to whether or not you can break bad habits to solve the problem and prevent serious throat disease.

### ***What to Do for Digestion Problems***

When it comes to numbers one and two, perform this experiment: For one week, eat only protein and vegetables. Before each meal, drink half a glass of water. With each meal, take *Zypan* (1-3 per meal) and *Okra Pepsin E3* (1-3 per meal).

In fact, a good way to test if you have too much or too little stomach acid is to do the *Zypan* test. Simply take two *Zypan* tablets with your meal. If your digestion improves, you have too little stomach acid and should continue to take *Zypan*. If you get a tingling or light burning, you are one of the rare individuals with truly excess stomach acid, and you

should stop Zypan therapy. All products are from Standard Process. The rest of the therapy will be the same.

While on your experimental week, eat until you are *only three-quarters full*. This is critical, because your stomach needs a little extra space to churn and swirl its contents with the digestive enzymes. If your stomach is stuffed completely full of food, the swirling and churning will force food into the esophagus simply because there's not enough room in your stomach.

**Food allergies** can also cause heartburn and GERD. Some of those that most commonly cause GERD are wheat, sugar, chocolate, onions, tomatoes, and citrus. If you are not getting the expected results from other therapies, and if you suspect food allergies, see "The Elimination Program" earlier in this Section.

### **Prescription Drugs**

As stated, drugs can also be a cause of GERD problems. The most common problems come from muscle relaxants, asthma drugs like theophylline, and beta antagonists. Since antacids are most often not necessary, if your doctor prescribes them, be sure to read "Indigestion and Total Gut Health" in this Section.

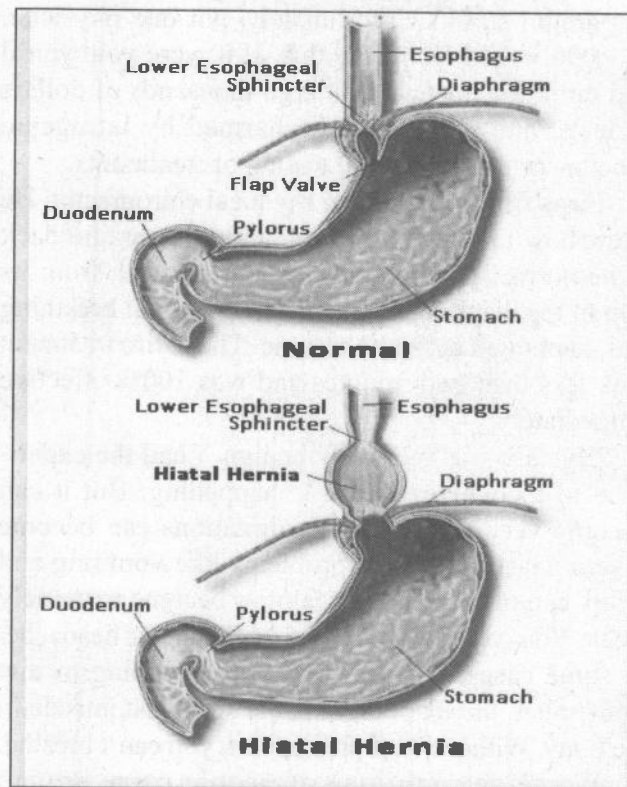
### **Mechanical Problems (Hiatal Hernia)**

Nowadays, thousands (perhaps millions) of people are being treated with drugs and even surgery to correct GERD, while no attention is paid to the mechanical or structural causes of the problem. Even those doctors who suggest a nutritional/dietary approach generally ignore mechanical/structural causes. That's not surprising since probably not one in 1,000 physicians knows how to detect and correct the underlying mechanical causes of GERD.

Thanks to people like George Goodheart, DC, and in particular the now-deceased Richard Van Rumpt, DC, the critical information needed to detect and correct hiatal hernia and mechanical causes of GERD is available. It is usually a chiropractor or kinesiologist who knows how to perform this service. But you can often detect and treat a GERD problem yourself with the right data.

Upwards of 50% of the general population over age 60 may have the structural weakness likened to a hiatal hernia, when a portion of the stomach or stomach contents are allowed up through the

diaphragm into the chest cavity or esophagus (see schematic). The general complaints of this condition are indigestion, heartburn, angina, vomiting, ulcers, left-arm pain, palpitations, difficult breathing, or just plain chronic fullness and bloating.



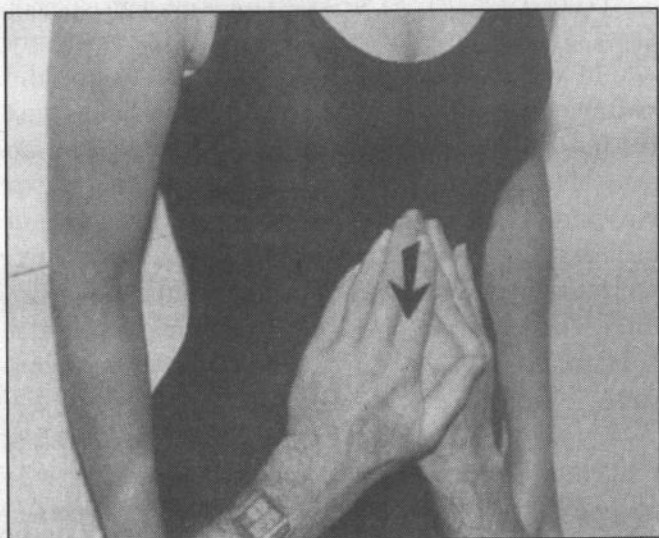
### **Diagnosis and Treatment**

If you wish to test someone else or yourself, try this treatment with the help of a partner. You will need a watch or clock with a second hand. For the sake of my instructions, your partner will be the patient. (Reverse roles if you are the actual patient.) Have your partner hold his or her breath for as long as possible. Record the time in seconds. Now place your hand on the upper abdomen just under the "V" of the breastbone and ribs [as shown in the next photo].

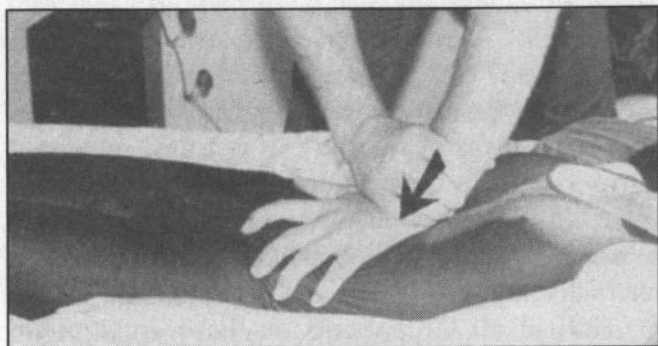
Use a steady, heavy, inward and downward pressure for 10–15 seconds while the patient relaxes and breathes normally. Repeat this 3–4 times. Now test your partner's breath-holding time again. Compare this time with the original. If the breath-holding time increases by 50% or more, this is diagnostic of hiatal hernia or a mechanical problem with the diaphragm and stomach.

The procedure used in diagnosing this problem is also the same procedure used to treat the condition.

While it may have to be repeated several times until successful, it will usually provide some immediate relief from the first treatment.



If you have problems with the standing treatment, you can also perform the treatment with the patient lying down with the head and shoulders supported by pillows [as shown in the next photo]. In this case, you will use the fleshy part of your hand and wrist to apply the inward and downward pressure. Your hand makes contact under the ribs, slightly left of center. Your pressure is inward and downward toward the patient's left foot. Hold the pressure the same as in the standing treatment.



In all cases, be sure you are free of the patient's ribs and rib ends. Ribs can snap (especially if the ribs are brittle). If you are squeamish, or if the patient is old and has brittle bones, it is best to have a professional perform this therapy. Generally chiropractors, osteopaths, and kinesiologists know how to perform this treatment. To find a referral for one of these doctors near you, call the International College of Applied Kinesiology (1-913-384-5336) or visit [www.ICAKusa.com](http://www.ICAKusa.com).

Once you get a list of doctors near your home, call them up and tell them you are a *Health Alert* reader and you want to know if they are familiar with correcting a *hiatal hernia* with the technique described in this article. The one who tells you that he or she does this treatment all the time is most likely the one you want to visit.

### ***How Many Treatments?***

The general rule is to treat until successful. In some instances, the problem within the muscle of the diaphragm is so great, treatment may need to continue periodically throughout life. In most cases, relief comes quickly. With some people, during treatment, the stomach will actually be pulled back through the diaphragm out of the chest and into the abdomen with a feeling similar to pulling a cork out of a bottle. In general, treat daily, then three times per week, then weekly, then biweekly, then monthly, and so on.

While the dietary changes are absolutely necessary when it comes to indigestion, the reason so many doctors and patients fail to manage this problem is that the mechanics of the stomach are overlooked. So keep this in mind. And even if your doctor tells you that you do not have a hiatal hernia or any problem in your diaphragm, perform the test I've recommended anyway. It is diagnostic and no matter what your doctor's tests say (including x-rays and scope tests of the GI tract), treatment is needed when your diagnosis is positive.

If you eliminate the mechanical problem and follow the dietary and nutritional supplement advice in this article, you will be performing a vital service for your entire body. Instead of making yourself permanently sick with antacids, you will allow for proper digestion and assimilation of nutrients, thereby providing your body with its priceless source of energy and life. If you need more information about what to eat and what not to eat, as well as what to combine with what, see "Food Combining—The Instant Cure." You will be able to find the information you need regarding all kinds of digestive difficulties.

### ***Return to Hands-On Healing***

Health care professionals of all types have gotten away from hands-on healing. Every day, the body is inundated with all kinds of forces, some emotional and many physical. Occasionally something gets knocked out of place. For the most part, the body

is capable of adjusting itself back to normal. But sometimes, something gets stuck.

This occurs all the time in the spine, and now you know it can also occur in the diaphragm and stomach. To think that all treatment should be shots, prescriptions, vitamins, or some other non-physical therapy is absurd. There is a time when the doctor's hands need to be placed on the patient and some form of force or adjustment needs to be delivered. If this is the situation with you (such as the hiatal hernia problem), all the pills, shots, potions, and lotions in the world will not suffice.

Remember, bodies often get stuck and in need of some physical help. In particular, the problem with the diaphragm and hiatal hernia is serious and extremely common. It is almost always treated improperly, and the wrong treatment causes untold cases of iatrogenic disease. The cost is astronomical and the suffering unnecessary.

This problem can be treated at home with the help of a spouse or a friend. But if you feel frail and at risk from this or any other treatment, do not try it on your own. Go straight to a professional.

#### SHORT PROTOCOL FOR PEOPLE WITH DIGESTION PROBLEMS

Zypan: 1-3 per meal  
Okra Pepsin E3: 1-3 per meal

### INDIGESTION: HOW DO YOU SPELL RELIEF?

It wasn't too bad when everyone spelled relief R-O-L-A-I-D-S. After all, these little beauties simply neutralized the mash of nasty gasses and acids produced by too much foods of the wrong types, combined improperly, and almost always in a stomach deficient in adequate digestive enzymes and acids. But at least they didn't block stomach acid at its source—like the newer antacid drugs like Prilosec, Prevacid, Nexium, and others.

Relief for the manufacturer of Prilosec, once the patent ran out, came in the form of the "old switcheroo." With Prilosec becoming cheap because the patent was ending, both the public and doctors were simply brainwashed with a *half billion dollar* advertising campaign to switch over to the newer prescription drug Nexium. This kept profits high while continuing to drain the health care pot. It also made millions more people into patients, bringing

them into the high-cost prescription world when they could have done just as well on a cheaper generic acid blocker.

Prilosec was the #2 best selling drug with sales of *\$4.61 billion*—not exactly a sum any big company would want to let go down the drain. Hence the switcheroo to Nexium—with 1,300 sales reps just for the new purple pill. Soon, 42% of all Prilosec prescriptions had been switched or converted to Nexium. The producers were engaging in "good business practices" by enticing big hospitals to switch to Nexium with an offer of big discounts on the drug. This one discount alone saved a major hospital *\$300,000 a year!* And that is just one hospital in one state.

Consequently, resident-physicians are being trained to dispense Nexium, and many patients will be discharged with a prescription for Nexium—often for life. Makes good business sense for the pharmaceutical company. And hospitals and states are always looking to bring their costs down. For a big hospital, this kind of deal could actually prevent the laying off of nurses! The same can be said for the states—one state's Medicaid program for the poor spent *\$25 million* on Prilosec in one year!

### *The Scary Part*

These companies are simply practicing good business while driving up health care costs. But the scary part is that less than one person in 1,000 who is prescribed these drugs actually needs it. Taking these drugs is akin to driving your car and ignoring the engine light that comes on to warn you of serious engine problems. Ignoring the warning signals of chronic heartburn by blocking acid production, often for life, gives you short-term relief for which a much higher price will be paid later. Consider these alternatives:

- Half of all the patients on these drugs could eliminate the problem by using proper *food combining*, eliminating wheat, and greatly reducing sugar in their diet.
- An additional 35% could become symptom-free by taking a proper digestive enzyme product like *Zypan* from Standard Process.
- An additional 10% could become symptom-free by rejuvenating liver and gallbladder function. Making bile less thick and viscous, thus enhancing liver and gallbladder function, can be done easily with a beet product called *A-F Betafood*, also from

Standard Process. In some cases, a *gallbladder cleanse* may be needed to flush stale bile and crystals from the system. This should be done even if you have already had your gallbladder removed, which is only *symptom surgery*—still leaving the original cause of the problem untreated.

- Yet another 4.9% could become symptom-free by treating a *hiatal hernia* three to four times weekly at home for one to three months (see previous article).
- Some people will need only one of these natural therapies. Others may need two, three, or all of them.
- And finally, **one tenth of one percent**, or one-in-a-thousand, will not get relief at all and may need one of these prescription acid-blocker drugs.

With just one state spending \$25 million in its Medicaid program alone, can you imagine the health care cost savings from just these natural procedures? Best yet, you will be eliminating the pain and suffering later in life that anyone using these drugs for the long-term will pay. Since the diet needed to provide pain- and burn-free digestion is healthier, you will benefit in dozens of other ways as well.

### ***The Information You Need Is Here—Free***

If you are contributing to your own health care demise while keeping the stock prices of pharmaceutical houses high as part of the “switcheroo,” take heed. In almost every single case, you can cure yourself—and almost for free. If you need help, see the articles about digestion in this Section.

As for the millions of prescriptions for Prilosec and now Nexium—doctors were only doing what the drug companies taught them. And the companies are only designing and making drugs you demand—filling a need for the American “quick-fix-at-any-cost” system of health care.

## **CONSTIPATION**

Chronic constipation is a serious problem in this country. Except for a tiny percentage of specific cases, constipation is easily and completely correctable. While many people (including many so-called medical experts) feel that constipation is not much more than a nuisance, this is not really the case. Constipation can contribute to many other problems, including allergies, arthritis, skin problems, prostate problems, female problems, headaches, overweight, and of course colon problems, including diverticulitis and even cancer.

Why are so many people chronically constipated? What causes this problem and what can be done about it? For the most part, constipation is brought on by poor dietary and exercise habits, and by other common and easily correctable causes, which I list below.

A smaller number of individuals actually have little control over their problem and suffer from what I call congenital constipation. While the cases of congenital constipation are rare, they do exist. This usually comes about when an individual is born with a deformed gut. In most instances, the colon is grossly elongated, or has sections without nerve or muscle tone. A good gastroenterologist (and sometimes a surgeon) is in order in these cases.

### ***Causes of Constipation***

For the most part, causes of constipation can be broken down into a few simple categories:

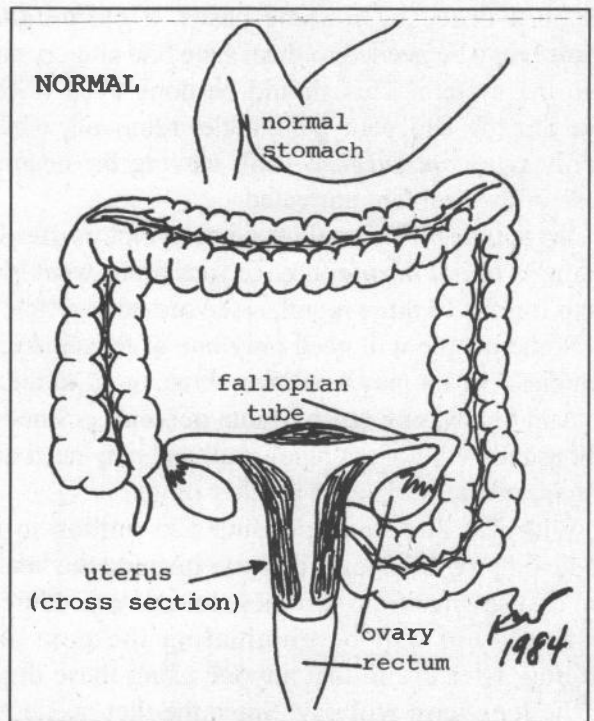
- 1) **Prescription Drugs**: First and foremost, make sure your prescription medication is not causing the constipation. Look up all your drugs in a drug handbook.
- 2) **Lack of Water**: Since stools are formed from the remnants of food mixed with water, it stands to reason that water intake has a lot to do with bowel habits. Unfortunately, many people actually dislike water and therefore don't drink enough.
- 3) **Lack of Exercise**: Like any other part of the body, the gut can benefit from muscular exercise. If you never exercise, you can be more prone to constipation.
- 4) **Diet**: A steady diet of processed foods causes all kinds of problems, not the least of which is constipation. If your diet is made up of almost all *cooked foods*, you will probably always suffer from constipation. Raw foods contain enzymes which aid in digestion and contribute to a healthier colon.
- 5) **Lack of Fiber**: Most people wouldn't recognize a healthy stool, because it is different from what many have learned. When you have plenty of water, fiber, and roughage in your diet, your stool should be large, well-formed, and not overly hard or soft.
- 6) **Oil**: Lack of dietary oil or the wrong types of oils in the diet will also contribute to constipation.
- 7) **Nutritional Deficiency**: The greatest nutritional cause of constipation is lack of sufficient vitamin B in the diet. Without vitamin B, your muscles are unable to contract properly; the muscles of the gut and colon are no exception. Since food moves along

the gut by muscular peristalsis, good muscular action is absolutely critical.

In order for material to move through the colon in a timely fashion, your body contracts muscles above the stool while it relaxes the muscles below. This moves the materials and stool through your colon easily. If you are deficient in vitamin B, this muscular action will be impaired. The end result can be constipation and possibly a flaccid, stretched out, and even prolapsed colon.

**8) Hormones:** A sluggish thyroid can interfere with the hormones that aid in gut reactions. Since many thyroid conditions go undiagnosed, this can be an insidious problem and a serious cause of constipation. As long as you suffer from sluggish thyroid function, you may find it impossible to become regular and enjoy normal bowel function.

**9) Structural Problems with the Colon:** As discussed, congenital deformities in the colon can cause constipation. However, other structural problems can cause constipation too, and most of these are readily correctable. The most common is a combination of "lazy gut" (usually brought on by a vitamin B deficiency) and *prolapse*. A prolapse is when a portion of the colon (usually the transverse portion) drops. As shown in the diagrams, this creates all types of pressures and problems in the gut. You may never know you have this problem unless you have an x-ray taken of your colon.



### How to Solve Constipation

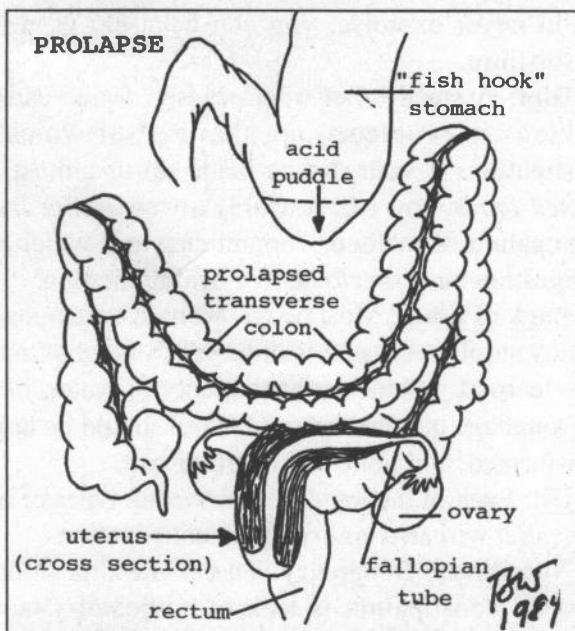
To only say "Drink water, eat carrots and apples, and take fiber" oversimplifies the formula for correcting a serious problem. The following breakdown of constipation therapies for the varying causes will give you a way to more effectively rid yourself of constipation:

**1) Prescription Drugs:** Obviously you must work with your doctor if you take prescription medication that can cause constipation.

**2) Lack of Water:** When it comes to water, there is no one recommended amount (i.e., eight glasses daily). In most cases, know that you need to drink *more water*. If you can't tolerate the taste of water, get a Reverse Osmosis water filter. They produce the best tasting water. And the best unit at the best price can be found at the *Health Alert* store ([www.healthalert.com](http://www.healthalert.com)) or 1-800-231-8063 (M-F, 7-5 PST).

**3) Exercise:** If you don't exercise, start. Walking for at least half an hour four times weekly is a great way to begin. Thereafter, weight lifting (for men *and* women), aerobics, dance, and more are all excellent.

**4) Diet:** You simply must eat at least 30% of your foods raw (40-50% is better)—that means fruits and vegetables. You must decrease or eliminate processed foods from your diet. If you are severely constipated, you must decrease your consumption of meat (at least



until your problem is solved).

5) **Fiber:** A large percentage of the healthy stool is *made up of undigested fiber*. Dietary fiber is found in fruits, vegetables, nuts, seeds, grains, and legumes. If you don't eat lots of fiber, you simply cannot have a normal stool. Eat lots of raw fruits and vegetables. Eat some grain cereals, including oatmeal.

Even with these dietary changes, some people need to supplement their diets with fiber. We recommend the use of a psyllium husk powder. These are available in most health food stores. Start with a scant teaspoon in a full glass of water daily and work up to what you need. Get a product that contains only psyllium husk powder and no additives.

6) **Oil:** Omega-6 oils have a tendency to constipate, while omega-3 oils tend to ease constipation. Dietary changes will automatically reduce your consumption of omega-6 oils, because they are found in margarines and almost all processed foods and salad dressings. At the same time, take a tablespoon of *raw, unprocessed flax seed oil* daily or *Blue Ice Fermented Cod Liver Oil* (2-6 daily). The best flax oil is from Omega Nutrition. Both are available at our *Health Alert* store ([www.healthalert.com](http://www.healthalert.com)) or 1-800-231-8063 (M-F, 7-5 PST).

7) **Vitamin B:** By changing your diet, you will get more vitamin B. However, most badly constipated people need a supplement. We use *Cataplex B* from Standard Process (1-2 taken 3x daily with meals). This is a nutrient made from *raw food ingredients*, with the enzymes and ancillary nutrients intact.

8) **Hormones:** If you suffer from chronic constipation, check your thyroid. Your doctor can do a blood test, but it will often not detect a sluggish thyroid. You can check your thyroid by taking your temperature via the Barnes Thyroid Test. The following is a summary of that information:

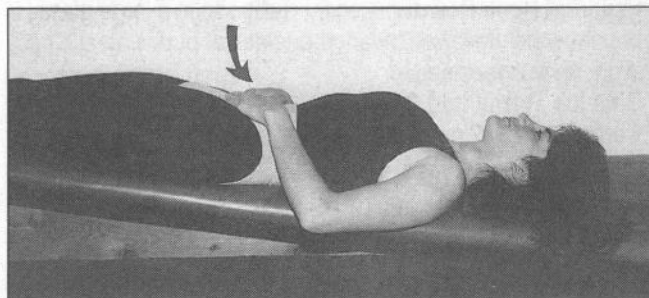
*Always use an oral thermometer.* Take a reading of your underarm temperature. Have a previously shaken down thermometer at your bedside *before you go to bed*. Immediately upon awakening (before you start to move around), place the thermometer under your arm pit. Take the reading after ten minutes. Repeat this procedure for at least five days. Get the *average* of these temperatures. If it is below 97.2, suspect a sluggish thyroid (functional hypothyroid). If it is below 97, you are almost sure of this condition. Either way, nutritional support for your thyroid gland is in order.

A tablespoon of flax oil daily goes a long way in supporting thyroid function. We generally also recommend *Thytrophin PMG* (1-2 taken 3x daily with food), a thyroid extract product from Standard Process. Thytrophin PMG contains no thyroid hormones and will not act like a drug. In addition, iodine may be necessary. We use *Cataplex F* (5-6 daily), unless you are allergic to iodine. Using this approach, allow up to six months for thyroid improvement.

9) **Structural Problems:** If you suffer a prolapsed colon, you will probably need to do *slant board exercises*. This will allow you to use gravity *in your favor*. Set up a slant board as shown in the photo below. It is best to start with a slight incline (generally with the end lifted 6" or so).

You will slowly increase the slant until your board is chair high at one end. Always check with your doctor before you begin slant board exercises. This is particularly true if you suffer from high blood pressure or have had a stroke.

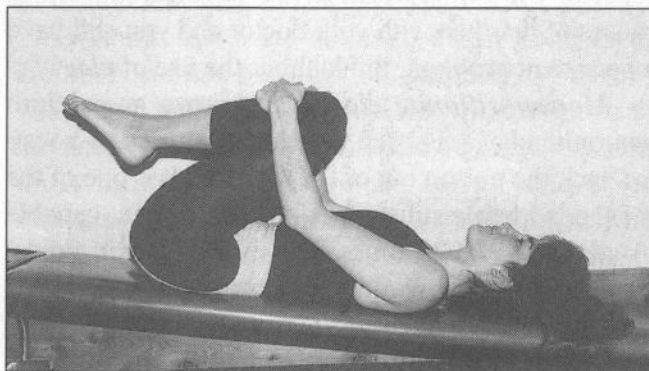
a) When in position, place your hands as shown in the first photo and *lift inward and upward*. Hold this pressure and repeat 20 times.



b) *Suck your lower abdomen up and toward your spine*. Hold and relax. Repeat 20 times.

c) Next, *press in with a ball and roll it around your lower abdomen* while in the decline position.

d) Finally, bring your knees to your chest; lower and repeat 20 times. Get up slowly.





## Colon Therapy

For serious colon problems, colon therapy (colonics) can be a godsend. Be sure to find a colon therapist who is certified or otherwise extremely well qualified, with lots of experience and a scrupulously hygienic operation. In this procedure, where water is gently washed through the colon and out, many types of problems can be eliminated. It is not unusual for diverticulosis to be eliminated. And in many instances, dropped and prolapsed colons can be corrected.

If you need professional help, a chiropractor who practices *kinesiology* is usually very knowledgeable about the colon. If you can't find one, call the International College of Applied Kinesiology for the name of a referral doctor (1-913-384-5336) or visit [www.ICAKusa.com](http://www.ICAKusa.com).

## Banish Constipation

If you follow these procedures, you will banish constipation from your life. When you do, you will be adding years to your life, and more importantly, *life to your years*.

### PROTOCOL FOR PEOPLE WITH CONSTIPATION

**Psyllium Husk Powder:** 1 scant teaspoon in a large glass of pure water, followed by another glass of pure water.

Work up to dose needed

**Blue Ice Fermented Cod Liver Oil:** 2–6 daily

**Cataplex B:** 1–2 per meal

With thyroid problems... add...

**Thyrophin PMG:** 1–2 per meal

**Cataplex F:** 5–6 daily (unless allergic to iodine)

## DIARRHEA

All cases of stubborn diarrhea must be evaluated by a competent doctor. However, as you may personally know, diarrhea of unknown cause can linger and become a chronic, persistent problem, especially for older folks. If you've ruled out serious causes of diarrhea with your doctor and you still have a persistent problem, think about the use of *clay*.

*Montmorillonite clay*, also known as calcium bentonite clay, has been used for centuries as a way to "suck the poison out of the system." It is one of the most adsorbable substances known to man, capable of adsorbing 2,000 times its weight in toxic fluids. As you are probably already figuring out, this would make it a perfect agent for putting a halt to diarrhea.

This type of clay works particularly well in the

body because its molecules are too large to pass through the intestinal wall into the bloodstream. Therefore, it can simply suck up poisons and fluids, passing them along for elimination with a bowel evacuation. The clay actually *binds and detoxifies* poisons in the bowel for removal.

## Causes of Diarrhea

The three most common causes of benign diarrhea (diarrhea that is not of a pathological nature) are 1) *prescription drugs*, 2) *toxins in the bowel*, and 3) *lack of water and fiber*. Diarrhea can actually be a form of constipation! Be sure to use fiber therapy and drink pure water (see the previous article on constipation).

While many drugs can induce diarrhea, the chronic use of antibiotics is the most offending culprit. These drugs can destroy normal gut flora, inducing strong diarrhea. If you are already weak, your body may not be able to rebalance your gut's natural flora and a bout of chronic diarrhea can really take hold.

In these instances, you need to rebuild your gut with a *probiotic*. These are products that contain natural friendly bacteria that normally inhabit the healthy gut. Fermented foods contain some of these bacteria. Yogurt is a prime example. Occasionally *ProSynbiotic* (1–2 daily) from Standard Process will be needed—30–90 days is usually sufficient. ProSynbiotic is the best probiotic product I know of.

## The Toxic Gut

If your diarrhea stems from a toxic gut, you will probably need a clay product. We use *Cholacol II* (from Standard Process) with great results. This product contains not only montmorillonite clay but purified bile salts as well. This makes it helpful for toxic gut syndrome, as well as for those who have had recent gallbladder surgery.

For benign diarrhea that just won't quit, give this product a try. Take Cholacol II (3–4 tablets) 15–20 minutes before each meal and at bedtime. This will adsorb the toxins from your gut, binding them together so they do not irritate the bowel. Often the elimination of these toxins will give the body the opportunity to heal and overcome a nasty case of chronic diarrhea.

Keep in mind that with the use of Cholacol II, toxins are not *absorbed* into your system, they are *adsorbed* or bound together for elimination. There

is a huge difference here. And that difference is what makes montmorillonite clay so unique. The small amount of purified bile with the clay insures a smooth bile release, which results in better digestion of fats. This product should be used for 30–90 days. If the diarrhea persists after this amount of time, another cause must be investigated.

### ***With Food Poisoning and Stomach or Gut Flu/Virus***

These problems are very common today with endless suffering and even death. With food poisoning or stomach flu/virus, you will definitely need the truly amazing, antimicrobial, colloidal silver liquid, ***Digestive and Urinary Tonic (DUT)***. This amazing liquid colloid will help you quell food poisoning in hours or overnight—instead of days on end of suffering. And if you have ***urinary tract infections (UTIs)***, this same product will help you finally get relief. And it can even help you end chronic UTIs and recurrent bladder infections, even if they have been plaguing you for years.

Be sure to read the article, "Digestive and Urinary Tonic (DUT): Food Poisoning, Stomach Flu/Virus, Urinary Tract Infections" in Section 8: Pain and Infection. This article will clearly show you how 100% of harmful gut bacteria that cause food poisoning are wiped out in 40 minutes!

### ***When Diarrhea Is Chronic***

In all cases of chronic benign diarrhea, a workup or symptom survey by a competent holistic doctor is in order. Keep in mind that Cholacol II is not designed to be used with infants or young children. It is, however, a powerful, unique, and effective product for adults of all ages.

By all means, use the healing agents provided by the good Earth. In this case, montmorillonite clay is ***literally*** one of these healing agents. Dr. Royal Lee, founder of Standard Process, knew this and was wise enough to use it in the product he designed. Whether he learned about it from a Native American, we will never know. But doctors have been using his product with great success since he first designed it—in 1957.

#### **PROTOCOL FOR PEOPLE WITH DIARRHEA**

With prescription drugs as the problem...

**ProSynbiotic:** 1–2 daily for 1–3 months

With toxins as the problem...

**Cholacol II:** 3–4 daily taken 15–20 minutes before each meal and at bedtime for 1–3 months

**DUT:** See the article, "Digestive and Urinary Tonic (DUT): Food Poisoning, Stomach Flu/Virus, Urinary Tract Infections" in Section 8: Pain and Infection.

## **ULCERS AND VITAMIN U**

If you develop a peptic ulcer, remember vitamin U—a vitamin discovered in the 50s by Dr. Garnett Chaney from Stanford. It was first isolated in raw cabbage juice. You cannot buy this vitamin and it has never been synthesized. But if you develop a peptic ulcer, remember it. People who consume a quart of raw (freshly juiced) cabbage juice daily have an average peptic ulcer resolution time of **10 days**.

So whether you take the hospital cure (Pepto Bismol and antibiotics) to cure the supposed bacterial cause of an ulcer or not, remember to juice a quart of fresh cabbage and drink it daily. It is rotten tasting stuff, so you can dilute it with apple or other juice. In addition, the supplement ***Okra Pepsin E3*** from Standard Process will go a long way toward healing peptic and intestinal ulcers.

Take Okra Pepsin E3 (2–3 capsules) after all meals for 6–12 months. These promote healing, protect from irritating foods, clear away debris and toxins, and even help strip away excess stale mucus from the intestinal tract.

### ***The Cause of Ulcers***

Just prior to 1992, the "newest cause" of ulcers was announced—the bacterial connection—hence the Pepto Bismol antibiotic therapy to kill pylori bacteria present in the stomach. However, this bacteria can be found in people without stomach irritation or ulcers, and is often not found in those with ulcers. Generally the real cause of ulcers is the decades-long assault of noxious foods and food combinations in the presence of insufficient stomach enzymes and acids.

Without adequate stomach acids, food in the stomach cannot be digested properly. Without it reaching a sufficiently acid pH, it will not leave the stomach. Instead it will rot and ferment—causing most indigestion, heartburn, reflux, and if left untreated, millions of cases of ulcers. So remarkably, many, if not most, people with stomach ulcers need acid therapy once their ulcer is cleared up. Without this therapy, the correct diet with better food combining, and common sense, ulcers will return

over and over.

If you suffer from an ulcer, remember vitamin U and the therapies outlined here. If you have heartburn and fear an impending ulcer, use the *Zypan test* to determine if you need acid therapy. If you do, nothing short of this treatment will ever cure ulcers and chronic indigestion. To find out more about the Zypan test, see the next article.

#### PROTOCOL FOR PEOPLE WITH ULCERS

**Vitamin U:** Drink a quart of freshly juiced cabbage juice daily for 10 days or until ulcer is healed.

**Okra Pepsin E3:** 2 after all meals until ulcer is healed.

### STOMACH ACID: HOW YOU CAN CURE 50 "DISEASES" CAUSED BY LOW STOMACH ACID

If you read *Health Alert*, you know that I have alerted all readers to the *epidemic of low stomach acid (or even zero stomach acid)* in America. If you are over age 60, join the club... *far more than half* of all Americans this age suffer from low stomach acid. Some estimates are up to 90%. And close to *a third* of all postmenopausal women suffer from *achlorhydria* (zero stomach acid production)! And these conditions not only affect older people. I have had to correct this problem *in children!*

Amazingly, besides indigestion, this problem can cause over 50 different health problems and "diseases." If treated medically, many of these *symptoms of low stomach acid* will be treated with prescription drugs as if they were separate diseases. All these treatments are *100% unwarranted*. And some of these treatments will make low stomach acid worse, insure that you develop intestinal problems like leaky gut syndrome and colitis, make you prone to internal infections, lead to more and more prescriptions *for life*, and guarantee that you will never, ever get well.

#### **Low (or Zero) Stomach Acid**

The most common symptoms and diseases caused by low or zero stomach acid are:

- bloating, belching, and flatulence (often very severe) immediately after meals;
- heartburn and reflux (often thought to be caused by too much stomach acid);
- chronic indigestion, diarrhea, or constipation;
- colitis;
- Crohn's disease;

- gallbladder disease;
- undigested food in stools;
- acne and all kinds of skin problems;
- rectal itching;
- candida yeast infections;
- food allergies;
- iron deficiency;
- soft, weak, peeling, or cracked fingernails;
- chronic fatigue;
- memory loss;
- osteoporosis;
- autoimmune disease;
- headaches; and
- leaky gut

In addition, because you cannot properly digest, absorb, and utilize B vitamins and minerals, low stomach acid can be a prime cause of:

- diabetes, heart disease, high cholesterol, emotional problems like depression, etc., and
- all types of chronic pain from joints to muscles to gut to spine.
- Due to the lack of acid that kills microbes that may enter your body by mouth, you will be prone to all types of bacterial, fungal and viral diseases.
- Since you cannot properly digest and utilize immune-building nutrients, you will be plagued with chronic infections, colds, flu, bronchitis, tonsillitis, pneumonia, and more.

So you can see just how absurd antacid prescriptions are for the majority of heartburn sufferers that are *actually suffering from low stomach acid*. The medical treatment with antacids and acid sopping drugs is *the biggest disgrace in all of medicine*. This one practice actually causes serious disease in millions of Americans—all for drug company profits from selling antacids, proton pump inhibitors, the little purple pill, and the rest. You simply cannot fall for this, or you will be insured of staying sick and dying prematurely.

#### **What to Do**

If you suffer from chronic indigestion, heart-burn, reflux, or bloating *right after meals*, you are almost assured of being deficient in stomach acid. But just to be sure, simply buy a bottle of *Zypan* and take a pill with meals. If this burns your stomach, you are one of the very rare individuals who actually has excess acid. If your digestion stays the same or improves, you are stomach-acid deficient, and you need to get started on the *four steps to cure yourself of more*

*than 50 conditions:*

**Step 1) Address Low Stomach Acid:** Start increasing the dose of Zypan from 1 up to 4 per meal. If your problems disappear, you need to take Zypan for 6 months while you begin to change dietary habits (see below) to insure better stomach acid production.

**Step 2) Improve Your Diet:** In order to develop better acid production in your stomach, start with diet. For lots of people, vegetarianism can lead to low stomach acid. You would do better to eat a Mediterranean diet with plenty of healthy protein (meat, eggs, fish, etc.) and nutritious fats (olive oil, flax oil, cod liver oil, etc.). This will go a long way toward helping you resolve low stomach acid. If you have zero stomach acid, this dietary change may be an absolute requirement.

**Step 3) Replace Table Salt:** You also need to eat healthy salt. A low salt or salt-free diet can contribute to low stomach acid. In all cases, throw out all table salt and eat only *Celtic Sea Salt*. Use only their light gray sea salt which is served up in a small ceramic grinder. All metal grinders will rust when grinding real sea salt. You will love this salt. Unfortunately, the millions of prescriptions for low salt diets have caused serious problems over the decades. I agree with eliminating table salt. But real salt is absolutely necessary for your body, and especially for your production of stomach acid. We have light gray Celtic Sea Salt and a great ceramic grinder at a discount at [www.healthalert.com](http://www.healthalert.com) or call 1-800-231-8063.

**Step 4) Add Apple Cider Vinegar:** You can drink a couple tablespoons of apple cider vinegar in a glass of water with your meals. This will help with digestion and will stimulate better stomach acid production. Some people with achlorhydria actually need to get a prescription for straight hydrochloric acid. Drops are put into a glass of water with meals. It is rare to need this, and we have a better way...

### ***When Zypan Is Not Strong Enough***

• A third of all postmenopausal women with achlorhydria is a giant number. It is a shocking number. And it is even more horrendous when you consider that most of these women will be prescribed antacids and proton pump inhibitor drugs, which will make their conditions, their health, and their lives much worse. But for some folks, especially those with the most serious low stomach acid or achlorhydria, Zypan—which is hydrochloric acid in the form of betaine hydrochloride combined with

pepsin, pancreas extract, and enzymes—is not strong enough.

In this case, you need to go to *Betaine Hydrochloride*, a more acid form of digestive aid. Start with 1–2 taken with your meals and judge your response. If you stay the same or start to get better, you can up the dose. I have had some patients who initially needed 12 Betaine Hydrochloride per meal before the bloating, gas, heartburn, reflux, etc., stopped. With any of these protocols, if you experience stomach burning or tingling, you need to cut back on the dose until that burning or tingling is gone. So remember...

- Low stomach acid is epidemic.
- Zero stomach acid is not unusual.
- All medical antacid and acid blocking treatments for these conditions is bad medicine that will make you worse and insure that you remain permanently ill for life.
- Changing your diet is essential to improving your stomach acid production.
- Make sure that you get light gray Celtic Sea Salt in your diet is essential.
- A couple tablespoons of apple cider vinegar in water with meals may help.
- The Zypan test will help diagnose low stomach acid.
- Using Zypan will help rebuild your stomach acid production.
- In some cases—especially with severe low stomach acid or achlorhydria—you may need to use Betaine Hydrochloride.
- In some cases, up to a dozen Betaine Hydrochloride per meal may be needed.
- Any burning or tingling with your therapy means that you need to lower the dose.

Four *almost free* steps to curing more than 50 conditions and “diseases” without drugs—now that is the pragmatic future of health care.

## **LOWER YOUR CARBOHYDRATES**

When it comes to your health, the key to success is a protocol that is *comprehensive* (contains all the details). When I develop a protocol for a patient, I recommend specific nutritional supplements designed to balance the biochemistry of that individual person. The protocol always contains comprehensive lifestyle changes (the details) that are as important as the nutritional protocol. These are:

1) Information about *eliminating food allergies*, in particular wheat and dairy products. This helps up to 50% of patients, most with chronic pain, neurological or gut problems, and allergies. In addition, I recommend a diet that is one third *raw*. This provides the enzymes and raw materials for patients with arthritis and other degenerative conditions.

2) A supply of *pure water*, usually with a reverse osmosis purifier and a shower and bath dechlorinator. This eliminates the chlorine and fluorine, easing the load on the thyroid gland. It provides pure water to aid the kidneys and liver in detoxification.

3) In some cases, I recommend one to three, three-week *Liver and Kidney Detoxification* procedures. Often I also recommend a *Liver/Gallbladder Cleanse* (see "Liver and Kidney Detoxification and Liver/Gallbladder Cleanse" earlier in this Section). These procedures provide a means to flush small gallstones and gravel from the liver, bile duct, and gallbladder. This helps digest fats and eliminates all kinds of digestive and gallbladder symptoms. I recommend this even with patients who have had their gallbladder removed. The reason is simple—gallbladder removal is a treatment of the *symptom*. The cause of the problem (stale, sluggish, thick bile from the liver through the ducts to the gallbladder) still remains. Liver and gallbladder detoxification and cleanses are treatments of the *cause*.

4) *Exercise*, both aerobic and weight training: Weight lifting is the single most effective therapy that will aid older folks past 70 to become reinvigorated, more energetic, more independent, more stable on their feet, and more youthful.

5) I often recommend a *prescription drug withdrawal* program to be worked out with the prescribing physician(s). Once a truly effective nutritional protocol begins to take hold, less medicine is needed. Drugs need to be slowly weaned, or the medicine itself will become the most critical source of problems and symptoms. A good weaning procedure can only be successful if the comprehensive protocol is followed. The entire drug-weaning process can take from 3–18 months.

6) Routinely I recommend procedures to *correct hiatal hernia* and check for and correct lack of *adequate digestive enzymes and acids* in the stomach. Without these enzymes and acids, reflux and heartburn are the norm. Acid sopping drugs are prescribed for this condition which, will further

reduce the stomach's necessary acids and enzymes. This in turn reduces the absorption of critical nutrients needed to eliminate the cause of the problems.

7) I will also recommend a special type of doctor to *correct physical problems in the spine or joints*—a kinesiologist, activator or other type of chiropractor, or an osteopath. Without these helpers you can suffer for years with pinched nerves; chronic pain in the joints, back or elsewhere; carpal tunnel syndrome; and on, and on.

8) Without fail, *diet* is the second most important part of the comprehensive protocol—second only to the specific supplements recommended. While I usually recommend a *Mediterranean Diet*, other diets are often needed. The person with colitis or gut problems is recommended a specific *Gut Diet*. The person with chronic pain or allergies needs to use the *Elimination Diet*. The person with intractable heartburn or reflux may need to use the *Food Combining Diet*. And many types of patients are recommended a diet that is based on the Mediterranean concept (see next article), but with *lowered carbohydrates and higher protein and fat*.

By far the most critical dietary change is the Mediterranean Diet with a lowered carbohydrate and higher protein and fat content. Most Americans consume too many carbohydrates (bread, pasta, pastries, processed foods, and starches). This is a diet that slowly but surely debilitates the pancreas, finally leading to *Syndrome X*, and eventually, *diabetes*.

### *Syndrome X—Cause and Cure*

Syndrome X is a silent killer, and possibly the leading cause of heart disease in America. Chronic, decades-old consumption of high-carb foods finally makes the body's cells less reactive to insulin. This is called *insulin resistance*, and it is the cause of Syndrome X and type 2 diabetes. This resistance to insulin leads to increased levels of triglycerides in the blood, high insulin levels, low HDL (good) cholesterol, increased levels of fat in the blood, increased blood clots, and high blood pressure. This combination spells disaster—either in the form of diabetes or heart attack. There is no reversing this condition without the low-carb diet.

Is a diet lower in carbohydrates really that important? What if I told you that by 2000, there were more than 70 million people with Syndrome X caused primarily by eating too many carbohydrates?<sup>1</sup>

What if you found out that most of these people were being prescribed powerful and dangerous drugs to treat the symptoms of problems caused by too many carbohydrates? And even worse, with proper dietary changes and reductions in carbohydrates, most of their problems would simply disappear, eliminating the need for drugs or surgery altogether.

Most of the conditions caused by Syndrome X and excess dietary carbohydrates are the main health problems in this country. Here are some of the things you may be suffering from that can often be eliminated by changing your diet: yeast problems and related hormonal imbalances; fibromyalgia and chronic pain; gallbladder problems; diabetes; obesity; high blood pressure; heart disease; atherosclerosis; kidney stones; kidney disease; gout; gut diseases including Crohn's disease and colitis; osteoporosis; infertility; arthritis; hypoglycemia; prostate, breast, and colorectal cancers; high cholesterol; and more.

### ***Instead of Carbs***

So get with it. It is simple—and *free*. Just stop eating carbohydrates. If you eliminate bread, pastries, pasta, potatoes, rice, crackers, and all processed foods (anything in a package), you are on your way. In their place eat real, whole foods which are high in protein and fat. These include eggs, meat, fish, poultry, real butter, flax, seeds, nuts, real cheese, and more. With these have unlimited quantities of greens, including green beans, broccoli, spinach, cabbage, endive, garlic, celery, peppers, sprouts, leek, lettuce, watercress, zucchini, and more. Other non-greens you should be eating include avocado, red beets, carrots, cauliflower, eggplant, mushrooms, radish, squash, onions, and more.

You can also eat fruits. The lower carbohydrate fruits include apples, apricots, berries, melons, cherries, coconut, grapes, kiwi, lemons and limes, plums, peaches, oranges, pineapple, tangerines, and more. So you will not be starving. You will go into withdrawal for a while, usually with cravings for sweets and carbohydrates. But you will soon get over this, and when you do, it is permanent. And while all this is going on, you will start to feel better—whether it is less arthritis or less allergies.

### ***There Is No Simple Solution***

Remember that protocols must be designed to be comprehensive. Just taking a bunch of vitamins and hoping for the best will usually fail. In fact,

more than 90% of all synthetic or processed vitamin protocols have failed for all people with any kind of disorder. But when you incorporate all the things necessary to balance body chemistry and then include the necessary whole-food phytochemical complexes (like those recommended in *Health Alert*) to rebuild damaged or diseased tissues, glands, and organs, you can beat the odds. So have at it. Start with the right diet and real nutritional-complex supplements.

#### **NOTES**

1 Reaven, Gerald, MD, *Syndrome X: The Silent Killer*, Simon and Schuster, 2000.

## **GUT PROBLEMS CAN KILL YOU**

Obesity; immune weakness; diabetes; neurologic diseases like multiple sclerosis, autism, and Parkinson's; psychiatric problems like anxiety and depression; osteoporosis; heart attacks; blood vessel diseases like strokes and peripheral artery disease; bad veins; poor dental health; skin problems like eczema; inflammatory bowel diseases like Crohn's, colitis, and ulcerative colitis; chronic pain and inflammation anywhere in your body; chronic indigestion like heartburn, gas, cramps, diarrhea and constipation; even cancer...these are diseases and problems that we know, right now, ***are directly related to the health of your gut and its microbiome (flora or healthy bacteria)***. In effect, if you don't care for your gut, it can cripple and even kill you.

How can the bugs in your gut make you fat or make you get diabetes or multiple sclerosis? The manner in which this happens is complicated. But we absolutely know it to be true. A formerly healthy and fit-for-all-her-life patient was dying with a deadly *C. diff* (*Clostridium difficile*) infection in her gut that she got from a hospital. The infection resisted all medical antibiotics and treatments. She was near death from the infection, resultant diarrhea, and the side effects from the antibiotic treatments.

As a last resort she made up ***fecal implants*** from her daughter who was obese but had a healthy gut. Fecal implants are strained feces mixed with water. She implanted them into her gut with an enema syringe and was cured of her *C. diff* infection—a miracle in itself. But a strange thing happened thereafter. She slowly gained 47 pounds in six months despite the fact that nothing had changed in her diet. In the end her weight gain was caused by some of the same bugs that saved her life—her daughter's gut bugs that cause weight gain. Even though she lived

and was cured, she now struggles with her weight because of the particular strains of bacteria from her daughter! There is no longer any doubt that some gut microbes can cure you, and some can cause or contribute to weight gain, obesity, and any and all of the other problems listed in this article.

### ***What Should You Do?***

For starters, if you have a healthy gut, keep it healthy—doing whatever you have been doing all along. If you want to maintain a healthy gut, or if your gut is not healthy, take measures right now to get and keep your gut strong and healthy. Here's what you can do...

**1) Eat foods that nurture your friendly gut bacteria (FREE):** You must eat a whole foods diet with plenty of fruits, vegetables, fiber, and roughage. Your friendly bacteria love these foods. It is a good idea for some folks to eat some *indigestible fiber* daily. Indigestible fiber is that fiber that passes right through to your gut undigested. A perfect example is *psyllium husk powder*. This amazing powder is great for your gut. Some folks do well on a scant half teaspoon daily in water. Others need a little more. Judge your dose by what it takes to produce healthy stools. You can find psyllium husk powder in health food stores (make sure you use *powder*).

Stay away from processed, fast, artificial, packaged, and preserved "foods." All of these, including ice cream, baked goods, etc., contain *chemical emulsifiers* that pass undigested to your colon. They directly harm, kill, or alter your healthy bacteria, and have been *directly linked* with colitis, ulcerative colitis, and Crohn's disease.<sup>1</sup> All processed and fast foods are detrimental to the healthy bacteria and nurture the unhealthy and disease-causing bacteria in your gut.

Instead eat a Mediterranean diet with one third of your foods raw. Be sure to eat fermented foods or supplements as your healthy bacteria crave these foods. For example, eat sauerkraut, real yogurt, kefir, kimchi, and real cod liver oil (*Blue Ice Fermented Cod Liver Oil*). Be sure to get plenty of flavonoids in your diet as they feed healthy bacteria—including all brightly and deeply colored fruits and vegetables.

**2) Avoid antibiotics like the plague (FREE):** Antibiotics can be lifesavers in the perfect circumstance. But they are also the main source of all the gut problems in the U.S., and they are the prime cause of life-threatening gut infections like

*Clostridium difficile* (C. diff). C. diff accounts for 10% of all hospital infections—more than a million cases annually. It alone accounts for at least 20,000-30,000 deaths in the U.S. annually. I have personally seen antibiotics *wrongfully prescribed for a child* who developed C. diff as a result, *and died from the infection!* The message is simple: avoid antibiotics whenever possible. If you absolutely must take an antibiotic, never take it without taking a probiotic before, during, and after the drug. Prescribing antibiotics without probiotics is malpractice and quackery.

Instead of antibiotics for colds, flu, sinus infections, food poisoning, stomach or intestinal flu, bronchitis, ear infections, and pneumonia, use nutrition and antimicrobials (INEXPENSIVE). *The best antimicrobials have remarkable kill ratios against harmful bacteria that are far superior to antibiotics.* You can learn about antimicrobials from *Health Alert*, or read my article, "Colds, Flu, Sinusitis, Tonsillitis, Bronchitis, and Pneumonia: No More Suffering" in Section 4: Immune System, Cancer, and Hormone Health. If you have questions, feel free to call my office at 1-800-231-8063 (M-F, 7-5 PST).

You should stock up on antimicrobials because time is of the essence with infections, and getting started immediately produces the best results. We have the best antimicrobials, like *Sinus Relief* (colds, flu, sinusitis), *Respiratory Relief* (coughs, bronchitis, pneumonia, whooping cough), *Digestive and Urinary Tonic* (food poisoning, stomach or gut flu or infections, urinary tract infections, pink eye), at discount prices at our store, or call my office.

**3) Use Fecal Implants (FREE):** Nowadays you might get really lucky and get help with fecal implants from your own doctor. Otherwise, you will have to find a naturopathic doctor. But it is worth it because fecal implants can save your life. This one example should clear up any of your disbelief or misgivings. A 13-year-old girl with ear infections and mastoid infections is treated with multiple broad-spectrum antibiotics (first mistake). She is then hospitalized with a fever and diagnosed with a serious blood infection (direct result of all the antibiotics). She is given high doses of a corticosteroid drug (another mistake) and released.

Two months later she is re-hospitalized with a new fever. Her blood tests show a deadly bacteria *Klebsiella pneumonia* (a direct result of heavy

corticosteroid therapy). More antibiotic therapy (more mistakes) failed to kill the bacteria and she developed septic arthritis (a deadly joint infection) in one shoulder and both hips. She got an extended infusion (intravenous) of five more drugs (another mistake) which gained some control over her blood infection. Her joints were “washed out” with another antibiotic (another mistake).

When her medical treatments all failed, in desperation she underwent a fecal implant using her brother as a healthy donor. The procedure took **10 minutes! Within two weeks, it cleared all signs of infection from her body.** She remains infection clear five years later. But she will need bilateral hip replacements (two new hips) due to the damage from aseptic necrosis directly caused by her doctors. She also needs psychological counseling to undo the emotional damage for her years-long medical ordeal. Any questions on massive antibiotic therapy and fecal implants?

**4) Use Pre and Probiotics:** Probiotics are healthy bacteria in a capsule that can get by your digestive tract and into your colon to help re-establish more normal bacterial counts. Prebiotics are food for the probiotics when they arrive in your gut. The best product is *ProSynbiotic* (1–2 daily for 6–12 months) by Standard Process. It contains both healthy bacteria and prebiotic food for the bacteria in the form of *inulin* from chicory and more. Today we know for sure that your flora (gut bugs) is directly involved in psychiatric problems like anxiety and depression. Given that, probiotics are the new Prozac.

**5) Use Gut Enhancing Supplements to Heal Your Gut:** The best products to heal an unhealthy or diseased gut are *Okra Pepsin E3* (3 taken 2x daily for 6–9 months) and *Zymex Wafers* (3 taken 2x daily for 6–9 months) by Standard Process. Okra Pepsin E3 contains okra and pepsin to help clear away stale mucus that accumulates on the walls of your gut. It also contains gut membrane healers like allantoin. Zymex Wafers is made from a velvety culture grown on a bed of beets, tillandsia, and wheat germ. Both are remarkable healers for your gut and its microbiome (flora or friendly bacteria).

Be sure to also take *Blue Ice Fermented Cod Liver Oil* (3–6 daily). It is fermented (your flora loves fermentation), and it contains vitamin D and omega-3 fatty acids—both directly beneficial in cases of depression via cod liver oil’s direct effect on your

gut flora. We have now proven that your gut flora and deficiencies in vitamin D contribute or cause depression and other psychiatric conditions. Given that, cod liver oil joins probiotics in becoming the new Prozac.

#### NOTES

1 Study links common food additive to Crohn’s disease, colitis. *Medscape*. Feb. 25, 2015.

#### HEALTHY GUT PROTOCOL

**ProSynbiotic:** 1–2 daily for 6–12 months  
**Okra Pepsin E3:** 3 taken 2x daily for 6–9 months  
**Zymex Wafers:** 3 taken 2x daily for 6–9 months  
**Blue Ice Fermented Cod Liver Oil:** 3–6 daily

### DIABETES MEDICATIONS DO NOT PROTECT YOU

Thanks to the processed food industry, the medical profession, and decades of the scam low-fat diet, America is racing toward the shameful record of being the most diabetic country on earth. If you are prone to diabetes, have prediabetes or metabolic syndrome, or have type 2 diabetes, you need to understand that standard medical therapy will not protect you from the ravages of type 2 diabetes. These include heart disease, neuropathy, stroke, amputations, blindness, serious skin and flesh ulcers, and more.

I was reminded of this the other day when I ran into an old friend who had been faithful to his medical treatment, including diabetes drugs, for his type 2 diabetes. Despite the best medical care, he had already had one foot amputated, and the other ankle had a major ulcer almost a half-inch deep that covered at least 20 square inches.

#### *Drugs Always Have a Trade-Off*

There is always a *trade-off* when it comes to prescription drugs. Metformin—the most popular diabetes drug—has all kinds of “trade-off” side effects. In the end neither it, nor any other diabetes drug, will protect you. For example, one Metformin side effect is that it lowers the vitamin B12 levels in your blood. Vitamin B12 is essential for all kinds of vital health functions, but in particular, and especially with diabetics, it is critical to maintaining nerve function.

With decreasing vitamin B12 levels induced by Metformin, you will have increased cases of *neuropathy* among diabetics. So while Metformin is keeping your glucose numbers down, making



you and your doctor happy, it is also trading off by producing deleterious side effects like lowering vitamin B12 which induces neuropathy. Neuropathy can become nightmarish—with all kinds of nerve problems, often to the point where you can no longer feel your feet or lower legs.

### ***You Can Prevent, Improve, and Even Reverse Diabetes***

So remember, medical care will not protect you from the ravages of diabetes. But you can **prevent** diabetes, **improve** it to where you will be much less prone to suffering its ravages, and in some cases, even **reverse** type 2 diabetes altogether. It is not that hard, especially given the alternative—the normal progression toward severe damage you will suffer from this disease.

If you want to continue with your medical diabetes care, including drugs, that is fine. But do not just use medicine and then keep your fingers crossed. You will not be protected. Go ahead and continue with your medical care, but institute the changes that will address the real underlying causes of type 2 diabetes at the same time. These causes are a poor diet with too much sugar and processed foods, lack of exercise, and severe nutritional deficiencies that damage your pancreas and your body's natural ability to process sugar properly.

We have a great article on the three steps to addressing diabetes properly, See "For People With Diabetes, Heart Disease, High Cholesterol and Obesity" in Section 1: Heart and Circulation. You monitor your success with a simple blood glucose monitor—which you probably have already. Most people begin to get better (better glucose readings) in 45–60 days. Start by changing to a Mediterranean diet. The best book on the subject for diabetics is *The GI Mediterranean Diet* by Lindberg. This will get the sugar and processed food out of your life while you learn to eat a healthy, satisfying and rewarding diet of real foods.

Next begin exercising—this is essential. You must exercise, and strength training (weight lifting) is best. You can start with hard walks, but eventually you will need to lift weights to beat diabetes. It is best to join a simple gym where you can exercise once, for an hour, every five days. The best book on the subject is *The Slow Burn Fitness Revolution* by Hahn, Eades, and Eades.

### ***Improve Your Sugar-Handling Capacity with Nutritional Rebuilding***

Next, you must rebuild your nutritional stores that have become depleted over the years. This is essential for your body to be able to rehabilitate your pancreas and improve your sugar-handling capacity. You will need **Diaplex** (6 daily), **Cataplex GTF** (4–6 daily), **Min-Tran** (6 daily), and **Turmeric Forte** (4 daily) for 6–18 months. These products are all produced by Standard Process—there are no comparable substitutes. You will also need a good source of omega-3 fatty acids. I prefer to use either **Blue Ice Fermented Cod Liver Oil** (4 daily), or raw **Omegaflo Hi-Lignan Flax Oil** (a tablespoon daily).

**Diaplex** is the premiere product to enhance your digestion, especially of sugar. It contains liver, gallbladder, stomach, pancreas, and pituitary support. It also contains **pancreatrophin**. This is a concentrate of pancreas that supports the rebuilding and repair of the pancreas—the organ that produces and secretes insulin and pancreatic enzymes for proper sugar metabolism.

**Cataplex GTF** is the name for the **Glucose Tolerance Factor**. It contains organically combined trivalent chromium with the whole B vitamin complex and amino acids. This combination is responsible to make insulin more effective in your body. This combination allows your body to become more receptive to insulin, thus improving your sugar handling. The chromium and B vitamins in Cataplex GTF, while circulating through your bloodstream, are naturally antiplaque and anti-arteriosclerosis. The same effects are not seen with synthetic forms of chromium—like chromium picolinate—that are available in most other products.

**Min-Tran** is a natural organic mineral product containing calcium lactate and organic minerals, including potassium and a trace of organic iodine from kelp. It is a natural calming agent, and its calcium and mineral composition is necessary for proper pancreatic function to help you control blood sugar. If you are allergic to iodine, you will not be able to use Min-Tran. Instead, use **Calcium Lactate** which is rich in organic calcium and magnesium without iodine.

**Blue Ice Fermented Cod Liver Oil** is the premiere cod liver oil product. It is rich in omega-3 fatty acids, whole and organic vitamin A and D complexes, and a host of other ancillary nutritional counterparts. It

is simply oil from pristine cod livers, fermented for six months, and placed into capsules. It is the whole, fermented form of this oil that makes it effective when industrially processed, store bought fish oils fail.

### ***And Finally the Miracle of Enhanced Curcumin From Turmeric—Found in the Product Turmeric Forte***

A ground breaking double-blind, placebo-controlled study in 2018 clearly showed that **curcumin** is a powerful glucose-modulating herb. Found in turmeric plant root, this phytochemical was tested with patients who had **prediabetes**. Remarkably **100%** of these pre-diabetic patients **did not progress to type 2 diabetes after 18 months** when they took curcumin supplements.

The problem with curcumin is that it is hardly absorbed by your body. And none of it gets into your brain where it can actually halt and improve Alzheimer's. But now, thanks to phytochemical technology, Standard Process is able to infuse curcumin-rich turmeric into the fiber from seeds of the Fenugreek plant **that is highly absorbable by your body**.

The result is **Turmeric Forte**, an enhanced, activated form of curcumin from turmeric that is 24.6 to 45.6 times more absorbable than before. And best yet, this enhanced curcumin product passes the blood/brain barrier to get into your brain in pharmacological doses that are 245 times greater than normal. This is critical for anyone fighting memory loss, dementia, and/or Alzheimer's!

Please remember...when it comes to type 2 diabetes, do not think medical care will protect you from its ravages, because it won't. **You must take control of your own diabetes and health**. This is the way to do it. And if you have prediabetes, type 2 diabetes, chronic pain, memory loss, dementia, or Alzheimer's, be sure to include **Turmeric Forte** in your daily protocol. And be sure to read my article about this miracle product, "Alzheimer's, Memory Loss, Dementia, Diabetes, Chronic Pain, Heart/Blood Vessel Disease and the Amazing Curcumin Breakthrough" (See Section 7: Mental Health).

**The effects of diabetes are too serious to allow yourself to rely on medical care only**. This is especially true since medicine—with its low-fat diet scam and its mantra of "drugs for everything

and nothing but drugs for anything"—is one of the prime causes of the diabetes epidemic in America. Go ahead and get started on taking charge of your own health and your own diabetes. There is simply no other way.

#### **PROTOCOL FOR PEOPLE WITH TYPE 2 DIABETES**

**Exercise:** At least a strong walk daily

**Weight lifting:** 3x per week or once every 5 days if you are using the Slow Burn technique

**Diet:** Mediterranean diet (*The GI Mediterranean Diet* by Lindberg)

**Diaplex:** 2 per meal for 12–18 months

**Cataplex GTF:** 2 per meal for 12–18 months

**Min-Tran:** 2 per meal for 12–18 months

(If allergic to iodine... use... **Calcium Lactate** instead)

**Blue Ice Fermented Cod Liver Oil:** 1–2 per meal for 12–18 months

**Turmeric Forte:** 2–4 daily

## **HUGE CANCER / ALZHEIMER'S BREAKTHROUGH: CANCER STEM CELLS KILLED BY TURMERIC**

*“When it comes to phytochemicals and phytonutrients, turmeric root may be the most premiere cancer fighter of all. Whether it is the curcumin in turmeric root, or whether it is another phytochemical, or whether it is the combination of phytochemicals as only nature can design, turmeric root is a powerful anticancer agent.”*

*Health Alert, Vol. 35, No. 12*

**Finally!** We have some good news regarding cancer and its treatment. And it is all about **cancer stem cells**. The **bad news** about cancer stem cells:

- They are the most virulent of all cancer cells.
- They are capable of self-renewing and can also produce all the other cancer cells within cancerous tumors.
- They are powerful, resisting every kind of cancer therapy, including chemotherapy and radiation. In fact, **their growth and reproduction may even be stimulated by anticancer medical therapies**.
- Because of their highly resistant nature, they lead the way to **metastasis** (cancer spread) and **tumor recurrence**.
- And even worse, they may become even more invasive following surgery, contributing to the dismal responses all-too-common with traditional cancer therapies.

With this kind of “cancer-stem-cells bad news,” what is the **good news**? Once again it is phytochemicals to the rescue. The exciting, amazing, even astounding news and data is that it has been proven that **turmeric root can kill the most virulent cells involved in any cancer—cancer stem cells!** Research just now making the news shows that turmeric root is such a powerful anti-cancer agent because it can actually **kill cancer stem cells while preserving normal stem cells** in your body.

A major research report has clearly demonstrated this to be true, and it described the major biological mechanisms by which turmeric can kill cancer stem cells. The article, “Curcumin and Cancer Stem Cells: Curcumin Has Asymmetrical Effects on Cancer and Normal Stem Cells,” by Peter P Sordillo and Lawrence Helson, was published in the journal *Anticancer Research* 35: 599-614 (2015).

The ability to safely kill cancer stem cells while preserving normal stem cells is the **holy grail in the world of medical cancer treatments**. It has remained impossible with all medical treatments, including chemotherapy, radiation, and surgery. Yet today, research has confirmed what the magazine *Newsweek* said on its cover a decade ago—“Plants Hold the Secrets to Beating Cancer.” Turmeric kills cancer stem cells and spares normal stem cells in the body.

### ***Cancer Good News: The Amazing Power of Phytochemicals***

Newsweek was right. And nothing proves it more than turmeric. **Turmeric root and its main polyphenol—the phytochemical we know as curcumin**—is perhaps the most anticancer plant of all. And when you combine the anti-cancer and cancer-stem-cell-killing effects of turmeric root with its amazing other healing properties, anyone with any type of cancer would be a fool not to use turmeric root supplements.

Remember that turmeric root is also the only real, effective treatment for people with Alzheimer's, memory loss, and dementia. Virtually 100% of study subjects with memory loss and Alzheimer's enjoyed **improved memory** after 18 months of taking turmeric—an impossibility with medical therapies. It also is a powerful modulator of chronic pain, it has a highly beneficial effect on the linings of your blood vessels, and it helps people with blood sugar problems. Virtually 100% of study subjects with prediabetes **did not progress to type 2 diabetes** after taking turmeric for 18 months.

And turmeric root is perhaps the most studied herb ever—with more than a thousand research papers and citations:

- It has been touted as being as or more effective (but safer) than a dozen prescription drugs.
- It is effective for people in chronic pain;
- with type 2 diabetes, prediabetes, or blood sugar problems;
- with blood vessel lining problems (as in coronary arteries, atherosclerosis, arteriosclerosis);
- with Alzheimer's, dementia and memory loss.
- And it is now a **safe therapy for people with cancer**. It can actually kill the most virulent cancer cells of all—cancer stem cells—while preserving normal stem cells.

## Introducing Turmeric Forte

Quite honestly, *everyone over age 40 should be taking a turmeric root supplement*. And remember, turmeric and its active polyphenol, curcumin, is extremely difficult to digest and on its own never makes it past your blood/brain barrier to help with your brain and memory. But Standard Process (the plant experts) has infused turmeric root into seed material from the highly absorbable Fenugreek plant to make it from 24.5 to 45.5 times more active in your body. This newly activated, infused turmeric can actually *pass through your blood/brain barrier* into your brain circulation in pharmacological amounts!

If you have cancer... If you have a family history of cancer... If you are afraid you will get cancer... Then this is a no-brainer. Start **Turmeric Forte** now. In fact, everyone over 40 should be taking Turmeric Forte, the activated, infused form of turmeric root with its curcumin content. If you have no problems, take 1–2 tablets daily for *prevention* (what a concept!). If you have prediabetes, blood sugar problems, chronic pain, a family history of cancer, a family history of Alzheimer's, or if you have heart disease, take 2–3 tablets daily. And if you have cancer, type 2 diabetes, severe chronic pain, Alzheimer's or other profound brain problems, take 4 tablets daily (2 taken 2x daily with food that contains a little fat).

This is truly one of those *extremely rare breakthroughs* in health. If turmeric were a drug, this study would have made headlines in every newspaper, TV news show, magazine, newsletter, and cancer-treatment guidelines for physicians. But that didn't and won't happen because turmeric is a plant, and it can't make money for drug makers. But that does not stop you from reaping the phytochemical benefits of turmeric by taking Turmeric Forte daily. Anything else does not make any sense.

## More Cancer Good News—Spontaneous Regression

Did you know that it is very common for cancer to *spontaneously regress*? Along with *the real causes* of cancer, that is something you will never hear from the cancer industry. Today, if you are diagnosed with cancer that has spread to a lymph node, you are given few choices other than surgery, radiation, and chemotherapy. You will not be told that cancer—even metastatic cancer (that has spread to lymph nodes)—*can regress from both the nodes*

*and the initial cancer site* (for example in the breast).

Cancer regression can only be explained as an attack by your own immune system. Immune cells known as *killer T cells* are found in the dead tumor and lymph nodes in cases of cancer regression. So, as we have always suggested, it is necessary to *bolster and strengthen your own immune system* with any cancer. Ironically, all three medical treatments for cancer, including surgery, radiation, and chemotherapy, are all *highly toxic to the immune system*.

## The Protocol—From Prevention to Treatment

So whether you are exposed to medical treatments for your cancer or not, make sure you bolster your immune system. **Turmeric Forte** (2x2 daily consumed with food that contains at least a little fat) is critical. Several other products are also always indicated with cancer. They are: **Immuplex**: 3–4 daily, **Cataplex A-C-P** (6 daily), **Blue Ice Fermented Cod Liver Oil** (3 daily), **Thymex** (9 daily for 3 months, then 3 daily). **Omegaflo Hi-Lignan Flax Oil** (1 tsp. daily). If you have the BRAC breast cancer gene or your cancer is positive as estrogen-induced, you will need **Cruciferous Complete** (6 daily for 3 months, then 3 daily for life).

**Immuplex** contains everything your immune system needs for support and health. It is a very comprehensive product that can also serve as your multivitamin.

**Cataplex A-C-P** is an amazing product to bolster your immune system as it contains the whole vitamin complexes of vitamins A, C, and bioflavonoids.

**Blue Ice Fermented Cod Liver Oil** is the last raw cod liver oil with all the variations of vitamin D, along with whole vitamin A complex and omega-3 fatty acids.

**Thymex** is a *thymus gland extract* that can help you stimulate your thymus gland (a major part of your immune system). Killer T cells (found in dead tumors) are activated in your thymus gland.

**Omegaflo Hi-Lignan Flax Oil**, rich in omega-3 fatty acids and lignans, is a premier cancer-fighting oil.

**Cruciferous Complete** is a raw phytonutrient made from broccoli and kale. It is a natural “estrogen sopper”—meaning it can clear excess estrogen out of your body.

If you start eating a healthy Mediterranean diet, get some exercise, drink lots of pure water, make sure you have a good family support system, and

use our protocol, you have just taken a giant step toward fighting and beating cancer that not one in 10,000 people take. Remember, cancer regression does happen. And your own immune system is the reason it does happen. Fight back and know that you can beat cancer. Here is yet another reason why you can win...

### Even More Cancer Good News

Most cancers—and proven with breast cancer—and many initial cancers have very limited abilities to spread and kill you. These cancers experience *spontaneous regression and never cause a problem*. You need to know that cancer is not always 100%. You do have a decent chance that your cancer will not be lethal. Just how much of a chance? According to the *Wisconsin Breast Cancer Epidemiology Simulation Model*, approximately 40% of breast cancers are non-lethal with little chance for metastatic spread. That means 40% of initial breast cancers will not progress past 1 cm. in diameter. They will usually stay in the breast for about two years, after which time they will naturally regress.

Now that is good news. Combine that with the news that...

- Even metastatic cancers can spontaneously regress.
- Turmeric root (Turmeric Forte) can kill the most virulent of all cancer cells—the cancer stem cells—while sparing normal stem cells.
- Your immune system is responsible for most all of this good news.
- You can *bolster and strengthen your immune system, including your thymus gland*.
- There are amazing products to help you strengthen your immune system.

...and you have some really good and proven cancer news for a change!

#### PROTOCOL FOR PEOPLE WITH CANCER / ALZHEIMER'S

For prevention...

**Turmeric Forte:** 1–2 daily

For people with prediabetes; family history of cancer, Alzheimer's, type 2 diabetes, heart disease; or if you have chronic pain...

**Turmeric Forte:** 2–3 daily

For people with cancer, memory loss, dementia, Alzheimer's, chronic pain, type 2 diabetes...

**Turmeric Forte:** 2 taken 2x daily

Always take **Turmeric Forte** with food that contains at least a little fat. **Start with one daily**, then two after a week, and so on.

#### PROTOCOL TO BOLSTER YOUR IMMUNE SYSTEM

For people with cancer, these products are also indicated...

**Immuplex:** 3–4 daily

**Cataplex A-C-P:** 6 daily

**Blue Ice Fermented Cod Liver Oil:** 3 daily

**Thymex:** 9 daily for 3 months, then 3 daily

**Omegaflo Hi-Lignan Flax Oil:** 1 tbsp. daily

If you have the BRAC breast cancer gene or your cancer is positive as estrogen-induced... add...

**Cruciferous Complete:** 6 daily for 3 months, then 3 daily for life

### SKIN CANCER CURED IN TWO TO THREE MONTHS

Non-melanoma skin cancers (basal cell and squamous cell) can be cured in two to three months using a cream made from an *eggplant extract!* Keratosis and keratotic lesions can also be removed with the same cream. The cream is called *Curaderm* or Curaderm-BEC5. We have tested this cream and examined the research. There have been more than 100,000 cases studied and referenced online, without a recurrence of the skin cancer.

The active anti-cancer ingredient in Curaderm is solasodine glycoside and it comes from eggplant. Curaderm also contains salicylic acid and urea in high concentrations. These aid in the killing of cancer cells. (If you are allergic to aspirin you cannot use Curaderm.)

If you have simple skin cancers, or you have a skin cancer in a tough spot to remove surgically, you now have an alternative. And this stuff works! Here's how: You apply a small amount of the cream to the area to be treated twice daily. You keep the area covered with an airtight bandage, such as Micropore (a brand of paper tape). In most cases, some degree of redness and light burning occurs immediately following treatment. After the initial redness, over the next few treatments, the cream erodes the area, eventually ulcerating it as cancer cells are destroyed. Then normal skin tissue regrows.

During treatment, the lesion will look worse than before treatment, and your skin will appear noticeably different from normal.

When the ulcer has closed, and the skin appears normal again, treatment should be stopped—usually

in one to three months. That's it! As discussed, the research points to more than 100,000 cases treated with no recurrence. And I have personally tested it with patients, using before and after skin biopsies. I experienced the same results.

You can purchase Curaderm from BioNational Pharmaceuticals by phone (1-800-378-8428) or online ([www.bionational.com](http://www.bionational.com)).

Skin cancer cure from eggplant—you bet. And some people say that phytochemicals and phytonutrients or phytoceuticals are not therapeutic!

**NON-MELANOMA SKIN CANCER PROTOCOL**  
Curaderm-BEC5: apply twice daily... do not use if allergic to aspirin

## **BLADDER CANCER**

Lots of older men are going to be diagnosed with bladder cancer, which kills some 20,000 people annually. But it is also a big money maker. And it can often be handled without all the toxic medical protocols generally used. These run the cost of bladder cancer up and often result in failure. Bad bladder health, including bladder cancer, can often be traced back to years of medical treatments for other conditions. These treatments (like drugs to improve urinary flow with an enlarged prostate) wreak havoc on the bladder. Over the long-term, these are best *avoided*.

We have treated lots of men with bladder cancer. The treatment is intensive in the early stages. But results are often remarkable, with follow-up tests showing elimination of tumors and other signs of bladder cancer after three to six months. Whether you are starting on medical treatments (including the tuberculosis washings of the bladder) or not, it would be foolish not to also use the following natural protocol.

### ***The Protocol***

We use, with remarkable results, the following products: *Albaplex* (10 taken 2x daily), *Arginex* (10 taken 2x daily), and *Cataplex A-C* (10 taken 2x daily). After two weeks, the dose is cut back to 10 of each daily for the long term. After 45 to 90 days, any abnormalities in the urinalysis will begin to normalize.

Many patients with bladder cancer (especially following medical therapies) are anemic. For these

people, we add *Immuplex* (8 daily) after the first two weeks of our treatment. If the blood tests show a high *Sedimentation Rate (Sed Rate)*, we add *Thymex* (10 daily) and *Cyruta-Plus* (10 daily), until the Sed Rate returns to normal. If there is blood in the urine, we add *Calcium Lactate* (9 daily) until the bleeding stops. All products are produced by Standard Process.

This regimen should be started and maintained while you get regular bladder checks. Upon resolution of the problem, you can cut back your dose of Albaplex, Arginex, and Cataplex A-C to 6 daily. I recommend that this maintenance protocol be used for at least a year. And remember that due to the long-term underlying causes of bladder cancer, it can return. If on future checkups you have a return of bladder cancer, you will need to start again.

This regimen should be followed regardless of any medical interventions. Remember that medical treatments alone often fail to resolve bladder cancer. If you are reticent about avoiding medical therapies, at least use this protocol *in addition* to your doctor's recommendations.

### ***Preventing Bladder Cancer***

Remember that bladder cancer can be *prevented*. The main way to prevent bladder problems and bladder cancer is to stay away from prescription drugs.

### ***Prostate Drugs Wreak Havoc on the Bladder***

The haphazard long-term prescribing of drugs like Flomax is a travesty. Used to relax the bladder muscles to allow for easier urination in men with Benign Prostatic Hypertrophy (BPH), this and other similar drugs can slowly destroy the bladder. Having looked into bladders of men who have taken these drugs long-term vs. those who have not, I can tell you the difference is dramatic.

Men who get some short-term relief for BPH often have long-term bladder destruction that includes muscle degradation, polyps and diverticula of the bladder, and more. In addition, for men with normal to low blood pressure, drugs like Flomax can cause dizziness, weakness, and falls. The short-term benefits are just not worth it. Especially since there are effective nutritional treatments for BPH.

Many men will be able to enjoy improved urinary flow by simply using two products from Standard Process: *Cataplex F* (3–6 daily) and *Palmettoplex* (3–6 daily). Results can usually be seen after 60 days

on this protocol. For those men who have severe BPH, there is a wonderful laser treatment that has revolutionized the treatment of prostate enlargement.

### **Selective Photo Vaporization of the Prostate**

The name best describes this therapy. It is the selective vaporization of prostate tissue without cutting. It is like the old TURP (roto-rootering of the prostate), but with none of the problems. An 80-watt laser is inserted with a tiny camera through a catheter to the prostate. The laser is then used in a 30-minute treatment to vaporize excess prostate tissue that is strangling the urethra and shutting down urine flow.

There is very little bleeding or swelling. The treatment is done on an outpatient basis under light twilight anesthesia. Recovery is generally fast and the results are routinely excellent. There are none of the severe side effects of the old TURP procedure, and the improvement in urine flow is, for the most part, permanent. Now there's a medical breakthrough I can really get behind.

The expert in this field is Dr. Mahmood Hai. He trained almost all urologists in America in the use of laser surgery for prostate problems. He has recently retired but has compiled a list of urological surgeons well trained in this technique. For a copy of this list, you can call or write my office and ask for the list of prostate laser surgeons.

#### **PROTOCOL FOR PEOPLE WITH BLADDER CANCER**

**Albaplex:** 10 taken 2x daily

**Arginex:** 10 taken 2x daily

**Cataplex A-C:** 10 taken 2x daily

After 2 weeks... cut back to 10 daily

Upon resolution... cut back to 6 daily for at least 12 months

With anemia... add...

**Immuplex:** 8 daily (after the first 2 weeks on this protocol)

With high Sedimentation Rate... add...

**Thymex:** 10 daily

**Cyruta-Plus:** 10 daily until Sed Rate returns to normal

With blood in the urine... add...

**Calcium Lactate:** 9 daily until bleeding stops

Preventing bladder cancer and improving urinary flow...

**Cataplex F:** 3-6 daily (unless allergic to iodine)

**Palmettoplex:** 3-6 daily

### **FEVERS AND CALCIUM**

Not much is more scary than when your baby becomes severely ill and is running a high fever. In reality, fever is the baby's way of revving up the

immune system and helping the system burn out viral and bacterial invaders. Unfortunately, too many doctors and parents run to Tylenol at the first sign of a fever in an effort to bring it down. This can stymie the developing immune system and can even prolong colds and infections.

### **Use the Best Calcium Product**

When fevers do get too high in infants and kids (over 105), indeed something needs to be done. By this time most parents will have called upon their pediatrician. That's OK. But the very best thing to *naturally* relieve a fever—while at the same time bolstering the immune system—is to give a little **Calcium Lactate**. Calcium Lactate is a natural blood buffer which does an absolutely wonderful job of aiding the immune system while easing down a fever.

With infants, the product **Calcium Lactate** by Standard Process is absolutely best. Calcium lactate is the form of calcium most easily assimilated by the body. It is changed to calcium bicarbonate (the only form the body can utilize) in *one step*. Most calcium products (which are crushed limestone) require up to a dozen steps to become calcium bicarbonate. This is true regardless of the hype or advertising you may hear about other calcium products.

Standard Process takes it one step further by adding **Magnesium Citrate** to the mix. This brings a favorable ratio of calcium to magnesium in the formula while imparting a slight acidity (from the citrate). Calcium is not easily digested in an alkaline gut. So the slightly acid makeup of this product (pH of 5.2 vs. a pH of 7.0, which is neutral) makes it even more easily ionized, or utilized, by the body.

Calcium Lactate contains no milk products or whey, so it can be used by everyone. Besides fevers and infections, it is also useful for coughs, insomnia, hemorrhage, and cramps in adults. In fact, it is supreme for cramps—especially when combined with **Cataplex F**, also from Standard Process. All athletes and people who sweat should know about this combination. Cataplex F (3-6 daily) and Calcium Lactate (6-12 daily) make up a powerful combination to stop muscle cramps caused by overexertion and/or too much sun.

### **Kids and Colds**

Back to kids—anyone with a baby or infant should never be without Calcium Lactate. With run-of-the-mill viral colds, it can be combined with

vitamins A, C, and bioflavonoids plus a thymus gland extract for great results. The A, C, and bioflavonoid product by Standard Process is called **Cataplex A-C-P** (P stands for vitamin P or bioflavonoids). And the thymus gland extract product is called **Thymex**. Probably no doctor in the world is more versed in these products than I am—having treated tens of thousands of people with immune problems over the past 40 years.

Conveniently for parents, Standard Process has combined all three of these products into one powdered capsule called **Congaplex**. It is about a third each of Cataplex A-C-P, Thymex, and Calcium Lactate. You can open up these capsules and give one every hour or two to infants to really knock out colds. You can also take two to three an hour yourself at the first sign of a cold.

If your infant or child is running a fever, grind up some Calcium Lactate into a powder with a seed or coffee grinder. Mix about one quarter of the calcium powder to three quarters of the Congaplex powder. Mix a scant 1/4 teaspoon in food or even in the bottle every hour or two. Resolution of fevers is usually fast and normal (within eight to 12 hours).

### Source Matters

So keep Calcium Lactate in mind with the problems discussed here. And no matter what the hype other products would have you believe, calcium bicarbonate is the only form utilized by the body. The calcium that changes to bicarbonate in one step is calcium lactate. Do not confuse calcium carbonate (the form found in most calcium products) with calcium bicarbonate. There is no calcium bicarbonate in pill or powder form. It must be made in the body. Calcium carbonate is the white scale you find in a teapot. It is crushed stone and the body can only transform it to a usable form with great difficulty.

While we're at it, the idea that calcium should be taken with magnesium at a 1:1 ratio is ridiculous at best. That much magnesium is toxic, causes heartbeat problems, and will induce chronic diarrhea. Stay with products that really work and have withstood the test of time.

Calcium Lactate was first formulated by Dr. Royal Lee, the most profound nutritional genius of all time, in 1947. Cataplex A-C-P was first formulated in 1956, and Thymex in 1957. That is almost a combined **157 years** of experience. It's funny how anyone can put together some synthetic or inorganic

nutrients and then promote them as a super product. With millions of dollars in advertising, they will even sell wildly for a couple of years—possibly making the manufacture a millionaire. But you can't fool people for too long. Nobody will continue to buy products that do not work or perform as advertised. The 157 years, like our results, speaks for themselves.

### FEVER PROTOCOL

With run-of-the-mill viral colds in infants and kids:  
**Congaplex** powder (from 1 capsule) mixed in food or in bottle every 2 hours at first signs of a cold and until resolved

For fevers in infants and kids...

Mix 1/4 **Calcium Lactate** to 3/4 **Congaplex**: mix a scant 1/4 teaspoon in food until resolved

### FLU SHOTS DO NOT SAVE LIVES

For those of you who do not regularly read *Archives of Internal Medicine* or the papers from the *National Institutes of Health* and *Centers for Disease Control*, here is some startling news. After more than **three decades** of collecting data, the sad fact is that **flu shots to the elderly have not saved one life!** That should confuse and startle most seniors—except those who read *Health Alert*. After years and years of flu shortages, flu panic, and the general feeling among seniors (instilled by their doctors and the press) that “you're going to die if you don't get a flu shot,” we now know the sad fact. More than 30 years of flu shots have not only failed to save lives, they've not saved **any lives**—this according to researchers and the NIH and CDC.

Besides their non-existent life-saving benefits, you have to consider the additional depressing data about flu shots. They often cause flu. They impart a pathetic 50% protection (about the same odds as no shot). They are dangerous and carry serious side effects that can be permanently crippling. They contain mercury which has been shown to increase your odds of getting Alzheimer's **ten fold**. And despite the dangerous dose of mercury, the shots are prescribed in **double-dose** for infants. So given all this, what do all the “experts” say now that the cat is out of the bag?

### **Expert Mumbo Jumbo**

The experts say that “vaccination should be centered in **schoolchildren**.” And “these results don't contribute to changing vaccination policy.” And “the



best way to help the elderly is to vaccinate them.” And “if we really want to make a difference and control influenza, we have to change the policy. We have to vaccinate large numbers of children.” And “we will have to vaccinate 70% of schoolchildren.” And “for senior citizens the risk of dying from the flu is very low—about one in 1,000. But seniors should try to get flu shots, but should not panic if the vaccine isn’t available.”

Talk about being stuck in dogma that is hopelessly outdated. Now the flu isn’t really dangerous for seniors. The shots don’t save lives but you should get one to save your life. And of course my favorite, let’s poke the kids a couple more times with another mercury-laden shot. As if they aren’t already shot up enough with more than 20 doses of vaccines before age two! My advice remains the same as it has been throughout the flu shot debacle. Save your money, save your brain, save your health, and save your kids’ health—**say NO to the flu vaccine**. Here’s where you can find real data on flu shots, including the Alzheimer’s connection:

“Flu Shot or Not,” Health Alert, Vol. 21, No. 11; “More on Flu Vaccine (Alzheimer’s),” Vol. 19, No. 12; “The 15-Year-Old with ‘Heart Disease’,” Vol. 27, No. 5; “Lots of Flu—Despite the Flu Shot,” Vol. 32, No. 5; “Flush the Flu Vaccine...” Vol. 32, No. 7; and lots more.

### ***How to Avoid the Flu***

If you are smart, you have finally decided that the insult to your mind and body is not worth the lack of benefits from flu shots. But what should you do to avoid the flu? Simply, you must eat a healthy diet with lots of protein. If you are low on protein, you will never be able to fight flu or more serious problems like cancer. You need to go easy on—or avoid completely—wheat and processed foods. And you need to supply your body and immune system with the raw materials it needs to fight infection. **Congaplex** from Standard Process is the premier product, at a dose of 3–6 daily during flu season. And at the first sign of a cold or flu, take 2 per hour for the first 48 hours. This will almost always knock the infection out, or at least lessen its severity. In addition, add **Immuplex** (3 daily) and **Blue Ice Fermented Cod Liver Oil** (2–6 daily) during flu season.

Not enough flu vaccine? Who cares!

### **PROTOCOL FOR PEOPLE WITH FLU**

During flu season...

**Congaplex:** 3–6 daily... and at the first sign of a cold or flu, take 2 per hour for 48 hours...

**Immuplex:** 3 daily

**Blue Ice Fermented Cod Liver Oil:** 2–6 daily

### **HOT FLASHES, SECRETIONS AND IODINE**

It is no secret anymore that at least a third of Americans suffer from some form of hypothyroid. And it is no wonder since we consume tons of thyroid poisons in the form of chlorine and fluorine, while consuming almost no thyroid fuels such as organic iodine and omega-3 fatty acids.

Someone beginning to suffer from sluggish thyroid can become exhausted and suffer all kinds of symptoms. Not the least of these symptoms are dry skin, constipation, mental sluggishness, slow pulse, frequent urination, ringing in the ears, weight gain, being cold, losing hair and eyelashes, and having your hair turn coarse. Yet some of the other symptoms remain little known. They include high cholesterol, high triglycerides, fatty deposits in the liver, thick or loss of secretions (eyes, saliva, vagina, intestines, lungs), and hot flashes of menopause. These are too often considered part of “getting old.” Yet they are all signs of **degenerative disease** from premature aging which can often be attributed to a sluggish thyroid gland.

How many women are plagued with thick, non-flowing secretions or a total loss of mucus and secretions? How many people suffer from high cholesterol and triglycerides with no answers except drugs? How many people just feel old, tired, and exhausted, way before their years would predict? The answer to these questions is **millions**.

### ***What You Can Do***

If this is you, you can take action. Perform a few simple tests and make a few changes to determine if you are a thyroid sufferer. First simply fuel the thyroid gland by taking **Cataplex F** (4–6 daily) from Standard Process for 30 days. If you are allergic to iodine (extremely rare, and if you are, you absolutely know it), you can’t use **Cataplex F**. After 30 days simply evaluate your symptoms, with special attention to secretions (dry eyes, mouth, etc.).

If you come out of your “aging fog,” you have

hit the nail on the head. Thereafter you can make lifestyle changes to lock in your positive new physiology. Those changes include eating less processed food; a daily supplement as suggested here (some people also need to add *Thyrophin PMG* (3–6 daily), and *Blue Ice Fermented Cod Liver Oil* (2–6 daily) to their protocol; plenty of whole foods with one third raw; and the elimination of chlorine and fluorine from your life. The best water purifiers and the best shower dechlorinator are available at the best price at the *Health Alert* store ([www.healthalert.com](http://www.healthalert.com)) or 1-800-231-8063 (M–F, 7–5 PST).

Further testing can be done by taking the temperature under your arm for 10 minutes before you get out of bed for at least five mornings. If your temperature is consistently below 97.4, you can be even more sure that the problem is your thyroid. If it is the thyroid, you can see the medical folly of taking dangerous drugs to thin out secretions, lower cholesterol and triglycerides, or stop hot flashes.

In fact, most hot flashes are caused by the thyroid's and liver's inability to take over the job of the ovaries. This should occur naturally over the course of six months or so after menopause. But millions of women can get stymied here because of a long-term, undiagnosed, untreated, and worsening underlying hypothyroid condition. Once again, truth is timeless. Unless you are treating *the cause of the problem*, you are wasting your time with ineffective, often toxic, and usually dangerous medical treatments that only mask the symptoms—eventually trading them for more serious symptoms known as side effects.

#### **PROTOCOL FOR WOMEN WITH HOT FLASHES**

**Cataplex F:** 4–6 daily (unless allergic to iodine)

**Thyrophin PMG:** 3–6 daily

**Blue Ice Fermented Cod Liver Oil:** 2–6 daily

### **COLDS, FLU, SINUSITIS, TONSILLITIS, BRONCHITIS AND PNEUMONIA: NO MORE SUFFERING**

I am determined to end your suffering from colds, flu, etc., just like I did for myself and my own family. We suffered through colds and flu seasons like everyone else—days or weeks of sickness, missed work or school, and all the rest of the mess caused by colds and flu. But long ago I decided to put an end to our suffering. And I learned the exact secrets (and

they are secrets!) that ended my suffering completely (I've never had the flu and I have not had a cold in 15–20 years). I also greatly diminished my family's suffering—from 4 severe colds that lasted days or weeks each year to one cold that isn't really that bad, and soon none.

#### ***Do You Know These Important Facts?***

Now I am going to tell you the exact secrets and procedures that can end your suffering too. But first, there are some colds and flu facts you need to know:

- 1) Flu shots rarely prevent anyone from getting the flu.
- 2) Flu shots do produce flu-like symptoms in some people (just like getting the flu).
- 3) Flu shots are dangerous because of their infrequent but deadly neurological side effects of nerve and brain damage (like Acute Inflammatory Demyelinating Polyneuropathy) that causes memory loss and crippling diseases that will leave you in a wheelchair.
- 4) Antiviral drugs are almost 100% useless—lessening your suffering from a week or longer by 12 hours at best.
- 5) Antibiotics are useless against colds and flu and most upper respiratory infections and sinusitis.
- 6) Each dose of antibiotics leaves you more prone to more and worse colds, flu etc., because they kill off much of the friendly bacteria in the microflora of your gut. These friendly microbes make chemicals and materials used by your immune system to fight colds and flu.
- 7) Antibiotics destroy your friendly flora, not only in your gut, but everywhere in your body—leaving you prone to diarrhea, yeast infections, fungal infections, skin problems, and more. In other words you are weaker and sicker after each dose of antibiotics.
- 8) Antihistamines are addictive, they cause rebound problems in your sinuses, and they cause memory loss.
- 9) Steroid drugs sprayed into your sinuses do not resolve the cause of any sinus problem.
- 10) Almost all over-the-counter colds and flu medications are useless.

#### ***Why Use These Non-Drug Alternatives***

Sounds grim? Not at all! These facts actually bring you back to the real cause and treatment of colds, flu, sinusitis, bronchitis, and pneumonia. There

hit the nail on the head. Thereafter you can make lifestyle changes to lock in your positive new physiology. Those changes include eating less processed food; a daily supplement as suggested here (some people also need to add *Thytrophin PMG* (3–6 daily), and *Blue Ice Fermented Cod Liver Oil* (2–6 daily) to their protocol; plenty of whole foods with one third raw; and the elimination of chlorine and fluorine from your life. The best water purifiers and the best shower dechlorinator are available at the best price at the *Health Alert* store ([www.healthalert.com](http://www.healthalert.com)) or 1-800-231-8063 (M–F, 7–5 PST).

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#### ***Why Use These Non-Drug Alternatives***

Sounds grim? Not at all! These facts actually bring you back to the real cause and treatment of colds, flu, sinusitis, bronchitis, and pneumonia. There

are no medical alternatives. But thanks to specific nutrition, powerful antimicrobials, and a technique to use both safely and effectively, you have alternatives. Here is how we ended suffering at our house, step-by-step. It will do the same for you.

You may not become colds and flu free the first season, even though this does happen for some people. But you will suffer less. Then you will suffer less frequently, then you will be able to stop a cold in 1–2 days, then overnight, then finally you will be able to prevent colds, flu, sinusitis, bronchitis, and pneumonia. I haven't had a cold in 15–20 years, even if I eat off my son's plate when he has a cold!

But every once in a long while, I will get a very early sign or symptom that I may be getting a cold. I do not wait to make sure I am coming down with anything. I, instead, immediately use the steps I am about to teach you, and after a few hours to overnight, I feel so fine that I cannot even tell if I was really catching a cold or not!

1) **Do Not Wait.** To be successful, you cannot wait and must treat immediately—before you are even 100% sure you are getting a cold. If it is in your head or throat, you will begin to use the incredible colloidal silver spray, *Sinus Relief*. I know there are lots of colloidal silver products around, but the ones I'm going to tell you about have been rigidly tested for their kill ratio over bacteria, viruses, and even fungus. And of course, I've tested them all myself for years and years. These are the ones that work.

2) **Use Sinus Relief and Sinus Support.** Start one spray of Sinus Relief in each nostril immediately. Then spray every hour until your cold does not materialize or clears. With sore throats, you can spray Sinus Relief directly on your tonsils on each side as well as into your sinuses. As I said, in the beginning, especially after years of antibiotics and drugs, your colds may still linger, making it necessary to spray for days at a time.

If this is the case, and if the spray irritates your sinuses after a few days, you can soothe your sinuses with an herbal spray you can safely use as often as you wish during your treatment period. The soothing herbal spray of choice is *Sinus Support*. It is made by the same expert who makes our antimicrobials, Steve Frank. And when I say expert in antimicrobials and herbal preparations, Steve is truly that. I routinely call him myself with questions. He actually started out growing his own

herbs in Colorado.

With all sinus and throat spraying, you must be stubborn and dogged. Simply treat until all symptoms are gone, then spray for another day or two (just to make sure). This process actually destroys 100% of the offending microbes, unlike drugs or antibiotics that only kill a percentage, leaving the rest to burrow deeply into your tissues and even mutate into more powerful bugs, or even superbugs that become immune to all drugs.

3) **If Your Cold or Flu Starts with a Cough, Use Respiratory Relief and a Nebulizer.** Most colds and flu will start in the sinuses and throat, so Sinus Relief will almost always be needed, at least initially. But often a cough or bronchitis is involved. *At the very first sign of a scratchy throat or cough*, you must begin to kill offending microbes in your upper respiratory tract. For this part, you will use the miracle antimicrobial colloidal silver product *Respiratory Relief*—also designed by Steve Frank.

Again, at the first sign, you will place 2 ml of Respiratory Relief in your *nebulizer*. When turned on, the nebulizer will transform the liquid into a fine mist. You will place the breathing applicator on your tongue, as far into your throat as possible, and simply breathe deeply until the liquid is gone—about 5 minutes. This is considered one treatment.

You will perform six or more of these treatments daily until your cough is gone. The very same treatment is used for pneumonia, with or without antibiotics.

The same stubbornness and dogged treatment is necessary for upper respiratory tract infections and pneumonia. You will treat until your symptoms and infection are gone, then for another day or two. This will kill 100% of the microbes and clear the infection completely vs. the partial kill ratio you get with drugs that set you up for the next infection and the next, each one getting worse than the one before.

4) **At the Same Time, Strengthen Your Immune Response.** In the end it is your own immune system that mops up all infections. And the nutrition, phytonutrients, and phytochemicals that supercharge your immune system are the whole vitamin complexes of vitamins A, C, D, E, and P, as well as B6, B12, folic acid, iron, zinc, chromium, copper, selenium, omega-3 fatty acids, and thymus gland extract.

You must get these in their whole, raw, natural

form. For example, there are dozens of different forms of vitamin D we know of—and possibly hundreds we have yet to discover. So taking the whole form of nutrition is critical. The best example is unprocessed raw cod liver and fish oils to get all the forms of vitamins A, D, and the fatty acids. Our nutrition is whole nutrition. And the combination of nutritional products in our protocol contains all the nutrients your immune system demands.

During colds and flu season, take *Immuplex* (3 daily) and *Blue Ice Fermented Cod Liver Oil* (3 daily). *Immuplex* contains a broad spectrum of all the nutrients your immune system requires. *Blue Ice Fermented Cod Liver Oil* is raw, pristine cod liver oil processed only by fermentation. It contains the entire spectrum of all the various forms of the vitamins A and D complex, as well as omega-3 fatty acids.

*At the very first sign of a cold, flu, bronchitis, or pneumonia*, you will up your dose of cod liver oil to 6 capsules daily until your infection is gone. You will also start to take *Congaplex* (2 every 2 hours) *until your infection is gone*. This remarkable product contains whole, raw vitamins A, C, and P complexes, with Calcium Lactate (needed by every immune system function), and a thymus gland extract. Your thymus gland is critical in spearheading and directing your immune system killer cells to infections.

Being stubborn with your nutrition is also critical. *Congaplex* should be taken every 2 hours until your cold or flu is completely resolved, then for another day or two. And remember, your friendly gut microbes (flora or microbiome) produce chemistry that your immune system uses to fight infections. If you have taken multiple doses of antibiotics, this entire system is compromised and you need to restore your gut flora.

**5) Restore a Healthy Gut.** If you have had lots of drugs and/or antibiotics, you will need to start rebuilding your gut flora. You can do this by eating lots of fiber and taking a good *probiotic*. We use *ProSynbiotic* because it will survive past your acid stomach to make it to your bowel. It also contains the major strains of friendly bacteria that will start repopulating your compromised gut.

In addition, *ProSynbiotic* contains *prebiotic material*, which serves as food for the new, friendly bacteria being introduced into your gut. This product uses *inulin* from chicory, as well

as *galactooligosacharide* to feed these bacteria. Take *ProSynbiotic* (2 daily for six months, then 1 daily for another year). At the same time switch to a *Mediterranean diet*, with plenty of fruits and vegetables, with one quarter of these eaten raw to provide fiber and roughage to your gut.

### **The Secrets**

This article shows you exactly what to do to end your suffering. And these are indeed secrets. Less than 1% of doctors or physicians knows about antimicrobials. Even less know about raw cod liver oil. Almost no one knows about a thymus gland extract. And possibly a handful know about using antimicrobials in a nebulizer as breathing treatments for bronchitis and pneumonia.

These are the secrets and protocols that can change your life. And they are evolving and improving with the newest research. Remember, bugs are tough and getting tougher. Decades of antibiotic abuse has caused super-strains of bugs. Antibiotics don't work as well as they once did. And the newer drugs are very powerful with strong side effects that can ruin your life. Be armed and prepared. And make sure you stock up on supplies of real cod liver oil, plus the other nutrients, antimicrobials, and a nebulizer to help you fight the newest and strongest colds and flu—even including “pandemics.”

### **Now Imagine This...**

- No shots that really don't work and carry a risk of neurological or brain damage and memory loss.
- No antibiotics that are useless against viruses and that damage your critical microbiome (healthy bacteria in your gut).
- No antiviral drugs that are mostly ineffective.
- No doctor's visits.
- No hospitalizations.
- No weeks to months of suffering.
- No chronic—often lifelong—sinusitis, rhinosinusitis, or sinus infections caused by viruses, bacteria, or fungus.
- No agonizing sinus headaches.
- No chronic hacking cough that never seems to go away.
- No fever, chills, shakes, and insomnia.
- No ear infections.
- No missed school or work.
- No money lost on expensive doctors' visits and prescription drugs.

**What a concept!**

### **Welcome to the Future!**

This futuristic protocol will first allow you to get through a cold or flu without antibiotics or antivirals. Then your colds and flu will be less severe. Then you will get less colds and flu. And finally you will get no colds or flu. This is what I and my family do. And after 71 years, I still have never had the flu and I have not had a cold in over 15–20 years (I can't even remember what a cold is like).

You no longer have to just let viruses, bacteria, or even fungus run their course—from a week to months. You don't have to run to the doctor or hospital and spend hundreds of dollars on treatments that don't work and that cause serious side effects. And most important, you don't have to fall for the flu vaccine scam and risk your brain, your nerves, even your life. **Welcome to the future—pragmatic medicine at its best.** Everything else is old, ancient, used, routine, ineffective, costly, dangerous, or simply a scam.

Are you ready for colds and flu? For sinusitis and bronchitis? For whooping cough and pneumonia? Arm yourself now and get ready to fight. We can help with the ammunition you need to fight these infections. If your doctor is not familiar with the products in this article, we can provide them for you. There are no substitutes. We also have absolutely **the best** antimicrobial products and a nebulizer. They have been tested for their kill ratios over microbes—something no other colloidal silver products do. And we have bought them in large quantities to get you a great discount. You'll find them here at [www.healthalert.com](http://www.healthalert.com), or call 1-800-231-8063 (M–F, 7–5 PST).

Once you start using this protocol, you will wonder how you ever got along without it. You'll never be scared about colds and flu season or the dangers of getting a flu shot again. And your worry will no longer be colds, flu, sinusitis, bronchitis, or pneumonia. Instead it will be—“did I stock up on Sinus Relief, Respiratory Relief, Congaplex, Immuplex, and Blue Ice Fermented Cod Liver Oil,” or any of the other weapons you will use to fight infections. **Get armed. Get strong. And move into the future. Now that is pragmatic medicine at its best!**

#### **THE PROTOCOL**

For people prone to **colds, flu, bronchitis, sinusitis, and pneumonia...** take...

**Immuplex:** 3 daily during colds and flu season

**Blue Ice Fermented Cod Liver Oil:** 3 daily during colds and flu season

At the first sign of a **cold or flu...** up your dose...

**Blue Ice Fermented Cod Liver Oil:** 6 daily until resolved

At the first sign of a **cold or flu...** take...

**Congaplex:** 2 every 2 hours until resolved

At the first sign of the **sniffles...** add...

**Sinus Relief:** spray every 1–2 hours until resolved

At the first sign of a **raspy cough**, start breathing treatments using your nebulizer with...

**Respiratory Relief:** 2 ml in a nebulizer 6 or more times daily until resolved

At the first sign of a **sore throat...** use the sore throat protocol in the next article

If you have taken **lots of antibiotics**, take...

**ProSynbiotic:** 2 daily for 6 months, then 1 daily for a year

### **MAJOR TONSILLITIS (SORE THROAT) BREAKTHROUGH**

If you, your kids, your grandkids, or your loved ones suffer from sore throats, tonsillitis, even strep throat, I have great news for you. Nature's Rite has come up with a colloidal silver tonsillitis treatment that will help you knock out a sore throat, even strep throat, in from a few hours to a day or two. The magical liquid is called **Throat Relief**, and it kills both bacteria and viruses on contact.

This is such great news for millions of sufferers: A person with **chronic tonsillitis** suffers through a few to a dozen agonizingly painful episodes each year—with or without a cold or flu. Sufferers are exposed to all kinds of harmful treatments, the worst of which is antibiotics. These drugs slowly cause heavy damage to the **microbiome (friendly bacteria) in the gut**. This damage ends up interfering with immune function while causing all kinds of health problems, from rashes, to depression, to hormone problems, to blood sugar problems, to asthma, to autoimmune problems, and much more. In fact, there are millions of Americans walking around chronically sick from **Antibiotic Syndrome**, which is brought on by the indiscriminate use of antibiotics.

#### **Do You Have Antibiotic Syndrome?**

If you have had many doses of antibiotics, the

odds are close to 100% that you are suffering from Antibiotic Syndrome. Just some of the symptoms include chronic indigestion, colitis, anemia, weakness and chronic fatigue, repeated colds and flu, brain fog, menstrual problems, arthritic pains, skin rashes, emotional instability and depression, and failure to thrive (sarcopenia). If this is you, check out my articles "Cure Antibiotic Syndrome," *Health Alert*, Vol. 30, No. 2 and "Sarcopenia: Getting Worse in the U.S.," *Health Alert*, Vol. 33, No. 5.

With chronic tonsillitis, over time with standard medical treatments, *the tonsils become so badly damaged that they barely function as the barriers to harmful microbes*. They often become necrotic during episodes of acute tonsillitis. And in the end, tonsillectomy is the usual course. This often leads to chronic bronchitis or pneumonia as the protective barrier has been removed from the throat. And even after tonsillectomy, badly sore throats often continue as the tissues that surround the tonsils often become infected.

### Throat Relief

Thankfully, these cases of chronic, painful, and lengthy *tonsillitis attacks* can now be a thing of the past. Thanks to the antimicrobial genius at Nature's Rite, we have an amazingly effective colloidal silver liquid you can spray onto the back of your throat and tonsils to help you resolve painful sore throats, tonsillitis, even strep throat, *quickly*.

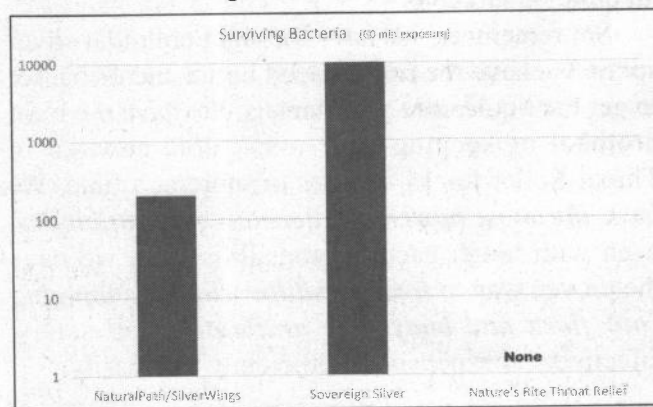
This colloidal silver spray (Throat Relief) kills all kinds of microbes, including bacteria *and viruses*. This is critical since more than 70% of sore throats are caused by viruses—which *makes antibiotics useless and harmful*. Viruses invade the tonsil tissue and begin to replicate (increase their numbers) quickly. This replication causes your body to invade the tonsil tissues and viruses with white blood cells (your immune system working properly). This inflammation is what causes the exquisitely sore throat, sore neck, and swollen glands. Throat Relief stops viral replication! This begins to clear up the infection almost immediately, reducing pain and swelling.

With bacterial infections of the tonsils, the damage to the tissues and the severe pain is not caused only by the immune system's white cells attacking the bacteria. In addition, the bacteria themselves actually damage the tonsil tissues as they infect the area. But bacteria, and even strep, are

no match for Throat Relief. It simply kills them on contact.

As you can see from the graph of Colloidal Silver Test and Comparison Against Strep Bacteria, after a 60-minute exposure to Throat Relief, no strep bacteria survived. This is far superior to the other two products and is even superior to antibiotics. This is so important because throughout almost all of medicine, a throat swab that was positive for strep meant an automatic prescription for an antibiotic. This sometimes helped and sometimes did not. *It always damaged the body and wreaked havoc on the microbiome (friendly flora in the gut) by killing healthy (friendly) bacteria*. This shifts the microbiome balance, where harmful bacteria begin to flourish, and the body becomes sick.

Colloidal Silver Test and Comparison Against Strep Bacteria



Streptococcus Kill Comparison of 10,000 Strep Bacteria: How Many Survived a 60-Minute Exposure to Throat Relief and Two Other Colloidal Silver Products.

### The 15-Minute Protocol to Kill on Contact

Throat Relief (the colloidal silver suspension) kills harmful microbes *on contact*. That means the liquid must come in contact with the tissues that are infected with microbes. Throat Relief must stay in contact for at least 15 minutes to deliver a good *kill ratio*. So just spraying Throat Relief on your throat will help but will not be sufficient. *You must maintain the liquid in contact with the tonsils*. To accomplish this, we recommend that you:

- 1) Set aside 15–20 minutes and lie down on your back with your bottle of Throat Relief.
- 2) Turn the long-reaching spray nozzle up.
- 3) Set the alarm and place the specially designed nozzle all the way into the back of your throat and

coat both sides of the back of your throat (tonsils) with 3–4 pump-sprays on each side. The *pecially designed nozzle* makes this easy.

4) Repeat sprays every 30–60 seconds for the full 15 minutes or longer. This keeps the liquid in contact with your tonsils and throat for the needed time to *produce a good kill of the harmful microbes—whether bacteria or viruses.*

5) Repeat your 15-minute spray sessions at least 4 times (more often if possible) the first day.

The more times you spray, the quicker your sore throat will be resolved. It is not uncommon to accomplish this the same day or overnight—quickly improving, then ending the throat pain, no matter how severe. You can even get a small, strong flashlight, open wide in front of the mirror and look into your throat. As the hours go by, you can actually watch your tonsils begin to improve, then heal. It is all quite remarkable.

So, remember, we have the right colloidal silver spray. We have the right shaped bottle and dispenser to get the liquid onto your tonsils. We have the right protocol of keeping your tonsil area covered in Throat Relief for 15 minutes or more at a time. We have *the most powerful alternative to antibiotics*, even with tough bacterial tonsillitis. And we have the proven way to *treat tonsillitis without damaging your flora and body with antibiotics*...all safely, effectively, inexpensively, efficiently, and easily.

### ***Other Colloidals vs. Throat Relief***

By the way, there are lots of colloidal silver preparations on the market, in stores, and on the Internet. They are all very different from Throat Relief. Very few, if any, actually test their product for its *kill ratio* (how it actually destroys harmful microbes). And even less test their product against antibiotics and against other colloidal silver products. *Throat Relief is tested and proven.* There simply is no comparison. This is one of those products that actually represents *pragmatic medicine at its best.*

### ***Your Immune System Rebuilding Protocol***

When you have antimicrobials on your side, you are so ahead of everyone else. The kill ratios of our antimicrobials like Throat Relief are tested against invading microbes like viruses and bacteria. When compared to other products and even antibiotics, Throat Relief always performs best.

Once you control and kill the brunt of invading

microbes with our products, *your immune system is left with the job of “mopping up.”* That means killing off any remaining bugs and then helping restore the tissues back to health. This is where strengthening your immune system comes in. If your sore throat is not wiped out quickly with Throat Relief, and the bugs spread to your bronchi, lungs, and sinuses before you can start therapy and get control, you will need additional therapy.

If your sore throat becomes a cough, you will need *Respiratory Relief* and a *nebulizer*.

1) Place 3 ml of Respiratory Relief in your nebulizer and breathe in the mist until it is gone.

2) Perform this therapy 4–6 times daily until your cough is gone.

If your sore throat bugs get into your sinuses, use...

*Sinus Relief*: Spray into both nostrils every hour or so until your sinuses are clear.

To support your immune system in all cases of a sore throat that spreads, take...

*Congaplex*: 2 every 2 hours until your symptoms are completely resolved.

Specifically with sinusitis, add...

*Blue Ice Fermented Cod Liver Oil*: 3–4 daily until your symptoms are resolved.

With any spreading infection, take the “multivitamin for your immune system...”

*Immuplex*: 3–4 daily until all your symptoms are resolved.

As always, I have procured Throat Relief in large quantities. And we also have all the antimicrobials and a great nebulizer in large quantities so you can buy everything you need at a discount. Go online to [www.healthalert.com](http://www.healthalert.com), or call one of my Subscriber Support Specialists at 1-800-231-8063 (M–F, 7–5 PST). They are always there to help you get whatever you need right away. If you or any of your loved ones suffer with tonsillitis, or any other invading microbial attack, move up into the modern healing era and do not be without Throat Relief.

Amazingly painful sore or strep throats? Antibiotics? Doctor visits? Unable to eat? Days or weeks of suffering? *Not with Throat Relief and our protocols.* This is modern pragmatic treatment. Everything else is antiquated.



## **BACTERIAL INFECTIONS ARE ON THE RISE**

Years of antibiotic abuse have caused a problem that is no longer just a conversation topic at a holistic medical conference. Today bacterial infections are on the rise. And pharmaceutical antibiotics are increasingly powerless to stop them. Pathogenic (disease-causing) bacteria are tenacious survivors; they outsmart modern medicine and become virulent “superbugs,” resistant to antibiotics and increasingly deadly.

The worst of the deadly resistant bacteria can be found primarily in medical clinics and hospitals. Other than livestock factory farms, these places are superbugs’ primary breeding grounds. That is often why, for so many people, a trip to the hospital can end in death. A simple injection or a minor surgery can now, fairly routinely, lead to months in the hospital or loss of a limb or loss of life. It’s a new world out there, and it is letting us know that there is a price to be paid for medical hubris (exaggerated pride or self confidence).

In a recent hushed-up hospital event, a “superbug” (*Klebsiella pneumonia*) made it into the hospital. The doctors immediately became aware of it and took every possible precaution known to man. They put the patient into “ironclad” isolation. They even threw out blood pressure cuffs and other equipment after a single use. They applied every antibiotic they had in their arsenal. Still the bug spread and 11 patients died, 6 attributed to the bug itself.

The most frightening part of this story is that it occurred at the National Institutes of Health’s Clinical Center, the place where the experts of experts study superbugs. And, they were even able to map the DNA of the bug—all to no avail!

So you have to protect yourself. But what can you do? For starters, save antibiotics as your treatment of last resort. Instead, use plant medicines, which contain a complex mix of multiple antibiotic, systemic, and synergistic compounds that work against resistant infections.

Let’s start with the common cold, flu, sinusitis, bronchitis, or even pneumonia. Most of these are caused by viruses—over which antibiotics have no effect. So instead of going straight to a useless antibiotic that can add to your own personal antibiotic

abuse problem (that is, when you really need one it will not work), use plant medicines, herbs, and even colloidal silver as your treatments of first choice. This is not to say that you should avoid antibiotics at all costs. They are still miracle medicines—at least for now. And when antibiotics are truly needed, we all should thank pharmaceutical research for them. But unfortunately, they are becoming less and less effective, and more and more toxic.

When you, your kids, or your grandkids come down with colds, flu, bronchitis, sinusitis, ear infections, or even pneumonia, do not treat again and again with antibiotics. This will result in severe problems later on. Instead, rely on the multiple antibiotic, systemic, and synergistic compounds in plant and herbal medicines first. Be sure to refer to the previous article “Colds, Flu, Sinusitis, Tonsillitis, Bronchitis and Pneumonia: No More Suffering.” And have the plant medicines discussed in this article on hand so you can treat infections at the *very first sign*.

If you have friends who need this information, refer them to my website, [www.healthalert.com](http://www.healthalert.com), and click on Health A-Z. Or send me a SASE (self-addressed stamped envelope with 2 stamps) and write COLDS AND FLU. I’ll send you a copy of the article in flier form. Begin stopping antibiotic abuse in your family now.

## **BENIGN PROSTATIC HYPERPLASIA (BPH)**

If you have benign prostatic hyperplasia (BPH), you may be able to control it with this natural prostate protocol from Standard Process: *Palmettoplex* (3–4 daily), *Cataplex F* (4–6 daily), and *Prostate PMG* (3–4 daily). But once your prostate grows too large, prostate products often fail to help—in spite of the glowing radio ads you hear about products that are 10,000 times stronger than anything else. If your prostate is driving you crazy, you simply must do something about it.

A short time ago, your options were dismal. There was transurethral resection of the prostate (TURP), a brutal roto-rooter surgery of the prostate gland that improved urination, but most often left patients impotent and even incontinent. It was bloody and had a long recovery period. Yet it was the medical gold standard for decades.

Today's amazing breakthrough that allows men to eliminate years of prostate problems in a 30-minute procedure is laser surgery. Using a GreenLight laser, surgeons are able to open the canal in the prostate with little bleeding and damage, allowing you blessed relief. The pioneer in this field is Mahmood Hai, MD.

This treatment is remarkably effective. Most men have it done on an outpatient basis, with a one-day recovery period. Some men do not even need a catheter, while others have a catheter for a day or two. The results are very good—better than TURP without all the mess. Most urologists are now accustomed to this procedure, while some still cling to the old TURP. Dr. Hai presented a two-hour course in the latest GreenLight procedures at the 2009 annual meeting of the American Urological Association, attended by 15,000 urologists from the U.S. and around the world—a very good sign for one field of American medicine.

### ***Very Enlarged Prostates***

Some men have such a bad case of BPH, or have had it for so long, that their prostates become very large—too large even for the standard GreenLight laser treatment. Fortunately, now there is help. Using the new HPS (high power system) GreenLight laser surgery, even men with extremely large prostates can get effective relief.

As discussed, the Pioneer and Expert in this field is Dr. Mahmood Hai. If you need laser surgery for your prostate, be sure you see a urological surgeon with lots of experience with this procedure (at least 100 procedures) because experience is critical. Dr. Hai is now retired, but has compiled a list of urological surgeons well trained in laser surgery. You can call or write my office and ask for the list of prostate laser surgeons.

This is one advance in medicine that we can be proud of. Both these doctors will make you feel at home and treat you wonderfully. While no surgery is without any risk or problems at all, laser prostate surgery is amazingly superior to the old TURP—especially when you go to the experts.

#### **PROTOCOL FOR MEN WITH BPH**

**Palmettoplex:** 3–4 daily

**Cataplex F:** 4–6 daily (unless allergic to iodine)

**Prostate PMG:** 3–4 daily

## **PROSTATE CANCER: THE HARD, COLD FACTS**

If you are diagnosed with prostate cancer, you need **hard, cold facts**. You don't need an opinion. You don't need an ambiguous definition of the word "cure." You don't need to know that the medical gold standard in prostate cancer is radiation therapy, chemotherapy, or surgery. What you need to know—plain and simple—is, ***What will give me the best odds of being cured?*** And that means cured—as in completely and permanently.

Physicians, radiologists, oncologists, and urologists ***almost always*** recommend the treatment that they administer. Urology surgeons recommend radical prostatectomy (complete removal of the prostate gland). Radiologists recommend radiation therapy or radioactive seed therapy. They will each tell you how their specific skills in surgery or special radiation will give you better results with higher success rates. But notice that the word ***cure*** does not appear in your consultation with a radiation therapist. Rather they, and other physicians, will talk about "success," "remission," "control," or some other vague term.

In fact, with radiation for prostate cancer, there are more than fifty definitions for "cure." There are almost as many with prostatectomy. But none are a complete and permanent cure. In fact, all patients should ask their doctors whether the proposed treatment would prolong their life. And whether that treatment will improve or worsen their quality of life. But if you ask for specific medical references that can confirm the treatments' "cure" rates, you will not get them because they do not exist.

Welcome to the world of medical treatment for prostate cancer. It is bewildering and devoid of hard, cold facts—even when it comes to the medical gold standard of radical prostatectomy. After a consultation with the urologist, how could you possibly know that surgery could disseminate or even accelerate cancer? Or how could you know that there is no survival benefit of radical prostatectomy over a placebo and no surgery at all?!

The major study that showed no survival benefit for prostatectomy followed 111 men for 23 years! In this study, prostatectomy not only provided no survival benefit, it did not even reduce the rate of metastatic (spreading) cancer when compared to those men taking just a placebo pill! Believe me,

there is not one urologist in a thousand who will give you hard, cold facts like that.

You really don't even need a study to prove that prostate cancer is always systemic, or throughout your system (we will show you why later on). Simply put, if the prostate cancer has not spread beyond the prostate (as most men are told), and if the surgery itself does not spread the cancer (as it has been shown to), then the radical prostatectomy would cure every case. Sadly, most men with cancer and subsequent prostatectomy have a recurrence. That is why the study showed no survival benefit from surgery. And that is why we so often hear, "If only I knew then what I know now, I would never have had a prostatectomy, radiation, or radiation seeds."

### ***Just the Facts, Please***

The first fact is that most doctors recommend the treatment that they administer. The next is what you now already know—there is no confirming medical data that the **gold standard** of surgery for prostate cancer will prolong life. The same can be said for surgery with radiation. Part of the reason for this is that prostate cancer is almost never confined to just the prostate gland—no matter what your urologist tells you.

Another fact is that the word *cure* is not used in medical treatments for prostate cancer—except in confusing ways that serve you no good. When you ask about a cure or whether your treatment will improve or worsen your quality of life, you will almost always get ambiguous answers. The truth about surgery and radiation is that they can leave you ruined, with complete impotence, incontinence, bowel damage, and more. In addition, surgery can spread prostate cancer.

When your surgeon tells you that they "got it all," it is rarely true. And if it is confirmed by follow-up scans that show you are "clean of all cancer," this can also be false. In reality, scans are **absolutely worthless** as proof that there is no cancer metastasis (spread). The reason is simple. It takes **billions of cancer cells** to show up on a bone scan, CT scan, MRI scan, or any other type of scan! By the time you are diagnosed with prostate cancer, you have already had it for **at least 10 years**. It just could not be detected.

Be aware that by the time an x-ray indicates the spread of prostate cancer, more than 50% of bone has been destroyed by the cancer before it will show

up. And other **scans** will show nothing until 10% to 15% of the bone is replaced by cancer cells! As for scans of lymph glands, the glands are not considered abnormal until they are larger than 1 centimeter. A lymph gland this size would contain **hundreds of millions of cancer cells**. So based on scans, etc., you will be told that you are free of cancer—whereas, you should be told that there are still insufficient numbers of cancer cells (you need billions) to show up on any scan or test.

### ***What to Do?***

To date, statistics demonstrate that the most effective, least debilitating treatment toward a total cure is **Triple Hormone Blockade** (also known as the Leibowitz Protocol). This 13-month treatment consists of three hormone medications that eliminate testosterone and starve the prostate cancer to death. It is most effective with an initial prostate cancer. It is fraught with side effects, but they can be endured, and they are reversible after the treatment period.

Most physicians are not aware of this treatment, but any physician can provide it. The protocol is available from Dr. Robert Leibowitz for any physician to use. And the best thing about it is that most men never even have surgery or radiation—and are thus spared all the nightmare side effects of these procedures.

If I had prostate cancer, I would opt for Triple Hormone Blockade with a phytonutrient or phytochemical protocol specifically designed for men with prostate cancer. The protocol includes these products from Standard Process: **Arginex** (6 daily), **Cataplex E** (6 daily), **Cyruta-Plus** (9 daily), and **Immuplex** (4 daily). In addition, I always recommend **Blue Ice Fermented Cod Liver Oil** (6 daily).

The nutritional protocol should be started immediately (no matter what therapy you choose), and followed throughout the 13 months of Triple Hormone Blockade. In addition, it should be followed for another 12 months after the cessation of hormone therapy. Hormone therapy and my phytonutrient or phytochemical protocol ensure treatment of prostate cancer for what it really is—a systemic disease.

These are the facts, and you won't hear about most of them from your doctor. If you want hormone therapy (the Leibowitz Protocol), have your physician call Dr. Robert Leibowitz at 310-229-3555. Or better yet, just make an appointment yourself. Dr. Leibowitz is taking new patients at his Compassionate Oncology

Clinic. More information is available online at [www.compassionateoncology.org](http://www.compassionateoncology.org).

My special thanks to Robert Leibowitz, MD, one of my trusted advisors, for some of the information in this article. He is one caring oncologist. That is why the name of his clinic is Compassionate Oncology.

#### NOTES

1 Scandinavian Journal of Urology and Nephrology, 1995; 172:65–77.

#### PROTOCOL FOR MEN WITH PROSTATE CANCER

Arginex: 6 daily

Cataplex E: 6 daily

Cyruta-Plus: 9 daily

Immuplex: 4 daily

Blue Ice Fermented Cod Liver Oil: 6 daily

### ANTIBIOTICS NO BETTER THAN SUGAR PILLS FOR BRONCHITIS

Lots of physicians in this country still don't get it about antibiotics. Deadly and drug-resistant bugs—caused by decades of antibiotic abuse—are the #1 most critical threat to our health. Despite recognition of this world-wide catastrophe for over 10 years, *the U.S. has no national plan at all to deal with antibiotic resistance.*

By contrast, the European Union has been systematically collecting data on antibiotic use and resistance by specific bacteria in 26 countries for over 15 years. As a result, it now has a 12–point plan and budget to address the problem in a coordinated fashion. This disaster and the way our government and medical industry has dealt with it leaves no question the drug companies are running the show.

So our physicians continue to prescribe more antibiotics for people with bronchitis, which is primarily caused by viruses. In a recent medical study it was discovered that antibiotics and ibuprofen were no better than a placebo for bronchitis.<sup>1</sup> Still, antibiotics are *commonly* prescribed for this condition.

You probably know what happens—you or your kids start coughing up green sputum, and your doctor follows with a prescription for an antibiotic like amoxicillin. In this study, all 416 people had green sputum, cough, fever, difficulty breathing, and chest discomfort. Yet the antibiotics proved useless, doing nothing for all 416 people in the study—not shortening the duration of the cough for even an hour.

Besides being useless and contributing further to the antibiotic abuse crisis, the drugs cause serious

side effects. Antibiotics are now implicated in asthma, wheezing, antibiotic syndrome<sup>2</sup>, yeast infections, joint pain, and much more. Fully 12% suffered antibiotic side effects that could be easily measured (gastrointestinal discomfort, etc). No one knows how many suffered side effects like antibiotic syndrome and damage to their intestinal flora—damage which can last for months, years, or for life.

#### *And still...*

Physicians are prescribing antibiotics for acute bronchitis at rates of 60–80% of the time—despite guidelines and educational efforts aimed directly at the physicians. And it does not occur only in doctors' offices—it occurs in the finest hospitals in America! All this when the experts say the rate of prescribing antibiotics for acute bronchitis *should be zero!*<sup>3</sup>

Still think physicians are all-knowing? Even with antibiotic abuse and resultant drug-resistant bacteria being *the #1 health problem in the world*, most all physicians still prescribe antibiotics for bronchitis, despite the fact that they are useless, expensive, and dangerous.

The conclusion was simple—*antibiotics should not be prescribed* for this condition. Will the conclusion be followed? No. The authors also rightfully claim that “we need to identify novel treatments to deal with this common disease.”<sup>4</sup> I have an idea. It is novel, simple, cheap, safe, and effective.

Keep some *Respiratory Relief* and a *nebulizer* on hand and be ready for the first sign of bronchitis. If you think you are coming down with a cough, add 3 ml of the antimicrobial remedy Respiratory Relief into your nebulizer. The nebulizer turns the liquid into a fine mist that you breathe in during a 5–10 minute treatment. Do this 4–6 times daily—killing viruses, bacteria, and even fungi where they live. Simple, easy, cheap, safe, and effective. Will this novel treatment that is being desperately searched for by medicine be used? No—because it is not a drug.

#### NOTES

1 Llor C et al. “Efficacy of anti-inflammatory or antibiotic treatment in patients with non-complicated acute bronchitis and discolored sputum: Randomized placebo-controlled trial. *BMJ* 2013 Oct 4;347:f5762.

2 “Cure antibiotic syndrome,” *Health Alert*, Vol. 30, No. 2.

3,4 Llor C et al. “Efficacy of anti-inflammatory or antibiotic treatment in patients with non-complicated acute bronchitis and discolored sputum: Randomized placebo-controlled trial. *BMJ* 2013 Oct 4;347:f5762.

**PROTOCOL FOR PEOPLE WITH BRONCHITIS**  
**Respiratory Relief: 3 ml in nebulizer 4–6 times daily**

Clinic. More information is available online at [www.compassionateoncology.org](http://www.compassionateoncology.org).

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#### PROTOCOL FOR PEOPLE WITH BRONCHITIS

Respiratory Relief: 3 ml in nebulizer 4–6 times daily

## CHRONIC FATIGUE AND THYROID

About half of all chronic fatigue sufferers will improve with proper thyroid supplementation or thyroid hormone replacement therapy. Standard thyroid tests are not sensitive enough to determine thyroid support need, so anyone with chronic fatigue and a basal temperature of less than 97.4 for five days should use this therapy. Basal temperature is the temperature taken under the arm for 10 minutes upon first waking (before you get out of bed) in the morning.

Chronic fatigue often comes with *autoimmune thyroiditis*. The medical world loves to throw this term around, intimating that it is caused by an unknown or genetic predisposition. In truth, it is primarily the end result of chronic thyroid insult and malnutrition. Even diagnosis is tough for most physicians who base their diagnoses on thyroid lab tests (TSH, T3, T4). People with thyroiditis had lab findings that were all over the charts—most with findings that would provide a medical diagnosis of *negative*. Yet on needle biopsy (aspiration), people with normal thyroid lab tests did indeed have thyroiditis.

If you are suffering from chronic fatigue, you are missing a potential diagnosis and treatment that can provide relief if you base your treatment only on standard medical laboratory testing. Instead use basal temperature. If yours is low, start therapy despite what your doctor may tell you. Many physicians say people with thyroiditis have a *hyperactive thyroid*. In actuality, autoimmune thyroiditis often begins as *hypothyroid*. This makes sense since autoimmune thyroiditis is a malfunctioning thyroid gland that induces the body to develop antibodies to the gland itself.

When it comes to treatment, organized medicine has routinely rejected iodine or iodine compounds as therapy based on a decades-old faulty study. Thyroid gland protomorphogen in the form of the supplement *Thyrophin PMG* (3–6 daily) is the treatment of choice. It works best (for those people who are not allergic to iodine) when combined with organic iodine in *Cataplex F* (6 daily).

So keep in mind that thyroid problems like autoimmune thyroiditis are a major cause of chronic fatigue. Autoimmune thyroiditis is most often associated with *hypothyroid*. And autoimmune thyroiditis can be present with normal TSA and other

thyroid lab findings. More invasive testing (needle aspiration of the thyroid) can provide a more accurate diagnosis. But since half of all people with chronic fatigue caused by thyroiditis will get better with thyroid therapy, it makes no sense to undergo needle aspiration. Rather just take your temperature and, if low, use natural thyroid therapy.

In some cases natural therapy may be insufficient to get the job done. If the thyroid has undergone irreversible damage, replacement thyroid hormone may be needed. Natural thyroid like Armour Thyroid usually works best. You will need a holistic physician to write a prescription for natural thyroid. As is always the case, be sure to try natural therapy (protomorphogen and iodine supplements) for at least six months before subjecting your body to hormone replacement therapy.

### **PROTOCOL FOR PEOPLE WITH THYROID PROBLEMS**

**Thyrophin PMG:** 3–6 daily

**Cataplex F:** 6 daily

## WANING SEX DRIVE

Are you quietly suffering from a waning sex drive? This universal problem has many causes, the most prevalent of which is prescription drugs. But if you are not on prescription drugs, determine if a deficiency of fat-soluble vitamins is the cause of the problem.

Sometimes called *nutritional castration*, a deficiency of vitamins A, E, F, and K is often the cause of waning sex drive. The very best way to test this nutritional deficiency as the cause of your problem is to supplement with *raw chlorophyll*. Chlorophyll in its raw, fat-soluble form is plant blood. It is supremely rich in fat-soluble vitamins A, E, F, and K. All of these are critical to the human sexual and reproductive systems.

Standard Process is the only company I know of that produces quality, raw, fat-soluble chlorophyll. Almost all others are watered remnants of the green pigment chlorophyllin. These are useless in improving a waning sex drive. *Chlorophyll Complex* is produced without heat from sesame seed, tillandsia, pea vine juice, carrots, alfalfa, and buckwheat. Each perle contains almost 400 mgs of chlorophyll.

When first produced back in 1948, many doctors offered a money-back guarantee for patients they knew suffered from waning sex drive caused by a

fat-soluble vitamin deficiency. Across-the-board, for those whose problem is not caused by drugs, a four-month test using Chlorophyll Complex (4 daily) is always warranted. This product is very difficult and expensive to make. Its production involves special patented equipment and the best organic plant material. That is probably why almost no company makes it.

Chlorophyll Complex is also helpful to those with ulcers, arthritis, anemia, low platelets, heavy periods, nosebleeds, heart disease, and more. It is rich in organic magnesium, real vitamin E, other fat-soluble vitamins, and sex hormone precursors (building blocks). For some individuals, the addition of *Symplex F* (3–6 daily) for women or *Symplex M* (3–6 daily) for men will increase response. Normally, four months is a reasonable test period. If after this time nothing has changed, the cause of your problem lies elsewhere.

#### HEALTHY SEX DRIVE PROTOCOL

**Chlorophyll Complex:** 4 daily (4-month test)

**Symplex F:** 3–6 daily for women... or...

**Symplex M:** 3–6 daily for men

### ADRENAL FAILURE

It was rumored that an autopsy on President Kennedy's adrenal glands showed they were so shriveled and destroyed that they were impossible to find. President Kennedy suffered from Addison's, an adrenal disease, hence his was an extreme case. However, in today's high-stress world, it is not uncommon to find people with moderate to severely disrupted adrenal gland function. Since the adrenal glands are the stress glands of "fight or flight," and since stress is such a part of daily modern life, it is easy to understand how millions of people can suffer ill health due to adrenal dysfunction.

If your adrenal glands are not working properly, you may suffer from chronic fatigue, hypoglycemia, lowered resistance to colds and infections, blood pressure problems, asthma, weak ligaments, ridged nails, allergies, dizziness, and more. Old-time healers were well aware of this, and they paid close attention to the adrenal gland system in sick patients. They used foods and supplements to enhance the adrenal glands, and they monitored patients to chart their progress back to normal.

### *Posture and Adrenal Glands*

Using postural alterations is an easy way to test the integrity of the adrenal glands. A postural test is not an examination of the way you stand up straight. Rather, it is a taking of your blood pressure in two different postures to evaluate your adrenal glands. You see, once you are lying down, your blood has a tendency to pool in deep areas of the body. When you jump up suddenly, your heart cannot normally pump blood up to your brain fast enough to keep you from getting dizzy and falling over. This is where the adrenal glands come in.

Sensing a postural change, your adrenal glands instantaneously secrete adrenal hormones which *immediately* induce a rise in blood pressure which normalizes blood flow to the brain. This phenomenal response occurs in a matter of milliseconds, and it provides us with an easy way to test the adrenals. You will need a partner and a blood pressure cuff to perform this simple test.

Lie flat on your back and after several minutes take your blood pressure and record it. Leave the blood pressure cuff on your arm and immediately stand up. Take the blood pressure again as soon as you are standing and record it. This test is called the *Ragland test*. If your adrenal glands are working properly, your blood pressure (the systolic or first number) will rise. If it drops five points or less, you are experiencing mild adrenal weakness. If it drops five to ten points, your adrenal glands are in worse shape. If it drops more than ten points, you are bordering on adrenal failure.

Remarkably, *more than half* of all patients will fail this test. Some of the main causes for adrenal failure are drugs, including prednisone and other hormones, chronic stress, severe emotional burden, refined diet with too many carbohydrates, synthetic vitamins, ascorbic acid in high doses, a chronically toxic liver and/or congested kidneys, and more. Left alone, this condition will worsen, leading to chronic, intractable, debilitating conditions.

#### *What to Do*

Naturally, as with all conditions like this, the causes must be removed or diminished. This includes all the potential causes (as listed previously). In addition, real whole food or fuel for the adrenal glands is needed to help them recover. We use *Drenamin* (2–3 taken 3x times daily) from Standard Process. You can even test this product after a

month. Simply perform the same Ragland test with a Drenamin tablet in your mouth. If your blood pressure rises normally, you have indisputable proof of the effectiveness of this product.

Drenamin contains adrenal gland protomorphogen (tissue extract) and real vitamins B and C from plant and animal sources. The adrenal glands are rich in vitamin C and need whole vitamin C complex (which includes bioflavonoids, organic copper, and more) in adequate doses to function normally. The same is true for B complex vitamins (including riboflavin). When it comes to adrenal function, there is no product that is better. If you doubt this, simply perform the Ragland test with different products and see for yourself. And remember, when 50% to 80% of the general patient population cannot pass the Ragland test, it clearly shows that the daily fare of synthetic vitamins, hormones, drugs, bad diet, and lots of stress is killing Americans by the millions. I do not want you to be one of them.

**PROTOCOL FOR PEOPLE WITH ADRENAL PROBLEMS**  
Drenamin: 2-3 taken 3x daily



## GLAUCOMA AND MACULAR DEGENERATION

One of the most common eye conditions of all, glaucoma, is increased fluid pressure in the eyes. There are folks in the Eastern part of the world who drink small amounts of urine to alleviate this problem. Urine contains urea, which helps your body and eyes release fluid and maintain a proper fluid balance. Most people are squeamish about drinking urine, and luckily we have a urea supplement made by Standard Process called *A-C Carbamide*. It is made from a special type of mined earth.

Indeed for 7 or 8 out of 10 people, A-C Carbamide (3–12 daily), along with *Iplex* (3 daily) from Standard Process will help bring eye pressure back to normal. However, that is not always the case—especially if the eyes have been compromised for years. I received a letter that read: “I have taken A-C Carbamide and Iplex for two months, and the pressure in my eyes has not dropped. Why can’t I get a refund on products that do not work?”

There are so many variables in these cases that it would be truly impossible to predict that a simple approach to glaucoma would work for everyone. In these cases, they may have been on prescription drugs for years, if not decades. They may have compromised liver and kidney functions through heavy drinking. Perhaps they are diabetic with blood sugar problems. Perhaps they have never eaten any of the foods that feed the eyes—such as whole, fresh, raw vegetables. Perhaps two months is just too short a time for the protocol to work. Or finally, it is possible that their eyes have been damaged for so long nothing will bring back proper eye function.

### *A Simple Therapy*

If you discover that your eye pressure is rising, and your doctor tells you that you have glaucoma, start on a simple therapy first. After all, jumping right into using prescription eye drops has its own set of problems. The drops can cause side effects that can affect everything from the eyelids to the heart. Rather, take *Iplex* (3–4 daily) and *A-C Carbamide* (3–12 daily) for four months and then have your eyes rechecked.

If your pressure is improved, you’ve accomplished something that not even 1 in 1,000 eye doctors knows about. If your pressure is stubborn, you must consider your prescription drugs and

improving your kidney function. Tough cases of glaucoma and macular degeneration may require a procedure to rebuild your kidneys to the fullest extent possible.

### *Macular Degeneration Cure?!*

Age-related macular degeneration (ARMD) is just that—the degeneration of the macular portion of the eye. It is generally thought to be due to aging, but old-time doctors have repeatedly told me over the decades that it is due to a lack of the nutrients found in *deeply pigmented vegetables and fruits*—that is, foods that are deep green, blue, and even indigo. These colored fruits and vegetables contain large quantities of phytochemicals and antioxidants that old-timers claimed, when combined with vitamin A, were *vision nutrients*. They said that you have two choices—you can eat these types of foods, or you can get ARMD and simply go blind since there is no medical cure or treatment for it.

I became more interested in ARMD when one of my patients began to go blind because of it. At about the same time a powder made from kale and brussels sprouts became available in capsule form from Standard Process. I prescribed it to my patient and his disease halted. Then, for the first time ever, according to his ophthalmologist, the disease remained stable and his vision actually got a little better.

To make a long story short, this man never did go blind. And his vision remains stable to this day. After this experience, a little over 15 years ago, I undertook a study to see if the same powder made from the cruciferous vegetables kale and brussels sprouts could halt the steady march toward blindness in other macular degeneration sufferers. To everyone’s surprise, including my own, the study proved that nutrition could halt ARMD. Almost all sufferers stabilized their eyes, and a few even got better vision—a result unheard of in the history of medicine.

Over the years, I have used three products for ARMD sufferers with good results. Two are from Standard Process: *Cruciferous Complete* (4–6 daily), a cruciferous vegetable powder, and *Iplex* (3 daily), a multi-nutritional product for the eyes. In addition, I also use *Blue Ice Fermented Cod Liver Oil* (3 daily). *Iplex* provides the myriad of other nutrients the eyes may need, and the cod liver oil provides vitamins A, D, and F (omega-3 fatty acids) needed by the eyes.

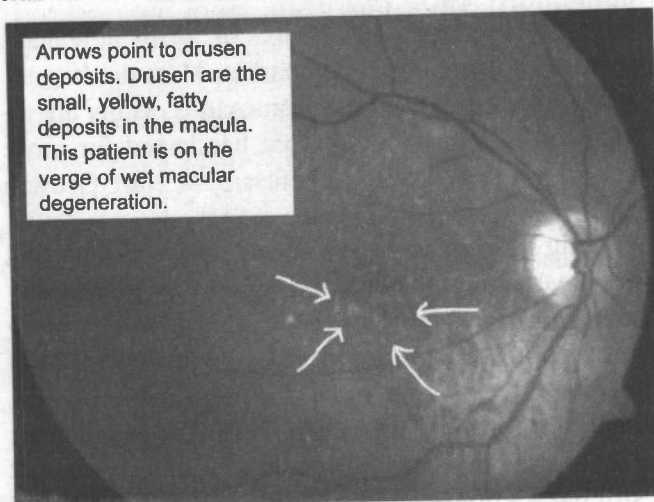
Fast-forward to today, when I received an email

from one of our Advisory Board doctors, Keith Kimberlin, DC, who has taken my protocol even further by adding the deep blue nutrition from bilberries. Keith worked with his friend Bill Plauche, an MD and ophthalmologist, in treating their ARMD patients.

A picture says a thousand words. Our ARMD work just went from astounding 15 years ago, to absolutely beyond belief. What you are about to see are photos taken by Dr. Plauche that show something that has never happened before in ophthalmological history.

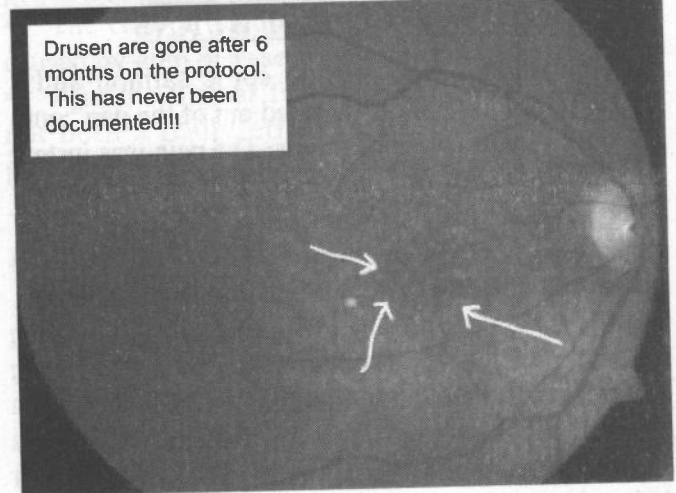
### ***Pathological Markers for ARMD "Removed" from the Eyes!***

Drusen are pathological yellow or white specks of material that accumulate on the macula in the eye of ARMD patients and are one of the early signs of the disease. Once drusen are seen on the macula of the eye, ARMD is certain, and blindness cannot be ruled out. The first photo shows drusen on the macula of an ARMD patient. The second photo, taken six months later, shows the drusen eliminated, with only light scarring left. The man's disease, as with all others using the new protocol, is stabilized and his vision has dramatically improved. This is something that ***has never been documented until now.***



What did these patients do to stop the disease and halt their steady march toward deterioration of the eyes and blindness? Their doctors, who were open to the possibility of nutrition, prescribed my protocol with the addition of ***Bilberry*** tablets from MediHerb (a subsidiary of Standard Process). Their protocol included ***Cruciferous Complete*** (6 daily), ***Bilberry*** (3 daily), ***Oculotrophin*** (we use ***Iplex*** at dose of 3 daily), and 6 tuna oil capsules daily (we use ***Blue***

***Ice Fermented Cod Liver Oil*** at a dose of 3 daily).



The patient whose eye photos are shown was suffering from ***wet macular degeneration*** and headed toward blindness. This patient started seeing results in 30 days, which was the norm. And while further studies are needed, Kimberlin and Plauche report that the ARMD in ***all*** patients was stabilized within six months—an achievement considered impossible in medicine. And better yet, all patients actually had their vision improve!

Kimberlin and Plauche's study has been extended. But based on their initial results, combined with my results from more than 15 years ago, I can safely say that we really have an effective protocol for ARMD sufferers. I have now added Bilberry to my protocol of Iplex, Cruciferous Complete, and Blue Ice Fermented Cod Liver Oil.

Once considered impossible, these kinds of results speak for themselves. If you, your loved ones, or your friends have been diagnosed with ARMD (hopefully in the early stage), get on this protocol. You can save one of your most precious assets—your vision! There is no medical cure for this condition. There is little medical treatment available. Are phytonutrient or phytoceutical supplements powerful? Do your eyes depend upon them? You bet.

#### **PROTOCOL FOR PEOPLE WITH AGE-RELATED MACULAR DEGENERATION (ARMD)**

**Cruciferous Complete:** 6 daily  
**Bilberry:** 3 daily  
**Iplex:** 3 daily  
**Blue Ice Fermented Cod Liver Oil:** 3 daily

#### **PROTOCOL FOR PEOPLE WITH GLAUCOMA**

**Iplex:** 3–4 daily  
**A-C Carbamide:** 3–12 daily

## **BURNS AND SUNBURN: HOW TO TREAT BURNS**

One night I was grilling some salmon and a splash of boiling hot oil “jumped out of the pan” onto my thigh—I was wearing shorts. The pain was instant and severe, and it only increased minute by minute. Soon it was nearly unbearable, so I decided to try an herbal remedy created by my friend and brilliant herbal scientist, Steve Frank, the founder of Nature’s Rite.

Fortunately I had a bottle of his burn treatment, *Maui Aui*, on hand and immediately sprayed it onto my burn. It stung, and for a few minutes, I thought it was making the burn worse. So I did what I knew Steve would want me to do—I sprayed it on again. This time it did not burn as much. I waited 15 minutes and sprayed again—now it was actually feeling better. I sprayed three more times and once just before bed—by that time the burning pain was gone. When I woke up in the morning, my burn was already healing, and there was literally no pain at all.

I thought, “Steve has done it again.” And I was right. If you know burn remedies, you must know that a hot oil burn does not respond to any remedy like mine did to Maui Aui. So how could this remedy relieve pain and begin healing so quickly? Simple. It is Steve’s unique blend of herbs and oils.

The ingredients in Maui Aui deliver cooling soothing pain relief while providing the essential nourishment to help your skin repair itself. Maui Aui contains:

**White willow bark** that works as an analgesic (pain reliever) to provide fast and lasting pain relief.

**Lavender and St. John’s Wort** that relieve the itch of the damaged skin.

**Calendula** that soothes and reduces inflammation, bringing balance back to your skin quickly. And...

**Comfrey and Arnica** that work together to repair damaged skin cells and replace dead cells with new ones.

This herbal recipe is blended with *tropical oils* that contain skin nutrients for repair and protection. And all the ingredients are embodied in an *Aloe Vera* base which adds to the soothing and healing.

Maui Aui comes in a convenient spray bottle so there’s no rubbing of oils on your burned skin. And it is free of the chemical ingredients found in most burn sprays. When it comes to burns, everyone should have Maui Aui on hand. And best yet, Maui

Aui works amazingly well on *sunburns*. Let’s face it, nothing ruins a summer vacation like a bad sunburn. Now you no longer have to worry about that. And a little Maui Aui goes a long, long way.

For best results with Maui Aui, follow these simple steps:

- 1) Spray the affected area.
- 2) Spray again in 10–15 minutes.
- 3) Then to really get quick relief, *spray at least five more times*.

With each spray, the burn will be less and less painful. And after five or more sprays, your pain will be disappearing completely.

There are lots of burn products on the market, and I’ve tried most of them. There is nothing like this formula. If you need a tested and truly amazing burn product, Maui Aui is for you. As always, we’ve procured large quantities of Maui Aui so you can buy it at a discount from our website, [www.healthalert.com](http://www.healthalert.com), or by calling my office at 1-800-231-8063 (M–F, 7–5 PST).

This summer, enjoy the sun and your barbecues, knowing that if you get burned, you have the remedy.

## **STOP YOUR HAIR FROM FALLING OUT?**

There have been lots and lots of “grow new hair” products showing up on the market. Most don’t work or have side effects (such as minoxidil). Many are no longer on the market. One that has lasted for more than 25 years is Loesch Professional Hair Growth System—the one I use.

Long ago I had a tennis buddy who had (and still does have) a mighty head of hair. He would routinely make fun of my slowly receding hairline, saying that “I could watch a movie on your forehead,” and that “the tide was going out” for me. Lots of laughs, right? Not for me! But I eventually found out about Loesch, and have used it ever since. And guess what? I still have a pretty good head of hair.

Loesch is a simple 3-step process that is quick and easy. Step 1 is the application of the *Scalp Conditioner* before shampooing. This helps eliminate excess sebum from your hair follicles. Sebum is a hormone-induced, toxic, waxy-like buildup of sweat, squalene, oleic acid, and linoleic acid that causes hair to slowly thin and then fall out permanently. Step 2 is to shampoo with the *Shampoo*. Then Step 3 is the application of the *Scalp Defense* to towel-dried

hair. It buffers and neutralizes sebum from the hair follicles. Leave this in your hair until the next day's shower—when you repeat the process. Scalp Defense is a clear liquid so there is no mess, and no one can tell you are using it. The only signs of its use will be fewer hairs in your drain after showering.

For me, Loesch has slowed or perhaps even stopped my hair loss. It has been over 25 years since I started using it, and the tide has barely gone out. If you are one of the really lucky men, you may even regrow some of your lost hair. We have now contracted to sell Loesch products in our store at a discount for you. So if you want to give it a try, remember, your hair loss is not going to stop on its own. From my research, this is your best chance at slowing hair loss—perhaps even stopping it altogether.

We have the Loesch products described at the best prices at the *Health Alert* store ([www.healthalert.com](http://www.healthalert.com)), or 1-800-231-8063 (M–F, 7–5 PST).

## GUM AND PERIODONTAL DISEASE: MORE AT STAKE THAN JUST ORAL HEALTH

It seems every year the statistics on gum disease have become more stark and more frightening. These statistics include a recent study in the *Journal of the National Cancer Institute*, January 12, 2018, which showed that gum and periodontal disease dramatically increases the risk for cancer, including lung, colorectal, and pancreatic cancer. In fact, your risk of getting colorectal cancer is **increased by more than 200%** if you have gum/periodontal disease.

Furthermore, the statistics on your chances of **dying** from cancer if you have gum disease are dramatically increased—as reported in the *International Journal of Cancer*, January 11, 2018. Across the board, you are 33% more likely to die from any cancer if you have gum disease. And the strength and virulence of a bacteria that causes gum disease and periodontitis **also occurs in gastrointestinal (gut) tumors.**

### **What We Already Know**

When you combine these statistics with what we already know...

- Bacteria from gum disease has an affinity for your heart valves—causing severe heart disease;
- The numbers of people suffering with gum and

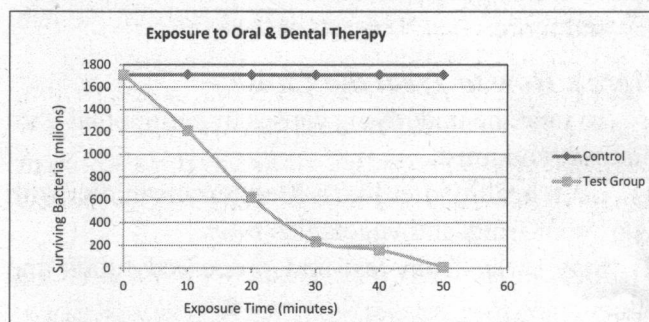
periodontal disease is growing rapidly;

- The cost of treating heart disease and/or cancer caused by gum disease **is monumental**;
- And the dismal fact that **until now** there has not been a really effective therapy for gum and periodontal disease, which often resists all treatment. ...you have a true disaster on your hands.

### **We Now Have the Answer**

Periodontal and gum disease—as in gingivitis; painful, bleeding, swollen, and sore gums; pyorrhea; periodontoclasia; cracked and broken teeth; and more—will no longer be the menace to your health, and indeed even to your life, as they have been for decades. Every single person with any form of periodontal disease must immediately use the **Protocol for People with Periodontal/Gums/Dental Problems** as outlined in this article. It is proven to end your pain and suffering by treating the underlying causes of this insidious disease process.

Let's face it, bacteria are the main culprit in periodontal disease. And the bacteria are often too tough for your immune system or even drugs to wipe out. They are often enveloped in a **biofilm** that is like a tough cocoon, making them impervious to treatment—until now. You see, killing bacteria is a major part of our protocol. And thankfully, as part of our **Protocol for People with Periodontal/Gums/Dental Problems**, we have a super-powerful antimicrobial suspension of liquid colloidal silver that kills bacteria, and even aids in breaking down biofilms. See the graph of **Oral and Dental Therapy** liquid against the bacteria that cause periodontal/gum disease.



A major part of your **Protocol for People with Periodontal/Gums/Dental Problems** will be the swishing of the product **Oral and Dental Therapy** in your mouth on a regular basis until you get control over the bacteria in your gums. This special liquid will quickly (in a week or less) allow you to get

control over the harmful bacteria in your gums. It often stops bleeding and pain overnight, and definitely in a few days. You'll know very quickly just how effective this therapy is.

At the end of this article you'll find the exact protocol for using Oral and Dental Therapy successfully for the following conditions...

- periodontal disease
- before routine dental work
- after dental cleanings
- before and after tooth extractions and oral surgery
- cracked and painful teeth
- canker sores
- and even sore throats and/or strep throat

**Oral and Dental Therapy is powerfully antibacterial** and is the mainstay of your treatment against periodontal disease.

### **Always Treat the Cause**

It's important to understand all the factors that contribute to the cause of periodontal and gum disease. Consider these...

- poor diet
- nutritional deficiencies which cause oral scurvy and more
- lack of oral bone nutrition
- soft, cooked foods
- lack of raw foods in the diet
- bad habits like smoking, drinking and/or chewing tobacco
- using gum-irritating toothpastes and/or mouth-washes
- lack of exercise (yes—lack of exercise can contribute to gum disease!)
- and more

### **Here's How to Treat the Cause**

To treat the underlying causes of periodontal/gum disease, you must...

- 1) Eat a healthy diet like a Mediterranean diet with  $\frac{1}{4}$  of your fruits and vegetables **raw**.
- 2) Stay away from fast and processed foods and sugar.
- 3) Exercise with at least a powerful walk 4–5 times a week.
- 4) Stop the bad habits listed above.
- 5) Use **bioactive supplements** that are aimed directly at your oral tissues—including gums, bone, even teeth.

Bioactive supplements are made from raw food

that is vacuum processed without heat or chemicals to maintain and concentrate the **bioactivity of the foods from which they were made**. These supplements must contain the enzymes, coenzymes, trace minerals, and mineral activators vital to the tissues of your mouth. Virtually all store-bought supplements will fail in any battle against gum disease. You'll need the following specially designed supplements to get all the benefits your mouth and gums need:

**Bio-Dent** (6–12 daily) by Standard Process. Bio-Dent contains bioactive, cold-processed bone and marrow that contains enzymes and trace elements like manganese, vitamin B12 and others. It is made of **biologically active bone** to build strong teeth and dental bones that make up the sockets for your teeth. BioDent was first formulated in 1955 and has a **63-year track record** of sales without advertising.

**Cataplex A-C-P** (6–12 daily) by Standard Process. Cataplex A-C-P is the supreme anti-inflammation, anti-infection, anti-scurvy product loaded with the whole vitamins A, C and P (bioflavonoid) complexes, along with other enzymes and trace elements needed for support and healing of the connective tissues and blood vessels in your mouth. It contains the **Anti-Fragility Factor** from bioflavonoids to directly fight oral scurvy and support strong blood vessels and capillaries in your mouth and gums. Cataplex A-C-P was first formulated in 1956 and has a **62-year track record** of sales without advertising.

**Blue Ice Fermented Cod Liver Oil** (3–4 daily) by Green Pasture. This cod liver oil is the last true cod liver oil. It is processed only by **fermentation**. That means no heat, boiling, chemicals, deodorizing, purifying, and removal of natural vitamins and replacing them with a single synthetic version. It is loaded with vitamins A and D (including all forms of these fat-soluble vitamins), as well as omega-3 fatty acids. It is naturally synergistic (works well with) Bio-Dent and Cataplex A-C-P. And all three supplements are synergistic with Oral and Dental Therapy.

**Other Aids.** To prevent or treat periodontal/gum disease (full protocol below), we recommend the following: using a **Water-Pik** once daily or 3–4 times per week and a **Sonicare** toothbrush once daily can also be beneficial.

### **Summation**

The entire **Protocol for People with Periodontal/**

**Gums/Dental Problems** is powerful enough to let you beat a disease *that is all but incurable*. And best yet, it provides almost instant relief in just a couple of days as you prepare for an all-out attack on your periodontal disease. If you have had gum disease, you know that just about anything you can buy—from dental supplements to the latest high-potency periodontal supplements—usually does absolutely nothing. **Periodontal disease is a tough and serious problem.** So you must change your diet, exercise, use a Water Pik and possibly a Sonicare, fulfill your oral nutrition needs with bioactive supplements, and perhaps most important, use the amazing antimicrobial product—Oral and Dental Therapy—properly.

If you are one of the unlucky ones who allows your periodontal disease to go untreated, you are facing surgery, loss of teeth, and **infections anywhere in your body**. And if gum disease makes it to your heart valves, or stimulates cancer, you will wish you had used the **Protocol for People with Periodontal/Gums/Dental Problems** in its entirety. It is simple, safe, effective, and pragmatic.

Oh yes, it is also inexpensive—a fraction of the cost of gum surgery—which only treats the **symptoms** of periodontal disease. Put quite simply **anyone with periodontal/gum disease needs to use this protocol in its entirety**. Although you will start getting better almost immediately—with better reports from your dentist—you are looking at up to a year to cure yourself completely. We have made it simple and less expensive for you by offering Oral and Dental Therapy as well as Blue Ice Fermented Cod Liver Oil at discount prices at the *Health Alert* store. Go to our website at [www.healthalert.com](http://www.healthalert.com) or call 1-800-231-8063 (M–F, 7–5 PST). Don't wait. Your life depends on it.

**PROTOCOL FOR PEOPLE WITH PERIODONTAL / GUMS / DENTAL PROBLEMS**

- **Gingivitis or Periodontitis (gum disease, aka bleeding gums)** Swish ½–1 ounce of **Oral and Dental Therapy** vigorously for 10–20 minutes morning and evening after brushing for 2–3 days
  - Swish 10–20 minutes each morning for the next 4 days
- Include the **"Gums, Teeth and Dental Bone Protocol"**

**Painful Cavity or Cracked Tooth**

- Swish ½–1 ounce of **Oral and Dental Therapy** vigorously for 20 minutes morning and evening after brushing for 2–3 days
- Swish 10–20 minutes each morning until the condition can be addressed by a dentist
- Include the **"Gums, Teeth and Dental Bone Protocol"** below

**Tooth Extraction & Oral Surgery**

- Before and after dental work, swish ½–1 ounce of **Oral and Dental Therapy** vigorously for 20 minutes
- With dental surgery, wait for 12 hours after surgery so that clotting can establish, then...
- Swish ½–1 ounce of **Oral and Dental Therapy** **gently** for 5 minutes once on the first day
- Swish 10 minutes morning and evening on the second day
- Swish 20 minutes morning and evening the third day
- Include the **"Gums, Teeth and Dental Bone Protocol"** below

**Protective use before Routine Dental Work**

- Before dental work, swish ½ to 1 ounce of **Oral and Dental Therapy** vigorously for 20 minutes
- Repeat after dental work
- Repeat once a day for the next two days

**Routine Maintenance:**

- Swish ½–1 ounce of **Oral and Dental Therapy** vigorously for 10–15 minutes, 2 times per week

**Important Note:**

- For **acute conditions**, limit each use to no more than 20 minutes, 4 times daily for 7 days
- For **long-term use**, do not exceed more than 20 minutes twice weekly

**PROTOCOL FOR PEOPLE WITH GUMS, TEETH AND DENTAL BONE PROBLEMS**

- Bio-Dent:** 6–12 tablets daily
- Cataplex A-C-P:** 6–12 tablets daily
- Blue Ice Fermented Cod Liver Oil:** 3–4 daily
- Water-Pik:** Once daily or 3–4 times per week
- Sonicare toothbrush** (optional): Once daily
- Oral and Dental Therapy:** 15–20-minute swishing using the preceding instructions

## HEALTHY AND HAPPY OVER AGE 65

What are the ten most important things seniors must do to stay healthy? Get a physical every year? Eat from the four food groups as shown on the “food pyramid?” Stop smoking? Carefully follow instructions regarding prescription drugs? Lose weight? Control blood pressure by taking prescription drugs every day? Lower cholesterol (no matter how low it is already)? Take hormones (for women) to prevent heart disease and osteoporosis? Stay on a low-fat diet? Stay away from quacks, charlatans, and natural health alternatives which can prevent seniors from getting scientific care from a qualified medical physician?

The answer is *no*. Most of these are “fluff,” some are downright false, and some are dangerous. The following ten things to keep seniors healthy are much more sensible, realistic, and rewarding:

- 1) **Stop bad habits** like smoking, drinking, etc.
- 2) **Maintain proper weight** with diet and exercise. When it comes to diet, most Americans consume too many carbohydrates, both processed and natural. Eliminate most processed foods (packaged and wrapped products). Reduce all breads, grains, pastries, cakes, pies, cookies, crackers, etc. In fact, a 30-day trial of no bread or wheat of any kind is always helpful to rule out wheat as a cause of problems. Instead, eat plenty of whole fresh foods (including vegetables)—at least a third raw. This will help you prevent or cure diabetes, and after a year or so, will eliminate most arthritis.
- 3) **Exercise** is the fountain of youth for seniors. Start a program of exercise four days a week that includes some aerobic work (brisk walking, etc.) *with weight lifting*. And that means weight lifting for *everyone*, no matter how old. (See “Slow Burn—Serious Strength,” Section 2: Bones, Joints, Muscles, and Skeleton.) This simple procedure—exercising four to five major muscle groups—is the fountain of youth. It will make you more fit, more stable, more self-reliant, more self-confident, and will knock 20 years off the way you feel within six months. All these benefits have been proven with people *well into their 90s*.
- 4) **Keep prescription drugs as a treatment of last resort** and keep prescription drug use to a minimum. There is *no drug treatment* of any kind that does not carry side effects. Once two drugs are introduced, most physicians cannot extrapolate the interrelated side effects. With three or more, the situation is

completely impossible for anyone to understand. This goes double for hormones, both prescription and over-the-counter, new wonder hormones like DHEA, melatonin, growth hormone, and others. Remember, properly prescribed prescription drugs are the *fourth leading cause of death* in this country!

- 5) **Keep the amount of synthetic vitamins you consume to a minimum**. These can tax the body and cause nutritional imbalances and deficiencies.
- 6) **Maintain a supply of pure water and drink plenty daily**. Send us a self-addressed envelope with two stamps and say PURE WATER. We’ll send you the information you need on the best purifiers.
- 7) **Maintain proper digestion**. Digestion is key to everything. Dietary changes alone will improve digestion, but if you need special digestive help, try the *Zypan test*. Zypan is a digestive aid produced by Standard Process that contains betaine hydrochloride and pancreatic enzymes. Tests show that older Americans produce less than adequate amounts of these types of enzymes. Unless you have ulcers, try taking one, two, or three Zypan per meal to see if it improves your digestion. In most cases of heartburn, this and other dietary changes will eliminate the problem without acid-sopping drugs. If you have other digestive problems, read the articles in Section 3: Digestion and Gut Health.
- 8) **Take a daily flax oil supplement**. Taking one tablespoon of raw flax oil or *Blue Ice Fermented Cod Liver Oil* (2–6 daily) will help just about every senior. It will help balance out the fatty acid nutrition so desperately needed for proper brain and body function. Both are available from our store at [www.healthalert.com](http://www.healthalert.com) or 1-800-231-8063 (M–F, 7–5 PST).
- 9) **Take care of your liver**. Remember that the liver is the main filter to your entire body. Just as a car will sputter and stop with a clogged filter, the same thing can happen with you. There are foods and food concentrates that facilitate the detoxification of the liver. Eat plenty of kale, radishes, garlic, eggs, Brussels sprouts, broccoli, and more. If you need help with liver detoxification, one to four 3-week sessions using plant concentrates will usually get the job done. This is a tremendously rejuvenating procedure, but can cause some strong reactions. For more information, see the article “Liver and Kidney Detoxification and Liver/Gallbladder Cleanse” in Section 3: Digestion and Gut Health.
- 10) **Take nutrients made from food**. These are

the ones your body will utilize properly without problems. At the very least, for those people who are healthy and want to stay that way, the following products from Standard Process are excellent as a broad-spectrum nutritional program: *Catalyn* (6 daily), *Min-Tran* (4–6 daily), *Cardio-Plus* (4–6 daily for everyone except those with low blood pressure), and a tablespoon of raw flax oil or *Blue Ice Fermented Cod Liver Oil* (2–6 daily). If your pressure is low, substitute *Vasculin* for Cardio-Plus.

In all cases with special problems, a workup with blood tests and a symptom survey is needed. If you have special problems and don't know where to start, drop me a brief line. I will see that you get help or the information you need.

Now there's a list of ten things you can do as a senior *that will truly make big changes in your health*. Have at it.

#### GENERAL HEALTH PROTOCOL

*Catalyn*: 6 daily

*Min-Tran*: 4–6 daily

*Cardio-Plus*: 4–6 daily

*Blue Ice Fermented Cod Liver Oil*: 2–6 daily

With **low blood pressure**... add...

*Vasculin*: 4–6 daily instead of Cardio-Plus

### LOOK AND FEEL BETTER IN 30 DAYS

Making up a program to look and feel better in 30 days is a challenge indeed. And this program is not designed to take the place of long-term lifestyle health goals (like regular exercise, stopping smoking, reducing fat and alcohol, and eating properly). Nonetheless, this program is a proven way to get remarkable results. Follow these four steps and you can definitely be healthier and *look and feel better* in 30 days.

#### STEP 1

##### USE FLAX OIL, IT'S LIQUID GOLD

Linseeds (flax) and flax oil are probably the most remarkable source of nutrition in our entire food chain. Flax oil contains all the essential amino acids (protein building blocks). It is a rich source of vitamins A, B1, B2, C, D, and E. It contains all major minerals including potassium, phosphorus, magnesium, calcium, sulphur, iron, and zinc, as well as the important trace minerals manganese,

silicon, copper, nickel, cobalt, iodine, chromium, and selenium.

Linseeds are an excellent source of fiber and mucilage. (Mucilage is that gelatin-like substance that serves to soothe mucous membranes of the digestive and intestinal track.) But most important, flax oil is the supreme source of *essential fatty acids*.

#### *Flax Oil and Essential Fatty Acids*

The essential fatty acids (EFAs) are *linolenic acid* (n-3) and *linoleic acid* (n-6). They are also known as *vitamin F*. EFAs are so important to your good health that entire books have been written about them.

EFAs cannot be manufactured by your body. They must be consumed in your daily diet. (That is why they are called *essential* fatty acids.) They serve to help control cholesterol and prevent cardiovascular disease. They play a major role in transporting oxygen to every cell in your body. By virtue of the electromagnetic charge of EFAs, they aid in detoxifying your intestinal tract, kidneys, liver, lungs, and skin.

#### *EFAs, Cancer, and Disease*

EFAs play a major role in controlling chromosomes during cell division. As such, they are absolutely necessary in the development of new cells and new cell membranes. Since cancer cells are simply abnormal cells, you can see how EFAs play a major role in preventing cancer.

EFAs are supremely important in the production of *prostaglandins* in your body. These hormone-like substances control blood pressure, heart function, sexual and reproductive function, and much more. When a deficiency of EFAs exists, the fine balance of the many types of prostaglandins is thrown off. Results can include degenerative disease, premenstrual syndrome, and prostate trouble.

In fact, a deficiency of EFAs (which is usually coupled with excessive intake of saturated and chemically altered fats) leads directly to what has become known as the *killer diseases*—especially cancer and heart disease. Deficiencies of EFAs have been linked to arthritis, psychological problems, liver and kidney damage, poor circulation, poor vision, hair loss, skin diseases, severe weakness, dryness of the mucous membranes, and menstrual and reproductive problems.

#### *The Best Source of EFAs*

Without a doubt, the very best source of the



essential fatty acids linoleic and linolenic (vitamin F) is **flax oil**. Flax oil is close to 60% linolenic acid and 20% linoleic. By nature's perfect design, flax oil contains the very vitamins needed to efficiently process and digest these essential fatty acids.

The only type of flax oil that will do any good is **cold-pressed, virgin, raw** flax oil. This is hard to find. The seeds are almost 50% oil, so they give up their valuable liquid oil very easily when compressed. In the raw state, the oil is from light golden to brown in color. It thickens easily upon exposure to air, and it is extremely sensitive to light.

Most of the good flax oil products are packed in dark-colored containers. The watery, colorless variety of flax oil available in most health food stores is useless. These products have had the solid fats removed (that's why they pour as easily as water). Unfortunately, since the EFAs are found in the solid fat, these products are devoid of the very thing you desire from flax oil.

### **Therapeutic Oil**

Fortunately, the raw oil contains great quantities of highly unsaturated essential fatty acids (EFAs). When you consume this oil, the EFAs are almost directly converted into healthful **prostaglandins** (discussed earlier). It is this activity that makes flax oil so highly therapeutic. In Europe, this oil is actually used like medicine for the following :

- Cancer
- Arteriosclerosis (it reduces plaque formation and controls cholesterol and triglyceride levels)
- Lungs (it reduces bronchial spasm)
- Liver (it is a tremendous liver aid and serves to reduce fatty degeneration in the liver)
- Heart (it reduces the risk of infarction and helps maintain a regular heartbeat)
- Stroke
- Stomach ulcers
- Prostate (it is absolutely essential for reducing prostatic hypertrophy)
- Eczema (it aids in all skin diseases)
- Arthritis (serves as an anti-inflammatory agent)
- Intestines (maintains proper function and activity)
- Brain (seems to strengthen brain activity)
- Old age (serves as a strengthening tonic)

### **How to Use Flax Oil**

As mentioned, pure, raw flax oil is hard to come

by. When purchasing it from a health food store, it must say Omegaflor on the bottle. This is the patented process that insures top quality. The *Health Alert* store carries this oil at the best price ([www.healthalert.com](http://www.healthalert.com)) or 1-800-231-8063 (M-F, 7-5 PST).

When beginning with flax oil, start very slowly (with a scant teaspoon daily). As you progress, you can take a full tablespoon daily.

Flax oil is not exceedingly delicious. However, it doesn't taste badly either. Many people find it acceptable to ingest straight. In Europe, they mix a tablespoon of raw flax seed oil with half a cup of low-fat cottage cheese. If you do not have trouble with diabetes, you can mix the oil with honey.

### **How Long Before You Feel Better?**

The following are some typical periods of time in which health benefits may be expected from the EFA nutrition found in flax oil.

- 1) In several hours: Mood can be improved and a feeling of calm can be experienced, along with initial relief from depression.
- 2) In 2-7 days: A change in the skin can be noticed. It will be smoother, with less scaling. This can be seen on the back of the hands and fingers. There will be less flaking, and dandruff will begin to subside.
- 3) In 2-14 days: Emotional and mental relief will begin to be experienced. Hallucinations will lessen, and there will be some alleviation from anxiety. In this period, there is usually some relief for those suffering from mental disturbances.
- 4) In 2-6 weeks: Pain lessens. Arthritis begins to subside. Bruising will be going away, and leg cramps will no longer exist. Bursitis gets better, and even rheumatoid sufferers begin to experience relief. Dry skin is usually gone by now, as is dandruff. All types of inflammation are now generally reduced.
- 5) In 2-4 months: Rheumatoid pain is now subsiding. Noises in the ears and head start to clear. Stress is relieved, with less choking spasms, fewer muscular spasms (including eye spasms). Skin color is much better, and there is less sensitivity to sunlight. Menstrual function is now better, and prostate swelling begins to reduce. The urologist or gynecologist will now be able to recognize changes for the better in the patient's condition.
- 6) In 3-6 months: Food allergies begin to clear up. Urination and menstrual problems are now on the wane. Energy is high and endurance and immunity to disease are probably better than they've ever

been. There is a feeling of calmness and strength. Moreover, at this time you are *just beginning* to enjoy the benefits of this type of nutrition.

### **The Liver/Gallbladder Cleanse**

Your liver, gallbladder, and colon work synergistically (they all work with one another) to keep you healthy. They overwork when you consume too much fat. To encourage bowel movements, and to aid your liver and gallbladder, fresh beets are a truly remarkable food. This is even more true for women.

Besides getting more beets into your diet in general, here is a six-week program to stimulate your gallbladder and innervate your liver and colon:

- Mix 1 cup of finely shredded raw beets (preferably organically grown), 2 tablespoons of either Virgin First-Pressed Olive Oil or Raw Flax Oil, and the juice of 1/2 a lemon.
- **1st 3 days:** Take 1 teaspoon of this mixture every hour or two.
- **Next 7 days:** Take 2 tablespoons of the mixture 3 times daily before meals.
- **Next 30 days:** Continue taking 2 tablespoons of the mixture 3 times a day, 3 days a week.

This is a powerful flush for your liver and gallbladder. It will not only help overcome the effects of a poor diet, it will help stimulate better digestion in general, help lower blood fats (cholesterol and triglycerides), and help you regain energy.

### **Is Your Liver/Gallbladder Up to Par?**

It has long been my suggestion that *everyone* do a liver/gallbladder cleanse once yearly. Although there may be some people with a very healthy liver-gallbladder-colon system, most people could use some help.

If you would like to check your liver and gallbladder without spending a few hundred bucks, here's a simple test. If you have a majority of the following symptoms, your liver and gallbladder are not up to par:

- dry skin and falling hair
- burning feet
- metallic taste in your mouth
- nightmares
- crave sweets
- need laxatives often
- are frequently dizzy, bilious, anxious, or insecure
- upset by greasy foods

- sensitive to hot weather
- high blood fats (cholesterol and triglycerides)

If this is you, get on the cleansing program right now. If the cleansing program does not completely solve your problem (especially cholesterol and triglycerides), you probably need digestive enzymes. For information of cleansing and other digestive problems, read my article, "Indigestion and Total Gut Health" in Section 3: Digestion and Gut Health.

### **Supercharge Your Cleansing Program**

When you begin to purge your liver and gallbladder, you will see a change in the bowel. To encourage the removal of toxins and debris from your system, a bowel cleansing program with flax meal can be instituted during the same time as your liver/gallbladder purge. This will "supercharge" your cleansing program.

### **How to Use Flax Meal**

First of all, you need to get a good flax meal product. This should be 100% pure flax meal, with nothing added—no sugar, salt, starch, or *anything*. We use a product called *Nutri-Flax* by Omega Nutrition. *Nutri-Flax* and flax oil are available at the best price from our store ([www.healthalert.com](http://www.healthalert.com)) or 1-800-231-8063 (M-F, 7-5 PST).

Start your colon cleanse slowly, taking only 1 teaspoon of Nutri-Flax per day in at least 8 ounces of water. If you have any bowel problems, you may want to talk with your physician before beginning this program.

If you have no problem with a small amount of Nutri-Flax, progress to 1 tablespoon, then 2 tablespoons daily. Always mix the Nutri-Flax in a tall glass of pure water, then follow it with another glass of pure water (with no Nutri-Flax). At 2 tablespoons daily, almost everyone will begin to notice a change in the bowel. Most noticeably, the stool will become bulky, and there may be signs of dark material or mucus.

To get a really good colon cleanse, you can use up to 2 heaping tablespoons in water, 3 times daily. Most people will not need this much Nutri-Flax, but if you start slowly, use care, and work with your physician if necessary, it is completely safe.

Once you reach your "cleansing level" of Nutri-Flax intake, you will maintain at least one bulky stool daily with lots of Nutri-Flax flakes throughout. Along with the flakes will pass plenty of mucus, debris, and

dark material. Maintain this level of Nutri-Flax for the duration of your liver/gallbladder cleanse.

### **Finishing Up**

After your cleanse is over, don't stop taking the Nutri-Flax "cold turkey." Rather, slowly reduce your intake until you are no longer using the product. In some cases, it may be necessary—and it is quite all right—to take 1 tablespoon of Nutri-Flax daily for a prolonged period of time, or even indefinitely.

Any problems encountered with Nutri-Flax generally result from: using too much too soon; using too much Nutri-Flax with too little water; not following your Nutri-Flax drink with an additional glass of water; or starting a program when you have serious bowel problems (i.e., diverticulitis, colitis) without consulting your physician.

### **A Money-Saver and a Life-Saver**

In all, you can use this information to help determine if you need liver and gallbladder support, to cleanse your system, and to greatly enhance your digestion and energy levels. You can also help control or lower your blood fat level and add years to your life by using this cleanse yearly. Moreover, you can accomplish all this (which would probably incur a \$500 to \$1,000 bill if attempted via the standard medical route) for just a few bucks.

## **STEP 2**

### **AVOID THE GREATEST NUTRITIONAL DEFICIENCY IN THIS COUNTRY:**

#### **B COMPLEX DEFICIENCY SYNDROME**

One of the most common nutritional deficiencies and most commonly misdiagnosed problems is *B Complex Deficiency Syndrome (BCDS)*. Since most doctors feel either that vitamin deficiencies are a lot of bunk or that "enriched" processed foods fill nutritional voids, lots of bogus diagnoses are given to people suffering from a simple deficiency of B vitamins. Some of the most common are:

- hypoglycemia
- candidiasis
- premenstrual syndrome
- neuritis, neuralgia
- depression

### **The Real Diagnosis**

B Complex Deficiency Syndrome will not be found in any medical diagnosis textbook. That is particularly sad since this condition is rampant

in this country. What you *will* find in medical texts, including *Biochemistry* (Kleiner and Orten), *Principles of Biochemistry* (White, Handler, Smith, and Stetton), *Textbook of Medicine* (Cecil), and *Rehabilitation Through Better Nutrition* (Tom Spies, MD) is an abundance of data about BCDS.

Some of the symptoms of BCDS (as found in the textbooks) are:

- weakness and fatigue
- indigestion (hypochlorhydria)
- poor appetite
- craving for sweets
- neuralgia and neuritis
- muscular soreness
- headache
- insomnia
- dizziness
- nervousness
- instability
- mental confusion
- vague fears
- uneasiness
- rage
- hostility
- anorexia
- muscular weakness
- exhaustion
- severe depression
- irritability
- anxiety and apprehension
- distraction
- morbid fears
- confusion
- noise sensitivity
- forgetfulness
- impaired intellect
- hypochondria
- acoustic hallucinations

Sounds serious? When you consider all the possible different diagnoses and drug therapies for each symptom listed, it is downright horrifying.

### **The Classical Symptom**

The first and most common complaint of people suffering from BCDS (especially women) is depression and the tendency to cry without any reason. The second and most classical symptom of BCDS is "*a constant feeling that something dreadful is about to happen.*" If you or your loved ones are demonstrating these symptoms, immediately alter the diet to include a rich supply of B vitamins.

### **B Vitamin Complex**

It's not easy to get real B vitamins in the American diet. First of all, the richest source of these vitamins is brewer's yeast (not exactly a staple of the average diet). Other rich sources include liver and whole grain cereals.

Speaking of cereals, don't fall for bogus commercials about needing four bowls of another cereal to get the vitamin equivalent of one bowl of "enriched" cereal. No amount of synthetic B vitamin fractions added to food will substitute for the real B

complex as found in nature.

When you strip grain of all its nutrition, make it into white bread, and add a few synthetic nutrients like thiamine hydrochloride, it is *still* a nutritionally *counterfeit food*, no matter what the medical-drug-food-dairy-chemical distributors of misinformation tell you. If “enriched” foods, which are consumed by the tons, were *truly* enriched by the added synthetics, BCDS would not exist.

### ***The Adrenal Gland Connection***

When you suffer from B vitamin deficiency over a long period, undue stress is placed upon the glands that give you the ability to cope with stress—the *adrenal glands*. As long as your adrenal glands can put out sufficient adrenal hormone, you will survive BCDS. But when adrenal function can no longer compensate, watch out!

Weakening adrenal function in the face of starvation for B vitamins causes about *half* of all the low back pain in America. Continued weakening of the adrenals leads to heart compensation and heart problems, potentially even heart attacks. When adrenal function nears the critical stage, nervous exhaustion occurs, with the potential for a full-blown nervous breakdown.

### ***Don't Wait for Disaster***

You court disaster by treating conditions like hypoglycemia, candidiasis, premenstrual syndrome and others with drugs or bizarre diets. Instead, alter your diet to include foods rich in vitamin B. If foods aren't enough, get a good, natural vitamin B complex supplement, like *Cataplex B* (3–6 daily). If you are already courting nervous exhaustion or breakdown, add adrenal support to your nutritional schedule, like *Drenamin* (3–6 daily). Both products are from Standard Process.

### ***What to Expect from Nutrition***

If you start a nutritional supplement program, be alerted that after a few days to a week on the program, unusual or increased *fatigue* or even *exhaustion* is not uncommon. This increased fatigue results from repair mechanisms within your body and is proof that your program is working. Such fatigue is usually short-lived and self-limiting.

Within 30 days you will begin feeling much better. But remember, to completely recover from BCDS *takes time*. If you have already advanced to

the stage of severe depression, fear, insomnia, and the like, it may require a *few months* to begin to see improvement, and it may take a year or longer to completely recover.

## **STEP 3**

### **REENERGIZE BY ENHANCING YOUR LYMPH SYSTEM WITH DEEP BREATHING**

Many years ago, exercise scientists and kinesiologists discovered the role deep breathing plays in the flow of lymph through your system. They dubbed the “breathing-lymphatic” connection the “*lymphatic pump*.” In effect, breathing does exactly that—it pumps lymph flow through your vessels.

#### ***Lymph Flow***

First, know that there are more *lymph* vessels in the body than there are blood vessels. These vessels begin in and amongst the cells, as tiny connections with the blood vessels, and their role is to remove wastes and toxins from your body. Your lymph system has no active pump. (As you know, your heart is the pump for your blood vessel system.) Instead, lymph is moved about through your system via a pumping action that occurs with breathing.

#### ***A Healthy Lymphatic System***

You will never be well unless your body has the capacity to remove wastes and toxins from the fluids that bathe all of your cells. This function is performed by the lymphatic system. Whenever you can enhance this lymphatic activity, you are doing yourself a great favor.

Here are some initial ways to help the lymphatic system perform better. First, drink plenty of pure water. Second, keep active with regular exercise. And third, practice deep breathing.

#### ***Deep Breathing***

Each time you take a breath (especially a deep breath), movements within your diaphragm, spine, pelvis, and skull help to “pump” lymphatic flow through your lymph vessels. This, of course, increases the removal of wastes and toxins from your system. Often a chiropractor who adjusts your spine, skull, or pelvis actually activates this lymphatic system pump. From time to time, the pump action becomes “stuck” or less active than it should be.

In these circumstances, and as a regular habit, *deep breathing* will help regulate and enhance the

working of your lymphatic system.

### ***How to Deep Breathe***

Deep breathing should be practiced two to three times daily. If you are overweight, it should be practiced just before meals as it also serves to help curb appetite and maintain proper weight. Each time you do the breathing, take ten deep breaths. As for deep breathing, I recommend the **4. 4. 6. 2 Method**.

- 1) Get comfortable, sitting, lying, or in whatever position, and take in a deep breath in through your nose to a slow count of 4.
- 2) Start filling your stomach, then your upper lungs. Hold this deep breath in to another slow count of 4.
- 3) Then slowly release this breath through your nose to a slow count of 6.
- 4) Then hold your breath out to a slow count of 2.

### ***Take Care***

Be careful at first. If you are unaccustomed to deep breathing, you can make yourself faint. Start gently. Rest in between breaths. Perhaps do only five or six breaths for a while; later you will be able to perform the ten breaths, even three times daily. ***And it will make you feel good.***

## **INSOMNIA**

*"Before embarking on all kinds of high-tech tests and then prescription drugs, anyone suffering from 'nervous insomnia' needs to test the nutritional connection."*

*Health Alert, Vol. 23, No. 12*

Trouble falling asleep, tossing and turning, waking and falling back to sleep, getting up two, three, or four times a night to urinate, being startled awake from some minor noise, and many other sleep problems add up to ***insomnia*** for millions of Americans. Yet often the problem is not a bad bed, the prostate, the bladder, noises in the night, or any other extraneous disturbance. Rather, it is a ***nutritional deficiency*** that allows susceptibility to the kinds of things that cause insomnia.

In other words, if you were well nourished (biochemically speaking), you would not even notice all the things that commonly wake you up or keep you awake at night. If you are nutritionally deficient, your nervous system is "edgy." That means that a minor disturbance—***even the urge to urinate***—will awaken you or keep you from falling asleep, when

normally it would not.

It is often impossible to determine just what type of nutritional deficiency causes this. It is commonly a mineral deficiency. But there are hundreds, if not thousands, of discreet nutritional deficiencies or imbalances that can cause insomnia. So rather than trying to track down the exact missing food, vitamin, or mineral, simply use our ***insomnia-cure protocol*** for a few weeks and see if it resolves your sleep problems.

### ***Cover All the Bases***

The insomnia-cure protocol is comprised of a low dose of two Standard Process products that are the most revered, tested, and used by nutritional experts worldwide. They are ***Catalyn*** (1–3 tablets) and ***Min-Tran*** (3–9 tablets), both taken at bedtime. Sound simple enough? It is.

First there is "puny, little Catalyn." That's what some nutritional "experts" have called this amazing food concentrate. Perhaps it is because the label lists Vitamin A (1,200 IU), Vitamin C (4 mg), Vitamin D (312 IU), Thiamine (0.2 mg), Riboflavin (0.2 mg), and Vitamin B6 (1 mg). How can such low doses do any good?

What "experts" may not know is that Catalyn is a multiple vitamin, mineral, and trace mineral concentrate, originally formulated by the nutritional and biochemical genius Dr. Royal Lee. It is the antithesis to megadose supplements. It is a nutritional ***catalyst*** (spark) made of whole food concentrates. This package of nutrients is in its most potent and bioavailable form—its natural state.

"Experts" generally do not know that Catalyn contains carrot; calcium lactate; yeast; the whole germ of wheat; adrenal, liver, spleen, and kidney extracts; pea vine concentrate; alfalfa concentrate; mushroom; oat; lecithin; and bran. They are all in their organic and raw state—processed from organic fields with no chemicals.

Amazingly this product was first formulated in **1929**. It has been used with great success, and sold continuously, for **over 80 years**. Do you think any of the other "wonder" nutritional supplements will still be around and leading in sales in the year 2080 or beyond? I could list 25 of the hottest, most "potent," "megadose," "miracle" products produced since 2000 that have not lasted.

And then there is "useless" Min-Tran. Many "experts" deem this mineral concentrate useless

since it lists on the label Calcium (120 mg), Iodine (200 mcg), and Magnesium (19 mg). Is that all? No wonder it is useless! But what "experts" do not know is that it is a nutritional concentrate of alfalfa and kelp extract with calcium lactate and magnesium citrate. The citrate provides an acid medium for better absorption of the most absorbable form of calcium—calcium lactate. And the organic food concentrates are natural mineral stores, leaving the end product with *42 trace elements* shown on sophisticated radio assay tests. This "young" product has been used with great success, with decades of repeat sales, for *over 50 years*.

### ***Try It, and Just a Little***

So that is how we "cover the bases." And remember that Catalyn (1–3 tablets at bedtime) is the antifatigue nutritional concentrate. Taking more can have the effect of eliminating fatigue and tiredness at bedtime—not what you want. If you take Catalyn at a dose 3–6 tablets daily, just take 1–3 tablets at bedtime. If you take Min-Tran at a dose of 3–12 tablets daily, just take 3–9 tablets at bedtime.

If your insomnia is caused by nutritional deficiencies, you will be quickly amazed. You will wonder where all the aches and pains, tossing and turning, and noises in the night went. You might even be amazed to find out that your nighttime urination was not a prostate or bladder problem at all. Rather, nutritional deficiencies woke you.

When it comes to nervous insomnia and deficiency insomnia, truly a little is a lot.

#### **PROTOCOL FOR PEOPLE WITH INSOMNIA**

Catalyn: 1–3 daily at bedtime  
Min-Tran: 3–9 daily at bedtime

### **PRESCRIPTION DRUG WITHDRAWAL (DEPRESCRIBING)**

A young man is emasculated, feels 20 years older than his age, and suffers from chronic impotency as a result of the high blood pressure medicine he's taking. His counterpart, a woman taking the same drug, has had her energy robbed so completely, she can barely make it to work.

A teenager is found wandering around, lost in his own neighborhood in a drugged, agitated stupor because of anti-depression medicine. A senior citizen experiences dizziness, a feeling that her head is spinning, and a fall resulting in a broken hip because

of heart medications. And a young man dies from liver cancer brought on by years of taking a powerful cancer chemotherapy drug to combat his psoriasis.

What is the common thread to these and millions of other similar cases? These people were all *drugged into disease and death* because of conditions that could have been effectively treated with natural, safe, holistic therapies. In fact, many of these folks were kept away from these very safe therapies by their own medical doctors. Worst of all, such patients are routinely scolded, lectured, and made to feel stupid when they bring up the subject of changing or reducing their medication.

Let's assume you are one of the lucky ones. You have learned how to employ safe, effective, natural therapies. Indeed, you do get better. Perhaps you are in the process of completely curing the underlying condition. Now you go back to your doctor to get help with eliminating toxic drugs that may no longer be needed.

But much to your surprise, you are treated like a child who knows nothing, who should not even consider weaning off medication, should not question the doctor, and should not have even started on holistic therapies anyway because "they are just a lot of quackery." I have even heard doctors complain that if it weren't for that holistic stuff, you (the patient) wouldn't have to be worrying about reducing or eliminating your drugs!

Joe Patient has been on blood pressure medication for 25 years. His blood pressure numbers remain normal (even though he still suffers from high blood pressure<sup>1</sup>). As of late, he feels pretty lousy. When he goes back to his doctor, he is told that he has fluid on his lungs and is suffering from congestive heart failure (CHF). But not to worry, there are drugs to force the heart to work harder, force the fluid from the lungs, and prevent the fluid from accumulating in his legs. Although Joe doesn't know it, his condition may have been caused by the 25 years of medication. And unless he starts on effective, holistic nutritional care immediately, he has about five years or less to live (the CHF average).

Joe stumbles onto some of my information and starts a protocol to help him with the CHF.<sup>2</sup> He begins to feel pretty good. His breathing gets better. He can walk and soon can even take a brisk walk. His ankles are no longer swollen, and he is beginning to feel whole again. Right about now he desperately needs

his doctor to help him. Not to get more drugs, but to get *less!* You see, Joe's heart and circulatory system are functioning so much better that he needs much, much less medication. Now, *his over-medicated status is more dangerous to his life than his original condition.*

### ***Thrilled and Intrigued by Your Success***

So Joe schedules an office visit. *His doctor is amazed* (one of the most common things I hear in this context). All of the disease parameters are massively improved. In fact, it seems as though Joe doesn't have CHF at all. His doctor, still unsure of what has happened, tells Joe that he is elated for him, but wants Joe to continue on the drugs for another few months just to be sure. He assures Joe that he is so amazed by this development that he is going to contact me immediately to "find out just how you were cured."

Now comes the really amazing part, and I've had this happen thousands of times in the past four decades. Sometimes it's related to heart disease, often it's immune dysfunction, routinely it's blood disorders, female problems, high blood pressure, skin problems, headaches, backaches, severe pain, and on and on. But the kicker is that of the thousands of doctors who were going to call me immediately to learn how to help, indeed cure, sick people holistically, *not one ever phoned me, sent me a fax, or mailed me a letter!* Not one!

### ***Most Doctors Don't Want to Know***

Can this be true? When I was young, I refused to believe it. But sadly, it is true. It seems that most doctors (in particular, male doctors) would rather that these improved conditions *never happen!* When they recognize that such things are happening routinely, they do not want to know anything about it, because it seems threatening to them. If anyone can give me an alternate explanation for the complete absence of interest over the past 40 years, I'd consider it. Unfortunately, I don't think there is one.

### ***In a Quandary***

So, in the meantime, you are still in a pickle. On the one hand you are being cured of the disease. But on the other, *the drugs which were once keeping you alive are now killing you.*

First and foremost, *do not stop the prescriptions on your own.* This could surely cause you serious or even deadly harm. The body becomes hope-

lessly dependent on powerful drugs, and the entire physiology becomes intrinsically involved with them. You cannot cold-turkey this kind of dependency. It could, in short, kill you.

In most cases, it serves you well to begin your holistic programs (including nutritional therapies) while you remain on your prescribed medications. When you make improvements and finally resolve the health problems over the course of several months or even a year or two, you will need to get back to your doctor. This visit is *critical*, because a medical doctor is the only person who can safely lead you through a weaning-off-prescription-drugs program. And that's just what is needed.

### ***Work With Your Doctor***

Even the most critical, pessimistic, and narrow-minded doctor cannot ignore clinical and objective findings. When the fluid on your lungs is disappearing, you breathe easier, and your heart is beating a strong and regular beat, something is going on. When your formerly uncontrollable blood pressure is now routinely controlled, something is going on. When your skin has cleared up and stays clear, something is going on. Given these circumstances, even the most insecure doctor—unless they are an outright crook—will feel safe reducing your medication (even just the slightest amount).

When you stay well, drugs can be reduced more, and so on. Remember, do not race to get off all drugs. This may take a couple years! There may even be a setback along the way. But stick to your holistic protocols, maintain regular contact with your doctor, and stay the course. If you find out in the end that it's necessary for you to remain on a small amount of some medication, so be it. Any reduction offers you tremendous health benefits and improves your chances for longevity.

So, go on—amaze your doctor. But remember: Don't stop these drugs cold turkey on your own! If your doctor is one of those who plods miserably through life blinded by tunnel vision, prejudice, and insecurity, find a new doctor. In the case of some of the more powerful drugs, your life could depend on it. And if your doctor is so amazed that he wants to call me, go ahead and give him my number. I'll be here.

#### **NOTES**

1 "New hypertension guidelines: You are now officially sick," see Section 1: Heart and Circulation.

2 "Congestive heart failure," see Section 1: Heart and Circulation.

## HOW TO STAY OUT OF A NURSING HOME

Not all nursing homes are disasters. I know many senior citizens who ended up much happier in a home. But for the most part, seniors wish to stay at home. In order to avoid a nursing home you need to achieve and maintain a few goals. You need to move about freely. You need to maintain the ability to use your mind and memory. And you need to maintain a reasonable degree of good health. Of these, your bones and mind represent the two major factors sending most seniors to a nursing home.

### ***Maintaining Healthy Bones***

Good bones and joints can be achieved and maintained at any age. Healthy bones and joints can be summed up in three words: diet, exercise, and supplements. Your diet must contain mostly healthy foods, with a third eaten raw. This will provide the raw nutrients and enzymes your body needs to build, replace, and maintain strong bones.

You must exercise, not only to maintain your bones, but also to maintain strength, flexibility, and stability. And exercising means resistance or weight-bearing exercise. The very best is the Slow Burn technique. You can keep your bones strong and stable and avoid or treat osteoporosis with this technique in just one 45–60 minute workout every five days! It is fun, and won't get you sore. See the article, "Slow Burn—Serious Strength" in Section 2: Bones, Joints, Muscles, and Skeleton. And I suggest you buy the book, *The Slow Burn Fitness Revolution* by Hahn, Hahn, and Eades. You can buy it at a discount from the *Health Alert* store.

What is the benefit of weight-bearing exercise? It is the most significant bone-building therapy known to man. Weight lifting will put more calcium into your bones than all the drugs, calcium, boron, magnesium, and vitamin D combined—four times more. And if you take raw bone supplements while exercising, your results will be even greater.

The raw bone supplements of choice for those with thinning bones are from Standard Process—the only company I know that can make these products and maintain their life force. They are *Biost* (1 taken 3x daily), and *Calcifood Wafers* (2–3 chewed up 3x daily with meals). Once your bones are stronger and stable, you can reduce your dose to a maintenance level of *Biost* (1 daily) and *Calcifood Wafers* (4

daily).

### ***Muscles and Connective Tissues***

Joints are not made only of bone. You have muscles and connective tissues like ligaments, tendons, and cartilage to keep healthy too. Exercise will do this automatically. The proper diet along the lines of a low-carbohydrate diet will supply plenty of the raw materials needed to maintain healthy muscles and connective tissues.

For those of you who do not get adequate amounts of quality protein (meat, eggs, fish, poultry, etc.), you would do well to add a supplement called *Protefood* from Standard Process. Take 1 tablet with breakfast and 1 with dinner (or whichever meals provide protein). This amino acid supplement will complete the amino acid profile of the foods you consume. This will allow you to utilize protein to build muscles and connective tissues for healthy joints; a strong, stable stride; and good maneuverability to help you avoid the nursing home.

Keep in mind that your body requires adequate digestive acids to utilize nutrients and minerals to maintain strong bones. So if you are chronically using antacids, you will have to correct your digestion and quit these acid stoppers. You can easily normalize digestion with the correct procedures. For more information to end the antacid insult to your body, see the article "Food Combining: The Instant Cure" in Section 3: Digestion and Gut Health.

### ***Your Mind, Fats, and Vitamin B***

No matter how strong you are, if you lose your mind and memory, you will not be able to avoid a nursing home. Without some mental capacity, even in a nursing home you will be relegated to daily doses of mind numbing, zombie-producing drugs. When it comes to your mind, the major factors are blood flow to the brain and the proper nutrients in your diet—especially proper fats.

Today there are more mental and memory problems than ever. And why not? Americans are on a low-fat craze and have been for years. The fats that most people eat are abominations of chemical compositions, having no resemblance to the normal dietary fats the body and brain need and crave. Babies are perfect examples. It's funny how we all start out as babies in diapers, and often end up pretty much the same.

It is ironic how much we can learn about fatty



nutrition from babies. Depriving infants of the fats they need results in a baby that is unhappy, frantic, chronically crying, and unable to have any mental relaxation and normal behavior. The medical profession calls this colic. Yet within 48 hours of restoring adequate fats and nutrition to the baby's diet, his or her mind settles and calmness and normalcy return. This is a powerful lesson because the same response happens for adults and seniors.

The fats you need are the ones most doctors tell you should be avoided—meats and stews, dairy, butter, eggs, and real oils. These oils are olive oil, cod liver or flax oil, and even coconut oil. So stop all this low-fat junk and eat whole, healthy foods. They will contain the nutrients your brain so dramatically demands. Without these fats, your body and brain will take up all the artificial and chemical concoctions in their place. This can spell disaster.

All the membranes in your body and brain have their nutritional basis in fat and cholesterol. When you deprive yourself of these foods, you are adding insult to injury. First you are depriving your body of the membrane-building materials needed to transmit signals throughout the brain. And second you are replacing these nutrients with chemicals that are producing reactions we don't even understand.

### **What to Do**

Get off this low-fat, fake-fat bandwagon and eat whole foods with a third raw. Take 1 tablespoon of flax oil or *Blue Ice Fermented Cod Liver Oil* (2–6 daily) as a supplement. And tell your doctor you don't want cholesterol-lowering drugs just because your cholesterol reading is over 200. Real cholesterol scientists and experts realize that a reading of 200 to 275 is normal as long as your HDL and LDL fractions are good.

In addition to proper fats, be sure to get your B vitamins. Again these will be tough to get if you are taking antacids. It is my opinion that every person over age 65 with mental problems should take two supplements from Standard Process to help maintain a healthy heart and proper B vitamin nutrition. They are *Cardio-Plus* (3 daily, 1 per meal) and *Cataplex B* (3 daily, 1 per meal). For healthy seniors this will suffice. If you have any kind of heart problem, increase this dose to 6 of each daily.

And if you have indigestion, heartburn, reflux, GERD, gas, constipation, diarrhea, or if you take antacids or acid blockers, or if you have any other

digestive problem, *make sure you have adequate stomach acid* to digest food and to utilize nutrients and supplements. Many if not most seniors have *low stomach acid*. And *low stomach acid* can cause *heartburn and indigestion*. Perform the simple *Zypan test* to determine if you are low on stomach acid, then follow directions to correct this one problem that can cause more than 50 different conditions and “diseases.” Read the article, “How You Can Cure 50 ‘Diseases’ Caused by Low Stomach Acid” in Section 3: Digestion and Gut Health, and follow the instructions.

Remember, this may be the single most common and critical problem among seniors. It is almost always treated improperly with antacids which make the condition worse, and which make you permanently sick from the very first pill.

### **Avoid Unnecessary Medical Risks**

My grandfather was a healthy guy. He practiced all kinds of natural dietary habits. He ended up in a nursing home when he was old because he lived far away from family and needed someone to tend to his needs. He was happy there and got along fine until a doctor talked him into having an old hernia repaired. The surgery was a success, but the patient died.

Remember what I have said about achieving and maintaining good digestion while avoiding antacids and, worse-yet, “digestive surgeries.” Another major cause of GERD and heartburn is a *hiatal hernia*—also very common problem among seniors. This is where the sphincter between your esophagus and stomach is weakened, stretched or torn. This allows food to reflux out of your stomach up into your esophagus. Remember that GERD is a symptom not a disease. And it is easily correctable with our protocols—often with the Zypan test, and frequently with the *hiatal hernia maneuver*. Be sure to read “Hiatal Hernia, Indigestion, Heartburn, Reflux, GERD and Esophagitis” in Section 3: Digestion and Gut Health. If you find you have a hiatal hernia, just follow the instructions with a partner to begin getting relief.

Doctors, drugs, and surgeries can be a godsend when needed. Or they can kill you for no reason, like my grandfather. As you get older, avoid elective surgeries. Stay away from prescription drugs except for minimal use. Be especially wary of gallbladder surgery. This is another “digestive surgery” that is only necessary on rare occasions, but it is for the

most part *symptom surgery* that can have profound and detrimental effects on seniors.

I have dozens of letters in my file where the patient went straight downhill following gallbladder surgery. No one is able to explain this, but perhaps it is the permanent alteration in fat metabolism that follows this procedure. Simply keep in mind that this often-elective procedure—while seemingly innocuous and most often explained to you as harmless—can kill you. If it happens to you, no one will be the wiser, and no one will be chided or reprimanded for having started you on a downward course to debilitation and death.

Rather than surgery for nausea and vomiting, use our protocols to correct the underlying condition. You will find information on the gallbladder when you read the article “Liver and Kidney Detoxification and Liver/Gallbladder Cleanse” in Section 3: Digestion and Gut Health. But for people with immediate gallbladder problems, simply perform the *Liver/Gallbladder Cleanse Protocol*, which is near the end of the article. At the same time, use the gallbladder-healing power of betaine from beets by taking *A-F Betafood* (2-4 per meal). Betaine will thin your bile and will help you begin to rehabilitate your liver/gallbladder system.

### ***New Miracle Breakthrough: Activated Free Curcumin***

The most active polyphenol (phytochemical) in the herb turmeric is curcumin. It is known to be extremely helpful for people with Alzheimer’s, memory loss, dementia, chronic pain, prediabetes and type 2 diabetes, heart and blood vessel disease, and even cancer. Unfortunately, free curcumin is very poorly absorbed by the body, and almost none of it gets into the brain (past the blood-brain barrier) where it is needed—*until now*. Standard Process has produced *Turmeric Forte* by infusing turmeric/curcumin into the fiber from seeds of the *highly absorbable* Fenugreek plant. Absorbed dramatically by your body, the end result is *more free curcumin (the active form)* enters your bloodstream and cells. And best yet, this activated form of free curcumin (*Turmeric Forte*) passes through the blood-brain barrier to get into your brain in pharmacological amounts.

How much more free curcumin is absorbed? Tests show that absorption rates are *25 to 45 times greater* than normal. And up to *245 times more*

*free curcumin* makes it into your brain. And how important is this for you? Studies show that *100%* of patients with Alzheimer’s *improved their memory* in 18 months. And 100% of prediabetes patients *did not progress to type 2 diabetes* in 18 months—both medical impossibilities! And free curcumin helps your body *turn off or complete the inflammation cycle*. Today millions of people are locked into chronic, long-term inflammation, with no way out. People taking free curcumin can enter a normal inflammation cycle due to injury, etc., *and then have it end* once healing takes place. That makes *Turmeric Forte* a powerful tool to help people with constant, chronic pain and inflammation.

And perhaps best yet, free curcumin has been shown in studies to *kill the most virulent of all cancer cells—cancer stem cells—while leaving normal stem cells unharmed*. Cancer stem cells are like cancer seeds. They can reproduce all the different cancer cells in tumors. They are responsible for most cancer metastasis (spreading), and they are nearly impossible to destroy. Killing cancer stem cells is the holy grail in medicine and cannot be accomplished with chemotherapy, radiation or surgery. I now recommend *everyone* over 50 to use this medical miracle. Even if you have no problems, you should take one *Turmeric Forte* for prevention (What a concept!). If you have a family history of Alzheimer’s, dementia, memory loss, heart disease, cancer, chronic pain syndromes like fibromyalgia, or pre or type 2 diabetes, you should start taking 2 *Turmeric Forte* tablets daily for life. And if you already have any of the problems listed, you should take 2 *Turmeric Forte* morning and night for life. Always take *Turmeric Forte* with food that contains at least a little fat for best absorption. This is perhaps the biggest game changer ever for seniors and Medicare patients.

### ***Attitude***

Nothing works better to ease your problems than to help another human being. Be sure to help others and use these basics to enjoy a healthy senior life. If you want to avoid a nursing home, these are the keys. And they are actually fun, provide excellent social contact, and will make you healthier, younger, stronger, and more stable. That sounds like a recipe for avoiding a nursing home to me.

### HEALTHY BONES PROTOCOL

Biost: 1 taken 3x daily

Calcifood Wafers: 2-3 chewed up 3x daily with meals

### HEALTHY MIND PROTOCOL

Blue Ice Fermented Cod Liver Oil: 2-6 daily

Cardio-Plus: 3 daily (1 per meal)

Cataplex B: 3 daily (1 per meal)

For prevention... add...

Turmeric Forte: 1-2 daily

With memory problems... add...

Turmeric Forte: 2-4 daily

With digestion problems...

Perform the Zypan test (see the article "Stomach Acid: How You Can Cure 50 'Diseases' Caused by Low Stomach Acid" in Section 3, Digestion and Gut Health)

For people with prediabetes; family history of cancer, Alzheimer's, type 2 diabetes, heart disease; or if you have chronic pain...

Turmeric Forte: 2-3 daily

For people with cancer, memory loss, dementia, Alzheimer's, chronic pain, type 2 diabetes...

Turmeric Forte: 2 taken 2x daily

## PURIFICATION FOR WEIGHT LOSS AND LONGEVITY

About once a year, I purify and detoxify my body. Whereas people with serious diseases need *in-depth detoxification* (such as our liver/kidney detoxification program), I (and millions of others, just like you) need a simple, short, and easy-to-follow purification program. This type of program is simply an *internal cleansing and detoxification* that enhances and supports all the organ systems that play a role in the body's natural purification, including the stomach, small intestines, liver, kidneys, bowels, and more.

*Purification is also rewarding.* If toxins are not eliminated from the body daily, problems with headaches, chronic fatigue, poor digestion, food cravings, stuffy head, low sex drive, reduced mental clarity, and troubled sleep may occur. For these reasons most people purify their body every six to twelve months. But perhaps the main reason people use a purification program is to *lose weight* and gain control over their weight.

Although there are all kinds of fad diets, books, and supplements to help accomplish weight control, the truth is that most of these ignore the way the body actually works. In the end, the result is that all the weight lost is regained, plus a little extra. A

purification program is different. It is not a diet, but it does help you live a healthier life by purifying, nourishing, and maintaining a healthy body—and thus maintaining your weight. And after 40 years in this business, I am convinced, for many reasons, that our purification program is best.

Let's face it—body weight equals calories-in versus calories-out. This purification program allows you to make healthier choices for your body. You will replace toxic and sugar-laden "foods" with whole, unprocessed foods—all with this purification "jump start" that uses tasty shakes and whole-food supplements. This program will increase your body's natural detoxification processes, while it feeds your body what it needs to stay healthy. The end result is shedding extra weight and keeping it off.

### *How and Why to Purify*

Your body eliminates toxins from food and the environment on a daily basis. Chemicals in water, food, cosmetics, prescription drugs, cigarettes, heavy metals, cleaning products, pesticides, herbicides, preservatives, caffeine, solvents, and all other toxic chemicals (80,000 are registered with the Centers for Disease Control) that are part of daily life are eliminated by the liver, kidneys, stomach, bowels, and more—24 hours a day. When the organs of detoxification become sluggish, toxins circulate around in the blood stream, resulting in disease—be it just chronic fatigue, extra weight, or something as serious as cancer.

Fortunately, the detoxifying organs do a pretty good job using complicated chemical pathways that are enhanced by certain foods and pure water. Unfortunately, most of the foods that enhance detoxification *are not consumed* by most people. And the foods that contain the most toxins *are consumed* by most people. I think you get the picture.

By eating the foods that enhance purification, you get the benefits of their *phytochemicals*, which are needed for your body's detoxification and purification. And while you are going through a three-week purification program, you will also be *retraining yourself* to eat and live more healthfully. It is as simple as that. I like to call it a *jump start* to a better, healthier life, with more energy and weight control.

Today there are dozens of highly advertised ways to "detoxify" your body. There are sauna detoxification programs to sweat out toxins while

you consume lots of pure water and eat healthfully. This is effective, but it is too difficult for most people. There are all kinds of “detoxification” programs using herbs. Some are effective, but most contain lots of herbal laxatives. They make you think you are purifying your body because of increased bowel movements. But they can leave you depleted. And finally there are “detoxification” programs made up of high-dose synthetic antioxidant and vitamin supplements. These supplements are rushed through the body and excreted quickly via the kidneys and bowels—once again making you think you are purifying your body.

The truth is, the only things that will actually detoxify or purify the body are foods that provide the biochemicals needed to enhance the organs of detoxification. And that is where our **Purification Program** comes in. Over the years, my doctor colleagues have reported to me about the wonderful results they were getting for themselves and their patients on this purification program. Quite frankly, I have been too busy with serious patient problems like heart disease, diabetes, and cancer, to pay much attention. But sometimes you can't see the forest for the trees—and that was the case for me.

You see, a lack of purification is actually a leading cause of the problems I treat. And even though I include detoxification in most of my protocols, it has finally dawned on me ... everyone, including you, can benefit from purification. And by so doing, you will not only feel better, lose weight, and learn to live more healthfully, you may also prevent all of the diseases that I treat every single day.

If you are already sick, nothing could be better than purification. After completing a purification program, you will have a new mind-set about food, your body, and your health. And you will probably experience weight reduction, increased energy and vitality, better digestion, less bloating, clearer skin, shinier hair, clearer thinking, better sleep, and a disappearance or lessening of your conditions.

### **Real Purification**

Our purification program is simple and lasts three weeks. It is comprised of five supplements that can be taken with any other protocol you may be following. The supplements are either capsules or powders that you can make into purifying shakes. Because the products are by Standard Process, you can be assured

they contain whole food ingredients that provide intact, complete, phytochemical compounds. The crops are grown on organic soil under strict certified organic farming standards. Upon harvesting, the plants are washed and immediately processed using patented high-vacuum techniques, with no heat or chemicals. This ensures that the products are **live and in their whole, intact form**—rich with a tapestry of ancillary nutrients, enzymes, coenzymes, trace minerals, plant sterols, and nutritional activators—the very things your body needs for detoxification and purification.

At the end of the process, on-site professional microbiologists and chemists test all the products for quality and safety. The supplements are analyzed to ensure that what is on the label is in the product. This absolutely guarantees that high-quality, essential nutrients are delivered—something that is critically missing in the supplement industry. The products in our purification program are:

1) **SP Cleanse** for purification. This vegetarian supplement contains twenty different whole foods and botanicals that specifically aid the body's purifying organs, such as the liver, kidneys, and intestines. These foods aid the body's elimination of internal and external toxins, and support its ability to remove toxins over the long-term.

SP Cleanse maintains healthy liver function and encourages healthy kidney function. It also supports digestion and the entire gastrointestinal environment, promotes regular bowel elimination, and supports the lymphatic system, which is a major part of your immune system. The main raw materials in SP Cleanse are juniper berry, red clover flower, collinsonia root, apple pectin, burdock root, barley grass, dandelion leaf, Spanish black radish, grape powder, cayenne (capsicum) powder, fenugreek, artichoke leaf, fennel, oat flour, beet (betaine) juice powder, milk thistle, (silymarins), tillandsia, carrot, broccoli, kale, vitamin complexes A, C, and E.

2) **SP Complete** for nutritious supplement shakes. While on your purification program, this shake provides you with real, whole-food nutrition. A lack of these nutrients causes food cravings, which are major contributing factors to **overweight and obesity**. SP Complete also delivers **real antioxidant power** to support liver detoxification. It does this in the form of whole nutritional complexes, including **Masquelier's Original OPC** grape extracts. SP Complete provides

amino acids, essential fatty acids, and other vitamin complexes to support intestinal, muscular, and immune health. It provides a blend of whey protein, flax meal, rice protein, buckwheat, brussels sprouts, kale, barley grass, alfalfa, carrots, and more.

3) **Gastro-Fiber** for additional fiber. Regular elimination is critical during purification. Gastro-Fiber is a combination of five different whole foods and botanicals that encourage better elimination and a healthy gut. It also helps build an optimum digestive tract with “friendly intestinal bacteria.” Gastro-Fiber contains psyllium husk powder, collinsonia root powder, apple pectin, fennel seed, and fenugreek seed powder.

4) **SP Green Food** for a healthy liver. This supplement contains organic whole-food concentrates from brussels sprouts, kale, alfalfa, buckwheat, and barley grass. These are powerful phytochemical complexes to support liver detoxification. These foods also provide excellent sources of essential amino acids, vitamins, and minerals, including chlorophyll, beta carotene, vitamin complexes B and C, potassium, calcium, iron, phosphorus, magnesium, and more. All food complexes are specifically designed to reduce toxins and enhance detoxification in the liver and kidneys.

5) **Whey Pro Complete** for protein during purification. During the three weeks of purification, Whey Pro Complete is added to shakes to give you an additional 15 grams of high quality, essential amino acid protein. You will eat less meat and other proteins during these three weeks, so Whey Pro Complete helps increase energy and supports your muscles during this time.

### ***A Purification Program That Really Works***

I like to detox or go on a purification program right after summer. This seems like a great time to clean up and get started on a healthy program of purification, weight loss, better health, and increased strength and stamina. I am also aware that most people need a jump start to change habits and get healthier.

This is a great way to get started. During the three weeks of purification, your habits, tastes, and desires will change. You can build on your three-week program with information that comes with your purification packet. Aside from specific instructions for the three weeks, you also get information about the healthiest vegetables, oils, grains, fruits, and

protein. You will get delicious recipes for shakes, salads, and foods. All your questions will be answered and you will receive a daily log to keep track of your health and weight loss.

Better yet, you will get physically purified and begin a simple way to a healthier life. One of the greatest nutritional biochemists of all time said, “Food always has been, and I suspect always will be, the ideal source of your vitamins, for they are surrounded by untold numbers of nutritional factors.” That man was Dr. Royal Lee, the founder of Standard Process, and the inventor of most of the patented mechanical engineering processes that allow us to get the plants’ benefits without destroying their life force.

If you are like most people, after completing your purification program, your tastes and desires will change. It will be easier to eat healthier and get stronger. Any minor side effects during purification, such as headache, tiredness, gas, etc., will be well worth the effort. You will be cleaning and reinvigorating your body’s filters. This improves everything.

I won’t say that most purification programs do not work. But too many of them are just a load of laxatives and useless synthetic products. They are overpriced and simply do not get the job done (by liver, kidney, and other measurements). This is the simplest, safest, and by far the most effective purification program. And why not—it is a program of whole foods the way nature designed them.

You could do this on your own without the specially grown and processed supplements. All you would need to do is eat bucketfuls of broccoli, brussels sprouts, kale, dandelions, burdock root, barley grass, fenugreek, juniper, clover, collinsonia, and fennel. Then you would need to throw in a few wheelbarrows full of buckwheat, carrots, chlorophyll, flax powder, alfalfa, and more. And, of course, you would also need to consume proanthocyanidins and phenols from grape seed and wine extract. Neither you nor I would enjoy doing this. In fact, it would be impossible.

Instead, we have these marvelous products that contain all the needed phytochemicals and phytonutrient or phytoceuticals in a form that we can easily consume and benefit from. So get started today. You will find this purification program effective and inexpensive compared to other programs. And if you are really smart, you will implement an annual

purification program like me. If you take the time to clean your car's filters and remove the gunk, why not your own? Call our office for more information.

### **BAD DRUGS AND BIG LIES: BIG PHARMA'S SECRET ASSAULT ON YOUR HEALTH**

Below is a list of *adverse drug reactions*, followed by examples of the drugs documented to potentially cause the reactions. This list was originally published by the Public Citizen Health Research Group in their book, *Worst Pills Best Pills II*.<sup>1</sup>

**Depression:** Ser-Ap-Es, Valium, Dalmane, Xanax, Catapres, Moduretic, Inderal, Aldomet, Advil, Naprosyn, Tagamet, Talwin, Zantac, Pepcid, Axid, Norpace.

**Psychosis/Hallucinations:** Lanoxin, Procan, Aldomet, Catapres, Inderal, Elavil, Valium, Actifed, Halcion, Benadryl, Hismanal, Seldane, Tagamet.

**Confusion/Defirium:** Compazine, Mellaril, Elavil, Asendin, Luminal, Valium, Xanax, Benadryl, Sinemet, Catapres, Tagamet, Zantac, DiaBeta, Diabinese, Dymelor.

**Dementia:** Mellaril, Valium, Xanax, Restoril, Aldomet, Ser-Ap-Es, Regroton, Inderal, Tagamet, Zantac, Maxzide.

**Insomnia:** Sudafed, Inderal, Laxis, Mevacor, Habitrol, Theo-Dur, Nicotrol, Synthroid.

**Parkinsonism:** Haldol, Mellaril, Thorazine, Elavil, Asendin, Aldomet, Ser-Ap-Es, Regroton, Compazine.

**Tardive Dyskinesia:** Compazine, Haldol, Mellaril, Thorazine, Asendin, BuSpar, Wellbutrin.

**Dizziness on Standing:** Nitro-Bid, Isordil, Lasix, Aldomet, Ser-Ap-Es, Calan, Cardizem, Catapres, Minipress, Procardia, Inderal, Tenormin, Valium, Xanax, Asendin, Elavil, Compazine, Haldol.

**Falls/Hip Fracture:** Valium, Xanax, Restoril, Luminal, Nembutal, Elavil, Sinequan, Haldol, Compazine, Navane, Isordil, Dalmane.

**Injurious Auto Accidents:** Valium, Xanax, Ativan, Elavil, Tofranil, Asendin, Norpramin, Pamelor, Sinequan.

**Sexual Dysfunction:** TransdermScop, Axid, Pepcid, Tagamet, Zantac, Calan, Norpace, Tegretol, Lopid, Blocadron, Lopressor.

**Loss of Appetite, Nausea, Vomiting:** Kaochlor,

Lanoxin, Advil, Feldene, Demerol, E-Mycin, Sumycin, Feosol, Somophyllin, Bronkodyl.

**Abdominal Pain, Ulcers, GI Bleeding:** Advil, Motrin, Feldene, Indocin, Anaprox, Somophyllin, Bronkodyl, Cortone, Decadron.

**Constipation:** Dilaudid, Talwin, Tylenol 3, Tylox, Benadryl, Cogentin, Urised, Maalox, Inderal, Alagel, Turns.

**Diarrhea:** Aldomet, Ser-Ap-Es, Maalox, Milk of Magnesia, Dulcolax, Doxidan, Peri-Colace, Sumycin, Cleocin.

**Lung Toxicity:** Tegretol, Inderal, Visken, Prinivil, Vasotec, Feldene.

**Blocked Urination:** Sinequan, Asendin, Elavil, Compazine, Haldol, Antivert, Bently, Benadryl, Actifed, Tavist, Artane, Cogentin.

**Urine Leakage:** Lasix, Esidrix, Zaroxolyn, Inderal, Tenormin, Minipress, Valium, Restoril, Xanax, Eskalith.

In addition to the above drugs named by the Public Citizen Health Research Group, it is also advisable to exercise caution with the following cancer chemotherapy and non-steroidal, anti-inflammatory drugs.

**Cancer-Causing:** It is a known fact that many chemotherapy drugs used for cancer prevention or treatment can cause cancer. The breast cancer preventive drug Tamoxifen is among these.

**NSAIDs (Non-Steroidal, Anti-Inflammatory Drugs):** Diclofenac sodium, etodolac, fenoprofen calcium, fluribiprofen, ibuprofen, indomethacin, ketoprofen, ketorolac tromethamine, meclofenamate, mefenamic acid, nabumetone, naproxen, naproxin sodium, oxaprozin, oxyphenbutazone, piroxicam, sulindac, and tolmetin sodium. These drugs include: Ansaed, Advil, Genpril, Haltran, Ibuprin, Medipren, Motrin, Motrin 113, Nuprin, Pamprin IB, Pediaprofen, Indocin, Rheumacin, Orudis, Toradol, Naprosyn, Feldene, and Clinoril.

[Editor's Note: The information from *Worst Pills Best Pills II* was reprinted by permission of the Public Citizen Health Research Group. For information about *Worst Pills Best Pills II* and other publications of the Public Citizen Health Research Group, write to them at 1600 20th St., NW, Washington DC 20009, call them at 1-202-588-1000, or visit them at [www.worstpills.org](http://www.worstpills.org).

**NOTE**

<sup>1</sup> Sidney M. Wolte, MD, Rose-Ellen Hope, R.Ph, Public Citizen Health Research

## DEATH BY FREE HEALTH SCREENING

*“Cancers that will not kill you (that is, staying dormant for life or regressing) are very prevalent. If found in a medical screening, they will almost always be treated aggressively.... The sad, dangerous, and often maiming result? Lots of unnecessary aggressive treatment.”*

*Health Alert*, Vol. 23, No. 11

Health screenings can be a good tool when they catch something that can be treated early to avoid a catastrophe. Unfortunately, these are the rare instances. For the most part, screenings are moneymaking promotional efforts. They benefit doctors, nurses, medical equipment makers, hospitals, surgeons, and, most of all, the pharmaceutical companies.

Health screenings in and of themselves are not too hazardous to your health. But when the findings are false, or when a non-disease is diagnosed as a real disease, dangers abound. If this happens, you will be referred to your doctor or some other professional for more aggressive testing, followed too frequently by surgery, and/or a lifetime of toxic drugs. Therein lies the danger.

One of our patients wrote me a note saying, “Dear Dr. West, my 80-year-old mother wants to go to a free health screening sponsored by our church. Is there any danger to her?” My answer? There are no *free* health screenings. Rather these are promotional endeavors paid for by the drug companies, medical equipment makers, doctors’ unions, and others—who then pass on the cost to you based on the increase in business they garner through these screenings.

“As for your mom,” I answered, “it is probably safe as long as she isn’t shuffled into some unnecessary and dangerous follow-up testing and treatment.” I put his note and my answer out of my mind until a few months later when I heard once again from our patient. The following is what happened.

## *From Health Screening to Death in Two Weeks*

Mrs. Mom was an active, healthy, jovial, loving grandmother who had a close relationship with her family, church, and even the hospital where she eventually died. She was not taking any prescription drugs—a miracle for an 80-year-old. The health screening would end that miracle quickly.

During the screening she was told that she had high cholesterol at 265 (total), and high blood pressure at 140/90. She was referred to her family physician for further testing. Despite the fact that after age 80, the *higher* your cholesterol, the *longer* you live,<sup>1</sup> she was placed on the cholesterol-lowering drug Lipitor. And despite the fact that 140/90 is *normal* at her age, and that taking blood pressure drugs daily for 30 years will statistically *only increase your longevity by a couple weeks*,<sup>2</sup> she was put on the blood pressure drug Toprol.

Within days she became completely weak, somnolent (having trance-like sleepiness), depressed, and dizzy. She began to suffer from dyspnea (labored breathing) and lost all interest in life. Alarmed, our patient brought his mom to see another doctor. This doctor did not even ask what drugs she was taking. When our patient informed the doctor of her prescriptions, he made no change. Rather, he added a prescription for Zoloft to help with her “depression.”

### *A Downward Spiral*

The following day Mrs. Mom was so weak and dizzy that she fainted, fell, and broke her hip. Off to the hospital. She was admitted and x-rays revealed that she also had osteoporosis. She was further prescribed the osteoporosis drug Fosamax. This drug was prescribed despite the fact that these biophosphonate drugs do not help older women maintain and build strong bones—that they are, in fact, implicated in causing irreversible, horrifying cases of *necrosis of the mandible* (rotting of the jawbone).

Now Mrs. Mom was in a life-threatening situation. She struggled along in the hospital, made it through hip replacement surgery, and ended up in excruciating pain. Pain medications were started, and she was in the final stages of a downward medical spiral.

Barely able to breathe, she was put on oxygen, later ventilated (helped to breathe), and finally intubated (had a tube inserted for breathing). That

night, less than 14 days after this still spry, healthy grandma with a twinkle in her eye had the medical screening, she died. Her blood pressure just before death was 80/40.

### *So Many Lessons*

It almost seems like this is made up. Unfortunately, over 40 years, I have been witness to hundreds of such cases. Across the country the numbers are absolutely mind-numbing. And very, very few of these cases are ever statistically recorded as medical errors. After all, everyone did everything medically right—right out of the textbook. In the end, the doctors told the family that “they did everything they could, but she was just too weak.”

In truth, this represents the dangers of health screenings for people who are *uninformed*. How could our grandma have known that her cholesterol was really normal? That her blood pressure was really normal? That the prescription drugs that took her life were not even needed? The following facts are glaring and painful to examine in cases like this:

- 1) First and foremost, her screenings were normal, and she required no further testing or treatment of any kind.
- 2) Next, cholesterol has little to do with anything, including heart disease. And after ages 75 to 80, statistically speaking, the higher your cholesterol, the longer you will live.
- 3) Our grandma’s bones were normal for her age. Biophosphonate drugs like Fosamax do not build strong bone; they actually interfere with the normal removal of diseased, aging, and brittle bone. That is why when women on these drugs undergo dental procedures like extractions, dental implants, and even bridges, they can develop incurable jawbone rot.
- 4) Virtually all our grandma’s symptoms were a direct result of side effects from her prescription medicines. These prescriptions were given because the pharmaceutical industry has convinced physicians to believe their skewed and slanted “research,” which is too often headed up by researchers on the pharmaceutical companies’ payroll. The whole free health screening scam ties in with the new medical mantra that says cholesterol must be below 150, and blood pressure must be below 110/70! All, of course, can be accomplished with prescription drugs for life.
- 5) Not recognizing the side effects of drugs is one of the most glaring problems in medicine. In this case, it was inexcusable and deadly. Everything our grandma

was prescribed should have been flushed.

6) Prescribing drugs without examining the patient’s current prescriptions is all too common for busy physicians. Treating the side effects of exhaustion and depression from blood pressure drugs with Zoloft is simply malpractice.

7) It is likely that *none* of the culprits in this disaster will ever be charged with malpractice. None will face a medical board for culpability. Although I can’t be in their heads, it is my experience that none will be affected much by the entire affair. In fact, all these people, doling out “scientific” medicine, are continuing to do the exact same thing—even right now, today.

8) The more than \$100,000 in medical expenses will be paid in full—even to the doctor who was most responsible for our grandma’s death. And it will all be paid by *you and me* (Medicare).

The family is mourning. The grandkids are crying. And new free health screenings are being set up all across America as you read this.

### *Cancer Screenings—Also Dangerous*

Medical “science” tells us that *early diagnosis* is the key to beating cancer. This dictate is directly connected to the use of *medical imaging techniques*. You probably know about these. Your body is scanned. The results can show whether there are calcifications in your blood vessels (common after age 65). These techniques can also show if you have “suspicious spots” that could be cancer. Typically, medical imaging tests result in a finding of, for example, a “spot on the pancreas” or a “spot in the lungs.”

After receiving this medical information, your life is turned upside down—even though real cancer experts know that “spots” are statistically extremely prevalent. They are mostly benign and *inconsequential*. Of those that are cancer, most will lie dormant, regress, and/or never affect your life. A percentage of these “spots” may have significance, but there is *no test* to help determine which small fraction of these lesions actually merits aggressive treatment.

Even if the spot does merit aggressive treatment, the odds of real success with chemotherapy (the main medical weapon against cancer) are not great. After more than 30 years, the war on cancer has produced more and more toxic, dangerous, and obscenely expensive cancer drugs. All to little avail. And



thanks to screening and imaging techniques, tens of thousands of healthy people are transformed into patients partaking of these drugs, sometimes for life.

So where have three decades and billions of dollars gotten us? Not very far, according to cancer expert and medical professor Guy Faguet, MD. "Three decades later, the process of anticancer drug development remains mostly anchored on this century-old, conceptually antiquated, technically inefficient, labor intensive, costly, and low-yield 'hit and miss' (mostly miss) screening approach engineered and sponsored by the National Cancer Institute (NCI)."<sup>3</sup>

So tread very, very lightly with medical screening, and especially medical imaging. If something is found, you and your doctor can opt for a "watchful waiting" course of action. This will have no significant negative effect on your outcome, and it can save you from serious side effects and even death.

### *I Want to Protect You*

I don't want what happened to our grandma to happen to you. This is the very reason I write *Health Alert*. These painful truths are not being published anywhere else. And you need to know. You deserve to know. You must stay *informed* to avoid medical disasters like death from a free health screening.

#### NOTES

1 *The Lancet*, Oct. 18, 1997

2 The Medical Research Council (MRC) Study

3 *The War on Cancer: An Anatomy of Failure, a Blueprint for the Future*, Guy Faguet, MD, Springer Publishing, 2005

## **DRUGS LISTED BY THE CALIFORNIA ENVIRONMENTAL PROTECTION AGENCY (EPA) AS POTENTIAL CARCINOGENS (CANCER-CAUSING)**

- Actinomycin D,
- adriamycin (doxorubicin hydrochloride),
- analgesic mixtures containing phenacetin,
- auramine,
- azacitidine,
- azaserine,
- asathioprine,
- N,N-Bis(2-chloroethyl)-naphthylamine (chlornapazino),
- bischloroethyl nitrosourea (BCNU) (carmustine),
- 1,4 butanediol dimethanesulfonate (busulfan),
- certain combined chemotherapy for lymphomas,
- chlorambucil,
- chloramphenicol 1-2-chloroethyl)-3-cyclohexyl-

- 1-nitrosourea (CCNU) (lomustine),
- 1-(2-chloroethyl)3-(4-methylcyclohexyl)-1-nitrosourea (methyl-CCNU),
- chlorozotocin,
- ciclosporin (cyclosporin A, cyclosporine), cisplatin,
- conjugated estrogens,
- cyclophosphamide (anhydrous),
- cyclophosphamide (hydrated),
- dacarbazine,
- dantron chrysaxin;
- 1,8-dihydroxyanthraquinone,
- daunamycin,
- dienestrol,
- diethylstilbestrol,
- diphenylhydantoin (phenytoin),
- diphenylhydantoin (phenytoin) sodium salt,
- estradiol 17B,
- estrone,
- ethinylestrediol,
- furazolidone,
- griseofulvin,
- iron dextran complex,
- lasiocarpine,
- medroxyprogesterone acetate,
- melphalan,
- merphalan,
- mectranol,
- 8-methoxypsoralen with ultraviolet A therapy,
- 5-methoxypsoralen with ultraviolet A therapy,
- methylthiouracil,
- metronidazole,
- mitomycin C,
- 5-(morpholinomethyl)-3-[5-(notrop-furfurylidene)-amino] 2-oxazolidinone,
- nafepopin,
- niridazole,
- nitrofurazone,
- 1-[(3-nitrofururylidene)-amino]-2-imidazolidinone,
- N-[4(5-nitro-2-furyl)-2-thiazolyl] acetamide,
- nitrogen mustard (mechlorethamine),
- nitrogen mustard hydrochloride (mechlorethamine hydrochloride),
- nitrogen mustard N-oxide,
- nitrogen mustard N-oxide hydrochloride,
- norethisterone (norethindrone),
- oral contraceptives combined,
- oral contraceptives sequential,
- oxymetholone,
- oxazepam,

- phenacetin,
- phenesterine,
- phenoazopyridine,
- phenoazopyridine hydrochloride,
- phenobarbital,
- phenoxybenzamine,
- phenoxybenzamine hydrochloride,
- procarbazine,
- procarbazine hydrochloride,
- progesterone,
- propylthiouracil,
- radionuclides,
- reserpine,
- selenium sultide,
- streptozotocin,
- testosterone and its esters,
- thorium dioxide,
- treosulfan,
- trichlormethine (trimustine hydrochloride),
- uracil mustard.

### **DRUGS THAT SHOULD NEVER BE USED OR THAT CAN KILL YOU**

*Drugs that should never be used because they are too dangerous and there are safer alternatives:*

Actos, Adalat, Aldactazide, Arava, Aricept, Ativan, Avandia, Avelox, Aztelin, Benzotropine, Bextra, Blephamide, Bufferin, Catapres, Celebrex, Centrax, Choledyl SA, Clarinex, Crestor, Cylert, Dalmane, Darvon, Delsym, Desogen, Diabinese, Didrex, Donnatal, Doral, Dymelor, Dyrenium, Elavil, Equanil, Erythromycin, Estrogen, Feldene, Fioricet, Flexeril, Focalin, Forteo, Geodon, Halcion, Hydergine, Indocin, Ketek, Lamisil, Lexapro, Lexxel, Librax, Librium, Limbitrol, Lindane, Lomotil, Lopid, Lotrel, Lotrisone cream, Lotronex, Lozal, Macrochantin, Mellaril, Meridia, Miacalcin, Midrin, Moduretic, Mycolog II, Mylanta, Namenda, Neosporin ointment, Nexium, Norflex, Paxipam, Persantine, Phazyme, Pletal, Procardia, Prosom, Pyridium, Reminyl, Restoril, Robaxin, Robitussin, Serentil, Serzone, Soma, Sonata, Sporanox, Stadol, Starlix, Sudafed, Talwin, Tamiflu, Tarka, Tasmal, Teczem, Tequin, Ticlid, Tigan, Toradol, Tranxene, Trental, Triavil, Tricor, Trovan, Ultram, Valium, Vioxx, Xanax, Xenical, Yasmin, Zelnorm.

*Fourteen pairs of drugs that can cause life-*

*threatening reactions if used together:*

- Celecoxib (Celebrex)—Warfarin (Coumadin)
- Citalopram (Celexa)—Monoamine oxidase (MAO) inhibitor antidepressants
- Garlic—Warfarin (Coumadin)
- Fenofibrate (Tricor)—Atorvastatin (Lipitor)
- Gatifloxacin (Tequin)—Sotalol (Betapace)
- Moxifloxacin (Avelox)—Quinidine
- Sildenafil (Viagra)—Nitroglycerin
- Thioridazine (Mellaril)—Fluoxetine (Prozac)
- Lovastatin (Mevacor)—Gemfibrozil (Lopid)
- Tramadol with Acetaminophen (Ultracet)—Paroxetine (Paxil)
- Verapamil (Calan SR)—Quinidine
- Ziprasidone (Geodon)—Sparfloxacin (Zagam)
- Meperidine (Demerol)—Phenelzine (Nardil)
- St. John's Wort—Oral Contraceptives

*Drugs that should never be used by category:*

- **Widely used sleeping pills and tranquilizers** such as Valium, Restoril, Ativan, Tranxene.
- **Antidepressants** such as Serzone, Elavil.
- **Painkillers or arthritis drugs** such as Vioxx, Celebrex, Bextra, Carvocet-N and Darvon, Ultram and Feldene.
- **Heart drugs** such as Persantine, Lopid, Dyrenium, Catapres.
- **Gastrointestinal drugs** such as Bentyl, Donnatal, Librax, Lomotil, Tigan.
- **Widely used diabetes drugs** Diabinese, Actos, Anandia, Glucophage.
- **Birth control pills** such as Yasmin, Desogen, Ortho-cept.
- **The toenail-fungus drug** Lamisil.

For more information about drugs, always use a Drug Handbook to look up side-effects. The reference used for this article is *Worst Pills, Best Pills* by Citizens Health Research Group. Everyone, and especially seniors, should have a copy of this book on hand. Do not count on your doctor to warn you of the countless side effects that masquerade as "diseases" or "illnesses" that just come about as a result of aging. Most, if not all, of the common conditions that are treated with drugs today are induced by lifestyle choices and the unprecedented use of prescription drugs in this country.

### **KEGEL EXERCISES**

You can perform the Kegel exercises to

strengthen your pubococcygeus muscle (PC). This will help with leaky bladder, dribbling problems, prostate problems, prolapsed organs (including a prolapsed anus), and more. Locate the PC by contracting the muscles to stop the flow of urine. Once you have located the PC, perform exercises when not urinating by contracting this muscle for 5 seconds. Do this 10 times, making up one set of PC exercises. Perform 3 sets daily for 3–6 months.

For more information, please go to the following website: [www.kegel-exercise.com](http://www.kegel-exercise.com).

### PET CURES

*“Baron happily gobbled up these [supplements] in minutes. After all, they are made from the stuff dogs love—raw meaty bones. After 30 days we could already see a difference. After 2 months we heard fewer and fewer cries in pain. And after 3 months he was actually jumping and pain free.”*

*Health Alert, Vol. 29, No. 10*

That is the story of Baron’s **genetic slipped-patellar tendon** problem which is common to dogs of his breed. His pitiful cries in pain were heartbreaking. And since it is a “genetic” disease (which is considered incurable), the only answer was pain pills or surgery. Or was it?

We tried to put Baron on a diet of **raw meaty bones**, but it didn’t work. He would instinctively bury the bones in the yard where other wild animals would find them. Or he would dig them up after they had begun to rot. So we did the next best thing. We gave him supplements made from raw meaty bones and marrow. You see, Baron, like most pets, was not suffering from a genetic disease. He was suffering from an **epigenetic disease**—a disease caused by poor diet or poor habits that cause your genes and DNA to malfunction. And this cause of disease is epidemic among pets.

If this is your pet, whether it is joint problems, skin and coat problems, arthritis, dental problems, or any other health problem, **you too can cure your pet’s “incurable disease.”** Dogs and cats suffer needlessly in America, thanks primarily to an abysmal cooked-food diet of store-bought pet food. And it is so easy to help them. So I beg you not to forget your pets, especially dogs, and don’t let them suffer. Dogs on a cooked-food diet with nutritional

deficiencies are allergic, debilitated, and smelly, with skin and coat problems, mange, eye and ear problems, and chronic joint pain and arthritis. **This does not have to be.**

### **Supplements for Your Pet?**

These dogs and pets need nutrition—not drugs, salves, lotions, prescription shampoos, steroids, vaccines, or surgery. And just like Baron, if your dog has joint problems, be sure to feed him or her the **osteofactor nutrients** for dogs. We gave Baron **Calcifood Wafers** (3–4 daily), **Biost** (2–3 daily), **Ligaplex II** (3–4 daily) and **Blue Ice Fermented Cod Liver Oil** (1 daily). Baron was only 15 pounds. If your dog is bigger, increase the dose.

And make sure your dogs are on the **BARF diet** (bones and raw food diet). Get a copy of Ian Billinghurst’s book on the BARF diet. If your dog is not really sick, and you just want to keep him healthy, then simply provide the necessary nutrients. Use the BARF diet and give your dog **Catalyn**, Standard Process’ premiere multi-nutritional product with a 75-year track record of excellence.

Combine Catalyn (3–6 daily) with Calcifood Wafers (2–3 daily) and Blue Ice Fermented Cod Liver Oil (1–2 daily) to insure your dog gets the nutrition, bone nutrition, joint nutrition, and omega-3 nutrition he needs. We were amazed at Baron’s response to our treatment for an “incurable” condition. You will be too. And guess what—almost the same products and protocols work well for you too!

#### **BONE PROTOCOL FOR DOGS**

**Calcifood Wafers:** 3–4 daily  
**Biost:** 2–3 daily  
**Ligaplex II:** 3–4 daily  
**Blue Ice Fermented Cod Liver Oil:** 1 daily

#### **GENERAL PROTOCOL FOR DOGS**

**Catalyn:** 3–6 daily  
**Calcifood Waters:** 1–3 daily  
**Blue Ice Fermented Cod Liver Oil:** 1–3 daily

If your dog is bigger, use the larger dose

### **SLEEP APNEA AND SNORING: AN HERBAL TREATMENT**

*“Most physicians believe that there is no proven cause or cure for sleep apnea. Yet most of sleep apnea is caused by prescription drugs that cause **respiratory distress syndrome**. More*

*is caused by gluten, wheat, and pasteurized dairy. And some is simply caused by obesity and related poor breathing habits."*

*Health Alert, Vol. 26, No. 12*

Sleep apnea and severe snoring problems are becoming epidemic. Sleep apnea is an interruption of breathing during sleep. Many stop breathing while they are sleeping. More wake up with a jolt, out of breath from apnea. And still more sleep with an oxygen mask (as part of a CPAP machine) over their face (60% of people are incapable of tolerating this—the only FDA approved medical treatment). And then there are the millions that suffer through day and night snoring, chortling, coughing, and being chronically out of breath.

The main problem with sleep apnea is that it prohibits the necessary deep sleep the body needs. As this continues for months and years, the body simply breaks down. If you have sleep apnea, you are always tired and getting more and more sick, simply because your body requires a certain amount of deep sleep daily that it is not getting.

The second major problem with sleep apnea is that there is no simple, effective medical treatment.

### ***Basic Causes of Sleep Apnea***

If you or your children suffer with sleep apnea, remember the basics first. Eliminate all pasteurized dairy products and gluten (primarily processed-food grains like wheat, rye, oats, and barley) for at least 15 days. It is hard to believe but I have seen the elimination of these foods cure sleep apnea and snoring. One grandfather actually sent me a video of his 5-year-old granddaughter snoring like a truck driver. I recommended that he remove all dairy from her diet. He sent me another tape of her 10 days later sleeping peacefully without a sound.

A bad bite or jaw problem can also cause sleep apnea and snoring. If you have a severe bite problem, it may be almost anatomically impossible for you to breath properly as your breathing alters during entry into deep sleep. Be sure to have your dentist rule this out as a cause of your apnea and/or snoring. Today there are dental appliances for certain individuals that can actually correct the problem.

Some sleep apnea sufferers have a problem in their neck, in particular the mid-neck, where the nerve roots that innervate the diaphragm exit the spine. It is often a weakness in the diaphragm's

ability to produce strong breathing that is the root cause of sleep apnea. If you have chronic neck pain, tension, or stiffness with sleep apnea, this is a signal that your neck may be the cause of your problem. It is not unusual for chiropractors to cure sleep apnea with neck adjustments.

And remember that prescription drugs are a major cause of sleep apnea because they induce ***respiratory distress syndrome*** that will persist for as long as you take the drug or drugs. So look up all your drugs. Discuss them as a possible cause of your problem with your physician or a pharmacist. This often leads people to discover that they are taking drugs they do not need, the wrong drugs, the wrong combination of drugs, the wrong dosage of drugs, or that they are taking drugs at the wrong time of the day or night.

### ***Still Have the Problem?***

If you have eliminated the most basic causes of sleep apnea and still suffer, consider the explanation of sleep apnea and the treatment described by one of our advisors, Steven Frank. Steve Frank has 30 years of experience in sleep and related research. He is classically trained in control systems, instrumentation, and medical equipment design. So his engineering understanding is vast. He also has great knowledge in muscular and neural (nervous system) anatomy, and he has highly advanced skills in herbology, both growing and producing herbal products for decades. And perhaps most important—***he suffers from sleep apnea.***

Steve believes, and I concur, that as you enter deep sleep, your brain relaxes your muscles. With older folks the tissues in the throat (soft palate) are already weak, and they actually sag into the airway causing shallow breathing. This changes the levels of oxygen and carbon dioxide in the blood as breathing gets shallower and even stops. For sleep apnea sufferers, ***a weakened ability to produce sufficient breathing intensity from your diaphragm*** allows this to worsen to the point where the body's emergency system kicks in—forcing the body to make a large and powerful inhalation or ***snort***. This may or may not cause you to wake up, but it does indeed keep you from achieving deep sleep levels as the syndrome with snorting occurs regularly throughout the night.

Since this weakened breathing capacity in the diaphragm is the main cause, using heavy machinery like a CPAP machine to force oxygen into your lungs, or surgery to cut flesh from your pharynx is not an

appropriate treatment. Instead, when elimination of all other causes of sleep apnea fail to resolve the problem, the most dramatic impact can be made by *the administration of a few simple common herbs* to strengthen the diaphragm's breathing capacity.

### ***The Herbal Sleep Apnea and Snoring Remedy***

Steve has combined lobelia, thyme, meadowsweet, chamomile, and cramp bark in a remedy to treat this root cause of the problem. Lobelia in small doses stimulates respiration (breathing). When taken at bedtime it can help you avoid the stops in breathing and the dangerous drop in blood oxygen levels that signals the characteristic snort of sleep apnea, keeping you from ever getting the deep sleep your body craves.

Thyme is a traditional lung enhancer, helping you maintain strong breathing power for the more proper exchange of gases (oxygen and carbon dioxide). Together these make up a powerful herbal remedy for people who need their diaphragm/breathing/lungs systems strengthened. Since lobelia can be unsettling on the stomach of some people, Steve adds meadowsweet to the mix to eliminate the possibility of nausea. Chamomile adds a relaxing element to the mix, and cramp bark helps neck muscles relax, enhancing nerve flow to your diaphragm for better breathing.

This remarkable bouquet of herbs treats you for all aspects of sleep apnea. It relaxes muscles that restrict nervous flow to the diaphragm, increases drowsiness, and strengthens breathing and lung efficiency, all while protecting the stomach lining. It is 100% safe, natural, non habit-forming, and requires no training or preconditioning. Simply take one capsule 30 minutes before bedtime. For most people, sleep apnea will be mitigated within a week. And Steve would know. He himself is a sleep apnea sufferer, and he goes nowhere without his sleep apnea remedy: ***Sleep Apnea Relief***.

In addition, even though snoring is not the same as sleep apnea, most people who use this product enjoy fewer snoring problems. At the least, it seems to "soften" snoring, and at best it eliminates snoring. Finally, we have a safe treatment for people plagued with sleep apnea and snoring. And when a holistic approach is taken, your odds of eliminating this problem are high.

Sleep Apnea Relief is not a cure. It is an effective treatment that is required every night. Only a

powerful change in breathing capacity, which is beyond most folks, is a real cure. And Sleep Apnea Relief will not work for everyone. But we have already tested it and found that it is highly effective for most people. Given the seriousness of sleep apnea, and the lack of medical treatment except for the nightly oxygen mask, it is worth a try. To date, it has at best resolved the problem for most and at least helped improve the problem for others.

### ***Make Your Treatment 100% Holistic and Complete***

If you decide to end your sleep problems, be sure to make your treatment complete. Be sure to eliminate dairy and gluten to test if these are the causes of your problem. If your neck is involved, see your chiropractor to enhance nerve flow to your diaphragm. If your jaw is involved, see your dentist. If you are obese or grossly overweight, get on a Mediterranean diet, eliminate bread and gluten, and enjoy healthy weight loss. Eliminate alcohol at night. Get some regular exercise. Start on ***Sleep Apnea Relief*** capsules now. Take 1 capsule 30 minutes before bedtime. If you are over 225 pounds you may need 2 capsules.

So do not suffer any longer. Start on the complete protocol to end your sleep apnea. I have made special arrangements to get your ***Sleep Apnea Relief*** capsules at the very best price. Just go the *Health Alert* store, [www.healthalert.com](http://www.healthalert.com) or call 1-800-231-8063 (M-F, 7-5 PST) to order this product.

Sleep apnea? Chronic snoring? Weak breathing? Chronic exhaustion? Insomnia from apnea? Physical breakdown from lack of deep sleep? Treat the cause of the problem and start getting stronger immediately. What a concept!

### **THE 12 SURGERIES WHICH SHOULD MOST COMMONLY BE AVOIDED**

As with all surgeries, there are individual cases when these surgeries may be needed. Those listed should most commonly be avoided because they are often useless, serve little to no purpose, do not achieve a significant effect, or because there are safer alternative therapies which can be employed to preclude the procedure altogether.

- Coronary-artery bypass grafting (CABG)
- Percutaneous transluminal coronary angioplasty (PTCA)

- Extra cranial-intra cranial arterial bypass (EC-IC)
- Hemorrhoidectomy
- Prostatectomy
- Cesarean section
- Hysterectomy
- Cholecystectomy (gallbladder removal)
- Spinal disc surgery
- Tonsillectomy and adenoidectomy (T&A)
- Tubes in the ear
- Circumcision

### TREATING VERTIGO AT HOME

If you don't know what to do, vertigo will drive you crazy and can break the bank with standard medical diagnostics. Vertigo and dizziness, with or without nausea, and with or without sudden movements, is most often caused by **prescription drugs** (heart and blood pressure drugs are the most offensive). Today there are millions of cardiac invalids teetering around light-headed, nauseous, out of balance and falling, fainting, or suffering through endless vertigo and dizziness because of their doctors.

Other causes of chronic vertigo and dizziness are wheat, adrenal insufficiency, and hypothyroid. Another major cause is misaligned vertebrae (usually in the upper neck). This is often caused by a whiplash accident. And finally, **dislodged ear rocks** are also a major cause of vertigo and dizziness. Ear rocks are debris, or tiny calcium crystals that become dislodged from a normal position and deposited into a sensitive portion of the ear canal.

Treating ear rocks should be the first attempt to resolve this problem because it is easy and free. Basically you need to do a 10-minute exercise several times daily for a week to 10 days. Most people with vertigo usually know which side or which ear is most affected. If you do not, start with the right side (**right ear**) as shown on the photos. If no results are forthcoming after seven days, suspect the left ear and perform the exercises in reverse (see the last paragraph).

- 1) Start in a sitting position on your bed. This settles ear rocks in the **posterior canal** of your ear.
- 2) Lie down on your back with your head turned 45° to the right and hanging slightly over the edge of the bed (about 20°). The ear rocks will gravitate away from the **ampulla** area of the ear canal. Stay in this

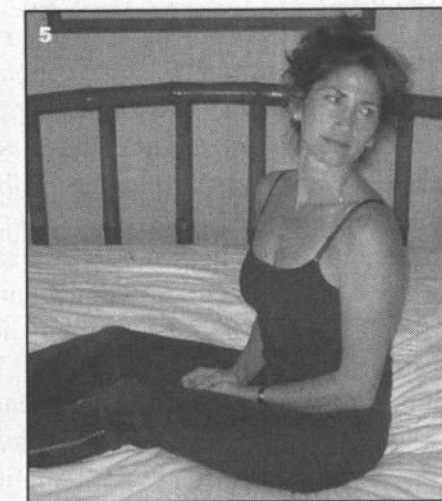
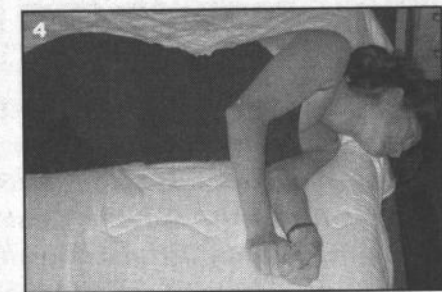
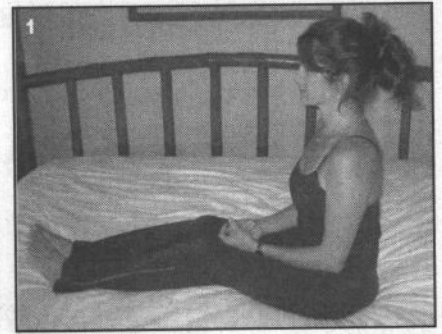
position until the dizziness clears, or for 30 seconds.

- 3) Now with your head still hanging slightly over the edge of the bed 20°, turn it to the opposite side 45° from center. The ear rocks move to the **apex** of the ear canal. Stay in this position until the dizziness clears, or for 30 seconds.

- 4) Without raising your head up, now roll onto your left side, facing down toward the floor. The ear rocks gravitate to the **common crus** of the ear canal. Stay in this position until the dizziness clears or for 30 seconds.

- 5) While keeping your head turned to the left, sit up straight. The ear rocks move through the **common crus** of your ear canal. Go directly to Position 6.

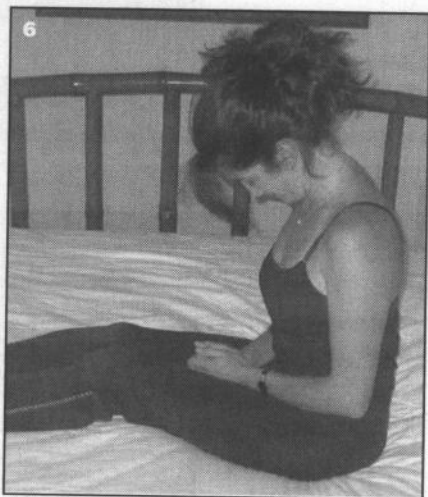
- 6) Straighten your head looking forward and tilt your head down. The ear rocks drop into the **utricle**



of the ear canal. You are now ready to start another sequence.

Perform five sequences, twice daily for seven to 10 days. In cases where ear rocks are the cause of the problem, the dizziness and vertigo will be resolved.

If you get no results in 7 days, suspect the left ear as the problem. Start the exercises again with the following changes: In #2 turn your head to the left. In #4 roll onto your right side. In #5, keep your head turned to the right. Everything else is done the same.



## **WHOLE FOOD AND PHYTONUTRIENT SUPPLEMENTS—THE CUTTING EDGE**

*“The search for the magic pill. Better than vitamins. Can phytonutrients or phytochemicals prevent cancer?! Phytonutrients in vegetables are probably the best hope for stopping some of the most deadly and stubborn diseases.”*

*Newsweek, April 25, 1994*

This *Newsweek* article begged the question of the worth of synthetic or fractionated antioxidants and other designer nutritional supplements. Today we know that **therapeutic foods are best**. Healing (therapeutic) foods are loaded with phytonutrients, phytochemicals, and phytochemicals as well as healing molecules found in organs and glands. Since some of the richest sources of complex nutrients are found in organs and glands, the combination of these with plants makes up the most powerful healing nutrition of our time—**whole food nutritional supplements**.

The best whole food supplements begin with plants that contain the highest quality of nutrients—that is, plants that are grown organically, harvested, and then combined with the rich nutrition found in special glands and organs. Because the nutritional material is processed into supplements without heat

or chemicals, the nutrition is **naturally concentrated, perfectly balanced, and full of life’s spark**. These supplements are naturally low-dose, and high-activity (high absorption), with nutrition that is in perfect harmony and that by far out-performs regular “vitamins” and all other synthetic and fractionated nutritional supplements.

I know this is true because over the past four decades I have been courted by all major supplement makers. And indeed, I could have become very rich selling the usual type of supplements because they are produced in chemical companies for pennies and sold for hundreds of dollars. The problem is that for the most part, they do not perform as advertised. I have tested hundreds over the years, and I always come back to the superior results I get from whole food supplements. The profit is not there, but the evidence-based findings (how much better you look and feel), and the scientific findings (lab tests, x-rays, heart graphs, bone scans, etc.) that I get with the whole food supplements certainly are. In fact, with a few exceptions, these kinds of results are **completely absent** with most conventional nutritional supplements—no matter how “potent,” “megadose,” or expensive they are.

### ***The Cardiac Invalid***

A perfect example is one of our end-stage heart patients who had taken vitamin E, tocotrienols, hawthorn, CoQ10, magnesium, calcium, and more, but was still a prescription drug invalid on a downward health spiral toward heart attack and death. Ideally, I would have this patient consume, on a daily basis, pounds of raw wheat germ, high-selenium yeast, pacific kelp, tillandsia, whole raw heart, liver, adrenal, and spleen, whole pea plants, beet roots and leaves, raw alfalfa, allantoin, mushrooms, raw bone including the marrow, buckwheat juice and seed, cod liver, crude chlorophyll, and more. Naturally this not possible. So instead we use therapeutic whole food supplements—which actually **are these raw ingredients concentrated into tablets and capsules**.

Our patient got started on **Cardio-Plus, Cataplex B, Cataplex F, Min-Tran, and Blue Ice Fermented Cod Liver Oil**. He soon found he could breathe better and he had less chest pain. His blood pressure normalized, and he needed less and less medicine. Soon he was drug-free and had regained his strength, energy, and endurance. In effect, the proper whole

food supplements helped him reverse his heart disease, stop his downward health spiral toward certain death, and gave him a new lease on a powerful, more energized life. Therapeutic whole food supplements succeeded when all the other supplements and prescription drugs failed.

This is so dramatically different from the hit-or-miss application of standard “vitamins and minerals” that the two approaches cannot even be compared. This is the kind of nutrition and medical practice that completely changes lives. *Newsweek* had it right all along. However, it remains a big secret in this country simply because there is no big money in it.

### ***How Do You Transform Organic Foods into Supplements?***

You cannot make therapeutic foods into supplements for pennies and then sell them for hundreds of dollars like the average “vitamins.” For starters you need rich, organic soil, and glacier-rich farmland away from other sources of contamination. You need to grow all the foods organically, with organic seeds, hand weeding, artesian well water irrigation, and organic mulch for fertilizing. And finally you need to process these foods, vegetables, organs, and glands into supplements properly in order to maintain their life energy.

To do this you cannot use heat or chemicals. Instead you use high-vacuum dryers that are time-consuming, bulky, and expensive. You extract the whole raw juices—not just the water—to produce a concentrated product that is laden with both the fat- and water-soluble nutrients. You then properly combine these nutrients with the nutrition from properly separated glands and organs using formulae that have been tested for 50 to over 80 years with millions of patients. You tablet or encapsulate the nutrition using only organic ingredients such as honey and gum Arabic. And to keep everything running smoothly, you use calcium stearate from vegetables to lubricate the machinery. Finally, the end product is packaged in sealed amber or green bottles with induction lids and bottleneck seals.

Product testing actually begins on the farm by evaluating the nutrient, mineral, and humus content of the soil. Analyzing the components of the plants, and determining which stage in a plant’s life cycle produces the highest nutrient yield is next. This is followed by microbiological testing to ensure that the products are free from contamination. Next comes

testing to determine that the actual nutrition is in the product per the label claims. And after bottling, there is a final testing to ensure proper hardness and moisture.

All these steps are only the *basics* when it comes to the most superior whole food supplements. With these products you get measurable responses in your health. You don’t bury your head in the sand, keep your fingers crossed, and hope your “vitamins” will work. In the end, you are consuming concentrated food, not chemicals that stress the body, rarely perform as advertised, are grossly overpriced, and serve primarily to make millions of dollars for the manufacturers.

### ***Your Health***

Today it would be almost impossible for a company to start making whole food supplements from therapeutic foods. But thanks to the brilliance, genius, and futuristic thinking of early scientists and engineers like Dr. Royal Lee, this kind of healing and these kinds of supplements are available to you today. They are produced by a tiny number of companies, and the *benchmark for excellence* in the whole nutrition field is the company that Dr. Lee founded back in 1929, Standard Process.

The protocols and strategies in *Health Alert*, this *New Encyclopedia of Pragmatic Medicine*, and others of my special reports are based primarily around whole food supplements, therapeutic foods, and phytonutrient or phytochemical complexes. All the products I recommend are produced in the manner discussed in this article. These are the same products I give my family, loved ones, and patients. They are the same products I take myself—the ones that produce profound health changes proven by scientific evaluations and evidence-based medicine. These are the products that I have tested for more than 40 years and that produce health results that speak for themselves.

This type of nutritional therapy is so radically different from standard “vitamins and minerals,” that questions often arise. The most common questions and their answers are listed here:

1) *What nutrients aside from vitamins and minerals end up in whole food supplements that are absent in standard “vitamins and minerals”?* Aside from the vitamins and minerals, these supplements contain nutrition that provides perfect balance and synergistic activity, allowing for proper digestion, absorption,



assimilation, and activity in your body. Just some of this nutrition includes enzymes, coenzymes, trace minerals, mineral activators, sterols, phytols, sterolins, and phytochemicals (both known and unknown), all in their proper balance as only nature can provide.

2) *Are the products safe?* To insure purity and safety, **expert microbiologists and chemists** continually conduct on-site bacteriological and toxicity tests of raw materials, spot checks, and finished product checks. To ensure the highest quality, **vitamin and mineral analyses** are constantly conducted *after* the product is produced to guarantee each product's nutritional content.

3) *Why are so few nutrients listed on the label?* The reason other supplements can maintain supposed high-potency is because the "vitamins" are synthetically produced in exact amounts. While this may seem to be a more powerful product, all synthetic and fractionated products are incomplete and not compatible with the human body. The reason is obvious—these chemicals lack their natural nutritional counterparts (like those listed in question #1) that allow for proper digestion, assimilation, and utilization by the body. Aside from the nutritional counterparts listed in question #1, synthetic nutrients would also lack vitamin B4 (essential to heart health), CoQ10, nutritional activators (such as **tyrosinase**, the precursor to organic copper), all the plant flavonoids and carotenoids (such as vitamin P and beta carotene), amino acids, unsaturated fatty acids (such as vitamin F), and a myriad of others.

With **whole food supplements** only the major nutrients are listed on the label of each product. Since nutrient content can vary slightly from batch to batch (all plants are slightly different), listing the exact amounts of all the hundreds (or thousands) of nutrients in each product would require a new label for each bottle.

4) *What about potency?* Synthetic or fractionated supplements (which are almost all the supplements for sale in stores and online) are so totally lacking in nutritional synergists that the body can barely use them. That is the reason such high doses are needed for any of the vitamins to be usable. In many instances, 95% to 98% of the product is wasted. And high-dose synthetic or fractions can induce powerful nutritional deficiencies and imbalances as they scour the body for the synergistic nutrients they need to be assimilated.

While milligrams (mg) and international units (IU) are listed on whole food supplement labels, their comparison to milligrams and international units of synthetics is not useful. If a comparison would have to be made, most nutritional scientists feel that whole food supplement potency is between 100 to 1000 times greater than synthetics or fractionated products. So 4 IU of whole food vitamin E would equal somewhere between 400 IU and 4000 IU of store-bought vitamin E.

With live, vital, whole food supplements made from therapeutic foods, the uptake and usefulness in your body is ensured. That is the real reason why a totally complete, totally safe, and extremely low-dose (as occurs in nature) supplement is really the **super, high-potency product**. In the end, it is not what and how much is on the label. Rather, it is what and how much gets into your bloodstream and tissues to heal your body.

### ***The Proof in the Pudding***

Evidence-based and pragmatic medicine is the study of what really gets the job done in the body without causing harm. Having access to any and all nutritional supplements for more than 40 years, I have discovered that synthetic and fractionated products for the most part do not work.

The real proof in the pudding is when a product works and is safe for millions of people over decades of time. The products I recommend fulfill this requirement. They have been used so successfully that their recipes or protocols have actually been handed down from father to son, mother to daughter, over several generations. Whole food nutritional supplements are the ones that get the job done.

## ALZHEIMER'S AND COCONUT OIL

Can two tablespoons of coconut oil daily improve patients with Alzheimer's? Neonatologist Dr. Mary Newport, MD, believes so. She dramatically improved her husband's Alzheimer's condition with this very treatment. You may remember the movie *Lorenzo's Oil*, which is based on a true story about oil therapy that dramatically helped a mentally incapacitated boy. This finding with coconut oil may be similar.

It has long been a theory that certain types of oils that contain medium-chain triglycerides (the kind of fat in coconut oil) can provide substantial help for dementia and Alzheimer's patients. Dr. Newport took it upon herself to test this theory—with excellent results, starting in just days. And we are beginning to test this treatment also.

If you don't want to wait and wish to try the treatment yourself, there are no side effects. Just order some coconut oil and start taking two tablespoons daily. Coconut oil is solid in the refrigerator, and semisolid at room temperature. Spoon out two tablespoons of oil in solid or semisolid form and consume daily.

Make sure to get quality oil. You can count on quality if you get your oil from Omega Nutrition. We have it at the *Health Alert* store at the best price ([www.healthalert.com](http://www.healthalert.com)) or 1-800-231-8063 (M-F, 7-5 PST).

I'll report my findings to you. And if you make some discoveries on your own, please let me know.

## ALZHEIMER'S AND EXERCISE

Alzheimer's and all kinds of mental problems and dementias remain a huge problem in the U.S., swallowing up a large portion of the health budget. For a while, medicine felt that Alzheimer's was genetic, but various newer studies indicate that this condition extends far beyond genetics. Some of the latest, most intriguing data shows that Alzheimer's is related to lack of exercise and lack of stimulating brain work.

The data shows that people who were less physically active between age 20 and 60 had a dramatically increased risk of developing Alzheimer's. When evaluating similar older patients of about the same age, those with Alzheimer's were found to be **four times as likely** to have been couch

potatoes between the ages of 20 and 60.<sup>1</sup> The one activity in which Alzheimer's patients outperformed their counterparts was watching television.

As far as studies go, this one used rigorous data collection and tabulation. The results are intriguing indeed. Based on this and all the other benefits to exercise, I always recommend exercise to all my patients, with or without a predisposition to Alzheimer's or dementias. In fact, alongside nutrition, exercise (especially weight training) is probably the most profound way to bring the fastest health-beneficial results to older people.

### NOTES

<sup>1</sup> Proceedings of the Natl Acad of Sciences May 13, 2001.

## ALZHEIMER'S, MEMORY LOSS, DEMENTIA, DIABETES, CHRONIC PAIN, HEART/BLOOD VESSEL DISEASE AND THE AMAZING CURCUMIN BREAKTHROUGH

**FINALLY**—in what can only be heralded as a **major breakthrough—we now have an effective treatment for people trying to prevent or treat Alzheimer's, dementia, and memory loss!**

If these memory problems have hit you, your family, or your loved ones, you know how devastating it can be. And perhaps the worst part of it all is that there is little to nothing you can do about it. It is progressive, and no matter what you do, your memory just disappears. **Until now!**

Richard S. Isaacson, MD—director of the Alzheimer's Prevention Clinic at Weill Cornell Medicine and New York Presbyterian in New York—reported a major breakthrough to *Medscape*. A study published in the *American Journal of Geriatric Psychiatry* tested a group of patients aged 50-90 with memory complaints and early stage Alzheimer's. They used a randomized study which gave these patients either a placebo **or a special supplement of curcumin!** The study was double-blind (no one knew who was getting the curcumin or the placebo).

This study by itself is amazing, since it is a study with **no prescription drugs involved**. It studied the herb curcumin, which has **failed in all other studies** to have any impact on memory loss. It turns out that curcumin failed in these earlier studies because **it was not being absorbed**—none could be found in the patients' blood or brain. The truth all along has been that the active form of curcumin needed by your body

to control inflammation and needed by your brain for memory is *very poorly absorbed* by the body, and *never* enters the brain. All curcumin supplements, sold for years, have never been substantially absorbed and utilized by your body and brain.

### **Game Changer**

The researchers in the latest study produced a curcumin supplement in a *nanoparticle form* (the curcumin is ground extremely fine into minute particles). It turns out that the new form of curcumin was absorbed and... (are you ready for this?)... ***ALL the patients getting the nanoparticle curcumin had improved memory at 18 months!*** And that's not all. Patients with Alzheimer's have a particular type of *amyloid (protein) plaque* in their brains. The patients getting the activated curcumin *actually had less amyloid plaque in specific parts of their brain that correlated with Alzheimer's disease!*

This is a *game changer*. If curcumin did nothing more than keep patients from getting worse, the study would have been a smashing success. The fact that it actually *improved the memory in Alzheimer's patients* makes it remarkable. And that it actually *reduced the plaque in the Alzheimer's area of the brain* of these patients makes it *astounding*.

Experts called this an *exciting study* and summed it up by saying that curcumin's benefits with Alzheimer's and memory loss look exciting. I would also add that this is a study that *was not tainted by pharmaceutical industry influence*—because no drugs were being tested. It was straight forward, and for the first time took into account how supplements are not well absorbed. It showed that activating the raw ingredient, in this case curcumin, made all the difference. And now we know that curcumin is a *safe and effective treatment for people with memory loss, Alzheimer's (prevention and treatment), and dementia!*

### **Curcumin**

Curcumin has been heralded as the queen of all herbs. It is actually a yellow substance from which curry is made. It comes from the turmeric plant root. Curcumin has been proven effective for people with pain and inflammation, prediabetes and type 2 diabetes, digestive problems, heart problems, exposure to toxins, stress, fatigue, anxiety, and more. And in the past there have been claims that it even helps the brain.

The problem has always been that curcumin is difficult to absorb, and none of it enters the brain past the blood-brain barrier. Most curcumin products contain high levels of the *conjugated* form of curcumin, which is much less active in your body than the *“free” or unchanged curcumin*. Most curcumin products also have a very short half-life (the amount of time they stay in your body to impart any of the benefits).

Some products use “enhancing” technology to “activate” curcumin. At best these showed a *6 to 7 times increased absorption and bioavailability* over unenhanced curcumin. So again, we have been stuck with an amazing herbal substance that we just couldn't get into our system to do much good.

### **How to Supercharge Curcumin**

Standard Process is a company considered to be the expert in raw, active phytonutrients and phytochemicals for over 80 years. After much work with their Australian counterparts, they were able to create *Curcuminoid Galactomannosides (CGM)*. They basically took the fiber from the seeds of the Fenugreek plant and impregnated this plant material with curcumin from turmeric. The result was that the bioavailability of this CGM form of curcumin was dramatically increased. Much more *free* curcumin (the most active form) was found in the blood. And this type of curcumin, easily absorbed and in the blood in much higher quantities, has a longer half-life (time for healing) and more easily crosses membranes and infiltrates the tissues in your body.

The new activated CGM curcumin product, *Turmeric Forte*, was rigidly tested using double-blind studies. The results were as follows, depending on the dose:

- Turmeric Forte increased bioavailability (use by the body) of *free curcuminoids* (the active form) from *24.6 times at a lower dose to 45.6 times at a higher dose*.
- Turmeric Forte had a more than *3 times longer half-life (time of activity) in the body*.
- The concentration of free curcuminoids in the body were *well above the threshold for key pharmaceutical activities*. These levels were *never reached* by other unenhanced curcumin products.
- Turmeric Forte was the *only product* that showed a strong bioavailability or “uplift” combined with the preservation of the *free curcumin* (the most active form of curcumin) levels in the body.

- **Turmeric Forte passes through the blood-brain barrier!** The studies proved that there was increased distribution of free curcumin to the heart, liver, kidney, spleen, **and in particular to the brain!** Levels of free curcumin in the brain were **245 times more than unenhanced curcumin!** This explains the remarkable curcumin study results of improved memory, improved Alzheimer's, and decreased Alzheimer's amyloid plaque in the brain.

### **What Does Curcumin Do?**

As mentioned, curcumin is considered the queen of herbs. And the activated form, Turmeric Forte, makes it the **King of Herbs!** Even though hardly any curcumin is absorbed from standard herbal products, the unscrupulous manufacturers still have no problem listing curcumin's benefits as they relate to their product—even though almost none it is ever absorbed, and almost zero passes the blood-brain barrier. Thankfully, that is now a thing of the past. Turmeric Forte contains free curcumin infused into the plant fiber of fenugreek seeds. This provides increased bioavailability and increased rates of absorption by 25 to 245 times.

And this form of curcumin passes the blood-brain barrier for distribution to the brain! So finally, ALL of curcumin's benefits can be yours. Curcumin research shows what you can now accomplish with Turmeric Forte. You can...

- Relieve occupational stress, fatigue and anxiety.
- Make your arteries more pliable with improved circulation.
- Relieve osteoarthritis. Experience dramatic reductions in pain scores in just 2–3 months. Curcumin is the premiere anti-inflammatory herb.
- Reduce and end chronic pain. Enhanced curcumin reacts with pain receptors to bring an end to never-ending chronic pain by helping **complete** the inflammatory process, which is normal and needed by everyone. You run into trouble when your body cannot complete the inflammatory cycle. In these cases, the inflammation just becomes chronic or even permanent. But curcumin helps end chronic pain by helping your body complete the inflammatory process each time any injury occurs.
- Improve vision.
- Reduce uric acid levels in the blood (gout) and improve liver function.
- Improve bone strength.
- See improvement in enlarged prostate (benign

prostatic hyperplasia).

- Relieve depression.
- Prevent the development of type 2 diabetes. **In the study 100% of patients with prediabetes never went on to develop type 2 diabetes.**
- Improve your heart and lower your triglycerides if you are obese. In higher doses enhanced curcumin decreased the incidence of heart attack by more than 50% in patients undergoing coronary bypass surgery.
- Improve your blood sugar status if you have type 2 diabetes. And if you are diabetic (type 2), you can also increase your HDLC (good cholesterol) levels.
- Reduce inflammatory bowel disease.
- AND...improve your memory and **finally prevent and even treat Alzheimer's with a phytoceutical (Turmeric Forte) that is safe, proven effective, inexpensive, drug free, and simple.** Imagine, in just 18 months or less, you can experience **better** memory instead of worse. **There is nothing on the market today that can do this for you now—especially not toxic Alzheimer's drugs.**

### **Memory and Pain**

This is truly a eureka moment, a game changer, a quantum leap in the advancement of Alzheimer's! **You can finally do something, take action, and begin to take charge again—rather than slowly sink into the dark world of memory loss, Alzheimer's, and a nursing home.**

Let's say that you think your memory is beginning to disappear. Or, Alzheimer's runs in your family. Or, you just want to prevent Alzheimer's and memory loss even though you don't have it now. You can simply start taking Turmeric Forte (1 daily if you have no memory loss and 2–4 daily if your memory is deteriorating or you have been diagnosed with Alzheimer's.)

Thanks to the phytoceutical magic of infusing curcumin into fenugreek fiber, curcumin goes right past the blood-brain barrier to get into your brain in quantities that match pharmaceutical drugs. And this is **the game changer** when it comes to brain, memory, dementia, and Alzheimer's. Virtually **all** the study subjects had improved memory in 18 months or less! Compare that to **worsening memory loss** in virtually 100% of Alzheimer's patients in 18 months or less. Let's face it, 18 months is going to come and go anyway. Do you want improved memory or a fast track to a nursing home? The choice is easy. Simply take 1 to 4 tablets daily for life. What could be easier.

And the same goes for chronic pain. Rather than just enduring never-ending pain or resorting to dangerous pain killers or opioids, you can become proactive and take the anti-inflammatory Turmeric Forte to help your body complete its natural inflammatory processes just like normal people. The curcumin herb in Turmeric Forte is a well-tolerated herb. There are no real side effects. A little goes a long way, which makes it inexpensive. And once it gets into your blood, joint fluids, and brain, your body will begin to react normally to inflammation.

And even if you have severely degenerated joints, you can combine Turmeric Forte with the *osteofactor nutrients* to help rebuild your joints as your inflammatory processes are being normalized. What a concept! You can find the osteofactor nutrients, which are based around *raw bone powder (Calcifood Powder and Wafers)*, in my article, "Pain and Inflammation: End It Now."

### *Turmeric Forte—A Real Game Changer*

It's been a long time since I've had a game changer of this magnitude to reveal to you. The fact that it can help you with an incurable condition for which medicine has *zero effective treatments* is even more amazing. It is not called the "Heartbreak of Alzheimer's" for nothing. When the one you love one day does not know who you are, it is worse than heartbreaking. Now you can do something, even for those who already have Alzheimer's. And you can definitely do something for those who may get it or who are beginning to get it.

This is truly amazing. It is enhanced *free curcumin* (the most effective form of curcumin). It is infused into plant seed fiber so it is absorbed 25 to 245 times better. The amount of free curcumin that ends up in your blood reaches pharmaceutical levels. It has triple the half-life in your blood (for effectiveness) compared to all other products. And perhaps best of all, it passes through the blood-brain barrier in measurable quantities to help reduce brain inflammation, put the brakes on amyloid plaque formation, which helps with memory loss, dementia, and Alzheimer's. It truly is a real breakthrough which is why I am taking Turmeric Forte (2 tablets daily) for life.

### TURMERIC FORTE (CURCUMIN)

Every adult should be taking Turmeric Forte...

For prevention (over age 25): 1 daily

For prevention (over age 50): 2 daily

For prevention (over age 60): 2-4 daily

For people with early memory loss, dementia, Alzheimer's, prediabetes, type 2 diabetes, chronic pain, heart/blood vessel disease: 2-4 daily

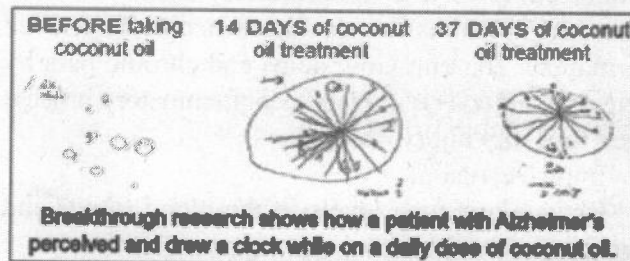
For people who already have any of these problems: 4 daily

## MEMORY LOSS—SUPERCHARGE YOUR TURMERIC PROTOCOL WITH COCONUT AND MCT OILS

Almost 10 years ago I told you that *coconut oil* could help you with your memory and with Alzheimer's.<sup>1</sup> I told you about Mary Newport, MD, a pediatrician and neonatologist. Dr. Newport discovered the coconut oil-brain connection thanks to her husband who came down with Alzheimer's at the early age of 51. He became so bad so quickly that he could no longer function on his own.

Dr. Newport got to researching and learned that *medium chain triglycerides*, or saturated fat from coconut oil, could fuel a brain damaged with Alzheimer's. She started giving her husband two tablespoons of organic, virgin coconut oil daily, always trying to up the dose to 3-5 tablespoons daily. Amazingly, her husband responded, almost overnight! As we hear so many times, he actually "*woke up*," and began to get better.

Always being a researcher, Dr. Newport had her husband attempt to draw a clock before she started coconut oil treatment. She had him do the same after 14 days of coconut oil therapy, and again after 37 days of therapy. The results are clearly shown in her now-famous clock drawings by her husband. See for yourself the *massive improvement* that is absolutely impossible medically.



This initial research changed her life and career

work. She fully launched into medium chain triglyceride research related not only to Alzheimer's, but to multiple sclerosis, Parkinson's, even the always fatal ALS (Lou Gehrig's Disease). She found the oil therapy potentially helpful to people with all these different brain problems. She then published her first book, *Alzheimer's Disease: What If There Was a Cure*.

From here, research led to **MCT oil**. This is a saturated medium and shorter chain triglyceride oil. It has become popularized by the ketogenic diet. The objective of both coconut and MCT oils is to raise the level of **ketones** in your blood. Ketones are a type of fat/acid produced in your liver that can be burned as fuel. Your liver will make more ketones if you have lost your sensitivity to insulin, retarding your ability to burn glucose as fuel. And ketones are always burned and never stored as fat.

### ***Ketones and Your Brain***

With memory loss and Alzheimer's, higher ketone levels in your blood can be highly beneficial because ketones can be burned as fuel by your brain cells, even when they can no longer burn glucose properly. Dr. Newport has learned that brain cells called **neurons** previously thought dead or completely inactive in Alzheimer's patients are really not dead. Instead they are just "sleeping," like parked cars with no fuel. But when the blood flow to your brain is rich with ketones, these neurons—formerly thought dead—take up the ketones as fuel and **come back to life**.

This is very exciting indeed. And it is especially exciting for seniors who have trouble with glucose metabolism, prediabetes, and type 2 diabetes. **Fully 75% of all people in America over age 75 have pre- or type 2 diabetes!** That is a gigantic number of people who are beginning to, or have already, lost their memory. The notion that "switching fuels" from carbohydrates and sugar (glucose) to fat (ketones) might help us recover lost memory and brain function is so encouraging.

Dr. Newport was the pioneer with this idea. Based on her early and newer work with ketones, she recently published a second book that I highly recommend—*The Coconut Oil and Low Cost Solution to Alzheimer's, Parkinson's and Other Diseases*. This is a highly practical book on the use of coconut and MCT oils in boosting ketone levels to improve memory, double your endurance, lower your

inflammatory levels, help you maintain better glucose levels, sleep better, and much more.

### ***How Did We Get into This Mess in the First Place?***

Much of the problem with glucose metabolism, increased Alzheimer's, diabetes, chronic pain, and universal high inflammatory levels began with the medical **low fat diet**. This ridiculous notion that fat causes heart disease was totally debunked years ago. Yet the low fat diet has lived a life of its own for more than three decades. It is still recommended routinely, especially by cardiologists.

But when it comes to your brain, your inflammation level, your insulin sensitivity, your energy, and your memory, **healthy fats are critical**. In fact, a high fat diet is far more healthy than a high carbohydrate diet. Millions of Americans, struggling with their low fat diet prescription, started substituting carbohydrates (some good and lots bad) for fat.

The glut of bad carbohydrates got worse as more and more processed and industrialized carbohydrates and fast foods began to flood the market. Within a few decades, the result of the recommendations from our medical "experts?" An epidemic of diabetes, insulin resistance, chronic inflammation, Alzheimer's, and more.

Did the low fat recommendations improve America's heart disease problems, as promised? It accomplished **nothing beneficial**. Heart disease is rampant, with a death from a heart attack occurring every single minute. But something did get accomplished with this diet—a financial windfall for the drug companies who produce and sell hundreds of billions of dollars of statin (cholesterol-lowering) and other heart drugs which, even when combined, have done nothing to slow the heart disease epidemic in this country.

### ***Turmeric Forte and Coconut Oil***

To date nothing outperforms curcumin as found in **Turmeric Forte** when it comes to memory loss, Alzheimer's, chronic inflammation, and glucose metabolism. If you haven't already, be sure to see my article on this medical miracle, "*Alzheimer's, Memory Loss, Dementia, Diabetes, Chronic Pain, Heart/Blood Vessel Disease, and the Amazing Curcumin Breakthrough*." earlier in this Section.

Even though nothing outperforms the results

of Turmeric Forte, you can probably make these results even better if you combine Turmeric Forte with coconut and/or MCT oil. I suggest you get a copy of Mary Newport's second book. It is practical and will take you step-by-step through the process—from someone who really cares, who has done the research, and who has personal first-hand experience.

If you start oil therapy, remember to start with 1 teaspoon daily. Slowly work your way up to 2–4 tablespoons daily. If you rush it, you may suffer from nausea and diarrhea. Mary's book will help.

Dr. Newport discovered that after a very short time on coconut oil, her husband with Alzheimer's began to *remember his dreams again*—something he had not done in years. Indeed some people take a teaspoon or tablespoon of oil at bedtime to enhance deeper sleep with better dreams.

Getting back to healthy fats is definitely the way to go. It can do so much to help with your brain, your sugar handling, your chronic inflammation, your strength and endurance, and more. Actually, it does the same things that the curcumin found in Turmeric Forte does. But combined you truly have a *superfood* to use in your battle to retain and regain your memory and more.

Right now nothing outperforms the activated curcumin in Turmeric Forte. But imagine if you can take these results with problems that have become epidemic in America and make the results even better!

#### NOTES

<sup>1</sup> "Alzheimer's and Coconut Oil," Health Alert, Vol. 26, No. 4.

## MEMORY AND FISH

In May 2002, I wrote "Mental Problems, Omega-3s and Vitamin B" (*Health Alert*, Vol. 19, No. 5). In this article, which extols the virtues of fish, fish oil, flax oil, and omega-3 fatty acids for good health, I put together a small chart showing exactly how omega-3s benefit you. Part of the chart showed less depression, more good moods, and more stable mental health. What was not mentioned was *memory*.

My grandmother used to feed me flounder filets on the New Jersey shore in summers. She never failed to tell me I should always eat my fish because it was *brain food*. And how right she was. A study of more than 1,400 adults over age 68 showed that eating fish once a week reduced the incidence of dementia over a seven-year period *by a whopping*

34%.<sup>1</sup>

Omega-3s from fish, fish oil, cod liver oil, or flax oil are not only good for older folks. If you want to give your kids and grandkids a fighting chance against ADD, ADHD, autism, developmental problems, and other brain injuries, make sure they get plenty of omega-3 fats in their diet. Infants also do wonderfully well right from birth on a combination of breast milk and a homemade formula of raw milk with cod liver oil.

We've stated that almost all colic is really a non-condition. Rather it is simply an infant crying from starvation—mostly for fats, including omega-3s from cod liver oil. You will never forget the implications for omega-3 fats and brain function once you see a wailing, starving, frantic baby simply become calm overnight when given the right fats. These babies are actually suffering from brain damage during this starvation period.

Adults are no different. They simply display it differently—with all kinds of mental problems and memory loss rather than constant crying and screaming. So take this data to heart—it is so critical—especially if you never eat fish. Get an omega-3 supplement into your system daily. A tablespoon of raw flax oil is excellent. In some cases *Blue Ice Fermented Cod Liver Oil* (2–6 daily) is better. Blue Ice is available at the *Health Alert* store ([www.healthalert.com](http://www.healthalert.com)) or 1-800-231-8063 (M–F, 7–5 PST).

Besides nourishing the brain and giving you a much better chance at maintaining your memory, this kind of supplement will give you better odds of avoiding a heart attack, maintaining normal blood pressure, maintaining strong bones, controlling triglyceride levels, and reducing joint pains. So eat salmon weekly. Or use a supplement of the types discussed here. And start now. Once the brain suffers serious injury or memory loss, it is difficult to heal.

If you have Alzheimer's, be sure to start using the triglyceride nutrition from 2 tbsps of coconut oil daily. Researchers have found that in some patients, positive results have been achieved in less than 2 weeks on this protocol (see previous article).

#### NOTES

<sup>1</sup> *British Medical Journal*, Oct. 25, 2002;325:932-933.

### PROTOCOL FOR PEOPLE WITH MEMORY PROBLEMS

**Blue Ice Fermented Cod Liver Oil:** 2–6 daily

For people with Alzheimer's... add...

**Coconut Oil:** 2 tablespoons daily

## **THE HEARTBREAK OF ALZHEIMER'S DISEASE**

There are expected to be from 20 million people with Alzheimer's by the year 2050. This is scary indeed since this disease is so difficult to treat. It seems as if this problem was unheard of 75 years ago. And I can't help but wonder whether all the newest drugs, vaccines, chemotherapeutic therapies, shots of all kinds, and the general *prescription load* (12 prescriptions annually for every man, woman, child, and infant in this country) have contributed to this new dilemma.

We may never find out if new medical procedures are causing legions of Alzheimer's patients. But I recommend the following to all my patients when it comes to preventing this disease:

- 1) **Avoid flu shots.**
- 2) **Avoid antacids and protein pump inhibitor drugs.**
- 3) **Keep your prescriptions to a minimum.** Always remember that once you take three or more drugs all bets are off—with no medical or pharmaceutical expert able to fathom the myriad of chemical interactions caused by this practice.
- 4) **Exercise.** Your odds of getting Alzheimer's are *four times greater* if you don't exercise between the ages of 20 and 60! Everyone should exercise at least four hours a week—and it's *never too late* to start.
- 5) **Avoid aluminum cookware.**
- 6) **Avoid chlorine and fluorine** by removing them from your drinking and bathing water. The combination of fluorine and aluminum cookware is even more deadly due to a chemical interaction between the two. If you need information on getting these two brain and thyroid poisons out of your water, send us a self-addressed envelope with two stamps and say PURE WATER. We'll send you the information you need.
- 7) **Eat one third of your diet raw**—with a large consumption of vegetables weekly. Get organic produce in season if possible. And stay away from all the processed foods and oils, including salad dressings. They are brain killers.
- 8) **Eat fish and/or take a tablespoon of raw flax oil or Blue Ice Fermented Cod Liver Oil (2–6 daily).** Do not be afraid of eating organic eggs every couple days. The fatty acids and cholesterol in these foods are brain fuel. The oils are available from the *Health Alert* store ([www.healthalert.com](http://www.healthalert.com)), or 1-800-231-

8063 (M–F, 7–5 PST).

9) **Activate your mind** by reading, solving problems, interacting with friends and family, and staying active mentally.

10) **Get your B vitamins.** We use *Cataplex B* (3–6 daily) and *Folic Acid B12* (3 daily) for all patients with brain problems.

11) **And absolutely most critical:** See my article, "Alzheimer's, Memory Loss, Dementia, Diabetes, Chronic Pain, Heart and Blood Vessel Disease, and the Amazing Curcumin Breakthrough" earlier in this Section.

### **PROTOCOL FOR PEOPLE WITH ALZHEIMER'S, DEMENTIA, MEMORY LOSS**

**Blue Ice Fermented Cod Liver Oil:** 2–6 daily

**Cataplex B:** 3–6 daily

**Folic Acid B12:** 3 daily

See my article, "Alzheimer's, Memory Loss, Dementia, Diabetes, Chronic Pain, Heart and Blood Vessel Disease, and the Amazing Curcumin Breakthrough" earlier in this Section.



## **PAIN AND INFLAMMATION:** **END IT NOW**

Millions of people are plagued with chronic inflammation and pain that takes many forms—from muscle and joint pain, to bone pain, to gut pain, to head pain, and more. Your body produces *normal* inflammation 24-7/365 days-a-year to keep itself in order and to help heal tissues. This is done through brain and immune system functions, and indeed, without normal inflammation you would die within a very short time.

But the problem for lots of people with chronic inflammation and pain is that *the inflammatory process fails to complete its cycle and turn itself off*. This produces a never-ending cycle of inflammation that is the *root cause* of aging, diminished brain and heart function, painful joints and muscles, low energy levels, brain fog, emotional problems, digestive problems, blood vessel problems, heart attacks and strokes, and much, much more. If you suffer with constant inflammation and pain that is not caused by normal injuries, invading microbes, or everyday stresses on your body, you can get locked into very serious health problems.

### ***What Causes Pain and Inflammation***

There are lots of *abnormal* things that can trigger your immune system to cause chronic inflammation and pain. The breakdown of joints, muscles, and tissues due to nutritional deficiencies is a major one. This is why—if your problems with pain and inflammation are in your joints and muscles—feeding your joints the *osteofactor nutrients* necessary to heal is a big part of any anti-pain protocol.

Other things that can trigger your immune system to produce chronic inflammation are emotional stress, job stress, lack of sleep, chemical and environmental toxins, prescription drugs, inflammatory foods, abnormal brain function, and more. These should be identified and eliminated as best you can. For example, eliminating wheat, sugar, dairy, and nightshade vegetables for 2 to 3 weeks is the first essential remedy for anyone suffering from chronic pain and inflammation. Without feeding your joints and eliminating other immune system inflammatory triggers, the inflammatory process will remain *turned on indefinitely, keeping you in misery*.

### ***Anti-Inflammation Power of Turmeric Forte***

For years we have used the *End Your Joint*

*Pain* protocol, which is proven effective at rebuilding joints, rebuilding your skeleton (if you have osteoporosis,) and relieving joint pain. The problem was that it was somewhat cumbersome and expensive. Thanks to a new enhanced curcumin product from turmeric root, *Turmeric Forte*, we have been able to develop an anti-inflammation and anti-pain protocol that attacks inflammation at its cause (in addition to providing nutrients for your joints). It is simpler, less expensive, and more effective.

And best yet, it is multi-faceted. It helps with all kinds of inflammation-related problems. Now, while allowing you to resolve your chronic pain, your new protocol will also help you with other health issues—like brain problems, as in Alzheimer's, dementia and memory loss; like prediabetes, metabolic syndrome, and type 2 diabetes; like heart disease and weakness, loss of energy and chronic fatigue, neurotransmitter imbalances that cause problems with your brain and mood, fragile blood vessels, and more. This protocol will actually help your body produce normal inflammation when needed, allow the cycle to complete, and *then properly turn it off*.

### ***Protocol for People with Pain and Inflammation***

These are the products and nutrients in the new *Protocol for People with Pain and Inflammation... Calcifood Wafers and/or Powder* (Depending on the severity of your joint pain, take 6–12 Wafers daily or 2 tablespoons of Calcifood Powder in your daily smoothie). Since a great majority of chronic pain involves the skeleton and joints, the osteofactor nutrients found in *raw bone* are still a mainstay of the protocol. We use *Calcifood Wafers* or *Calcifood Powder* to fulfill this requirement. This is the only raw bone product that I know of that uses the whole bone with the marrow. The grease is removed without boiling, heat, or chemicals using a patented process that maintains the life force and all the nutrients found in raw bones with the marrow.

In days gone by *bone meal* has been sold at premium prices as a “bone-building supplement.” These products are made from bones that are boiled for days to remove all the marrow. The marrow is then skimmed off the top of the vat to make gelatin. What is left is then steam dried, ground fine and tableted or placed in capsules. The problem is that this powder is almost nutritionally useless due to its processing—leaving it more like sand than a

supplement. And still these products are sold for up to \$50 a bottle!

Just the opposite is true with Calcifood. It is raw, uncooked bone with the marrow still in it. It is the single best product for supporting strong bones. And at the same time, it helps you build healthy red blood cells.

**Blue Ice Fermented Cod Liver Oil** (3–6 daily). This amazing oil is the last of its kind, a sacred food used for centuries to maintain health and supply omega-3 fatty acids, *all* the forms of vitamin A, vitamin D, and many other nutrients. It is processed only by the age-old technique of fermentation. There is no boiling, refining, stripping away the natural vitamins, adding in synthetic “vitamins,” deodorizing, stabilizing, and more. Because it is simply oil from the livers of pristine cod, it maintains a high vitamin D content to help you build strong bones. Because it maintains the vitamin A and fatty omega-3 acids in the oil, it also helps you control and normalize the inflammatory response in your body.

**Cataplex C** (3 daily). It is impossible to maintain and rebuild strong, healthy bones and joints without adequate whole, raw vitamin C complex. And that complex is *definitely not ascorbic acid*. Cataplex C contains the whole vitamin C complex, including enzymes like tyrosinase (organic copper). It also contains the vitamin P factors (bioflavonoids). You cannot build strong bones or maintain a strong, functional immune response without adequate amounts of the real, whole, and raw vitamin C complex.

**Turmeric Forte**: This amazing product is made from the turmeric plant root, which contains curcumin. It is *activated* by infusing turmeric root (with the curcumin) into the fiber of seeds from the Fenugreek plant. This makes it highly absorbable by your body and allows it to pass through the blood-brain barrier to make it into your brain where it is needed most to maintain healthy memory.

The activated curcumin in Turmeric Forte is also *highly anti-inflammation and anti-pain*, playing a major role in normalizing your inflammatory response. In fact, its ability to promote a healthy inflammatory response is so strong that it may just be the greatest natural breakthrough or remedy of the decade, if not the century! Most experts feel that it is the most powerfully effective nutrient on earth at promoting a normal, healthy inflammatory response.

It actually seems to allow your body to turn on inflammation when needed, complete the cycle, then *turn it off!*

### ***How to Use Turmeric Forte***

In normalizing your inflammation response, curcumin can powerfully but normally inhibit the *COX-2 enzyme* that is all too often responsible for locking you into inflammation and pain for weeks, months, or even a lifetime. It is also effective at lowering the key marker of chronic inflammation—blood levels of *C-Reactive Protein (CRP)*. There is no longer any doubt that everyone can benefit from the *correct curcumin supplement—Turmeric Forte*.

With inflammatory syndromes and chronic pain, use Turmeric Forte (2 taken 2x daily). *Be sure to take them with food, and preferably with food that contains some fat*. Look for less inflammation and pain within 90 days, and better brain and heart function within six months. You can also enjoy better glucose control. Studies prove that 100% of people with prediabetes did not progress to type 2 diabetes when taking activated curcumin (take Turmeric Forte: 3–4 daily). It will even help you if you already have type 2 diabetes.

And of course, there is that amazing benefit of *improved memory—even with Alzheimer’s patients!* In studies, 100% of Alzheimer’s patients enjoyed *improved memory and health* within 18 months when taking activated curcumin (found in Turmeric Forte: 4 daily). This by itself is a medical impossibility, since the memory and condition of 100% of all medically treated Alzheimer’s patients *worsens* in 18 months. Actually, you will begin to see improvements much faster than 18 months with Turmeric Forte.

When you combine the anti-inflammation and anti-pain properties of Turmeric Forte (and all its other benefits) with the osteofactor nutrients (for joint pain sufferers), you’ll have the **NEW Protocol for People with Pain and Inflammation**. I’ve made it easier, more effective, less expensive, and completely safe for you. Compare this to anti-inflammatories that can ruin your stomach, opioids that can kill you, Alzheimer’s drugs that can turn you into a psychotic, steroid drugs that can destroy your skeleton and more, and anything else that medicine has to offer—*there is simply no contest*.

## Great for Prevention, Too!

If you do not have aches and pains and just want to improve your heart, brain, blood vessels, and prevent serious problems with memory, Alzheimer's, diabetes, and more, then Turmeric Forte is for you. Everyone can benefit. I have no aches, pains, heart, or memory problems. But I take Turmeric Forte daily, and will take it for life. If you have no problems, a dose of 2 daily would be sufficient. If any problems develop, increase the dose to 4 tablets daily.

It took some time to get it right. Curcumin supplements have always been next to useless because the curcumin was simply not absorbed. And it took time to develop the activation process of infusing turmeric extract with curcumin into plant seeds. But you can now begin ending your pain (and memory problems) today.

### PROTOCOL FOR PEOPLE WITH PAIN AND INFLAMMATION

**Calcifood Wafers or Powder:** 6–12 wafers or 2 tbsp powder daily

**Blue Ice Fermented Cod Liver Oil:** 3–6 daily

**Cataplex C:** 3 daily

**Turmeric Forte:** 2 taken 2x daily with food that contains some fat

For those with osteoporosis... add...

**Calcium Lactate:** 6 daily

**Cal-Ma Plus:** 1 daily for one year—1 week on, 1 week off

For people with memory loss, dementia, Alzheimer's, prediabetes, type 2 diabetes, heart/brain/blood vessel problems...

**Turmeric Forte:** 2 taken 2x daily with food that contains fat

## MIRACLE PROTOCOL FOR PEOPLE WITH URINARY TRACT INFECTIONS (UTIs), CYSTITIS, BLADDER/KIDNEY INFECTIONS, INTERSTITIAL CYSTITIS

It's just a bladder infection, a UTI (urinary tract infection), or even a kidney infection. So you treat it like all physicians treat it—with an antibiotic to kill the bacteria causing the infection. But if you have chronic UTIs or kidney infections, you already know this kind of treatment is futile. The reason is simple—these types of infections as a disease are *an illusion*. Rather they are a symptom, and the standard antibiotic treatment, except in rare instances, almost guarantees a return of the infection. If you are one of the chronic sufferers, you know what I am talking

about.

These infections ruin your life, and in the worst cases can leave you chronically inflamed, in pain and burning, with constant urgency, and house-bound due to fears of bladder leaks and worse in public. And in the worst case scenario you can die from a kidney/bladder/urinary tract infection that becomes chronic and immune to drugs, and then goes septic—causing a massive blood infection.

### *Effective Treatment Requires More than Just Antibiotics*

The truth is that to treat a UTI effectively and permanently, you cannot simply kill some or even most of the offending bacteria with antibiotics, then cross your fingers. Instead you must work backwards and ask yourself the following:

**Question #1)** Why are my kidneys/urinary tract, bladder, and especially their linings, too weak to fight off offending bacteria or microbes?

**Question #2)** Why won't antibiotics kill the bacteria? That would be the end of it.

**Question #3)** Why are antibiotics so notorious for causing one UTI to later-on become another, and another, and so on?

**Question #4)** How can I strengthen my kidneys, urinary tract, and bladder to become stronger and naturally resist infections—finally putting an end to this never-ending cycle of suffering?

Amazingly, all of medicine knows very little to nothing about all of these critical questions. In fact the most knowledgeable of all physicians who treat women with UTIs, *urogynecologists*, readily admit they have no knowledge of the cause, susceptibility, or cure of *chronic cystitis, UTIs, interstitial cystitis, bladder infections, and certainly kidney infections*. These people are held up as the heads of expert, scientific, medical, authoritative information centers all women call upon for information! So once again you are on your own.

### *The Cause of Chronic UTIs, Cystitis, Bladder and Kidney Infections and Interstitial Cystitis*

**Question #1:** Why is my urinary tract, and especially its linings, too weak to fight off offending bacteria or microbes?:

**Answer:** The cause of all urinary tract infections is a weakened set of cells that line your urinary tract. The weakness is caused by nutritional deficiencies and is made worse by toxic food, drink, and habits;

and drugs, both precarious prescription drugs and over-the-counter. *That's it!*

Nonetheless gynecologists, urologists and urogynecologists routinely prescribe a variety of powerful prescription drugs for women with chronic UTIs. Some of the usuals include:

- 1) **Antibiotics** that damage your immune system and microbiome and contribute to the world-wide **superbug crisis**.
- 2) **Anti-inflammatory drugs** that destroy your stomach.
- 3) **Antihistamines** that dry you up like sand.
- 4) **Anticholinergics** that contribute to dementia and Alzheimer's.
- 5) **Antidepressants** that can turn you into a junkie.
- 6) **Tranquilizers** that can turn you into a zombie.
- 7) And even **muscle relaxers** that can cause chronic fatigue, depression, low blood pressure, dry mouth, or even liver damage.

All prescribed for naught since these drugs routinely fail to help with a serious UTI.

When these drugs don't work, and they rarely work for a more serious UTI that is now called "interstitial cystitis" by the experts, routine forays with drugs pumped directly into your bladder is the new frontier. Heparin, the tuberculosis vaccine, or the solvent DMSO are routinely used. If this causes too much pain, powerful narcotics are used. Some "experts" even inject Botox into the bladder to **paralyze bladder nerves!**

**Question #2 and #3:** Why don't antibiotics just cure a UTI, and how are they the actual cause of chronic UTIs?

**Answer:** Antibiotics rarely cure a UTI. Rather a portion of the bacteria that are not killed by the antibiotic begins to mutate and become immune to antibiotics. The new immune bugs "burrow deeply" into the tissues of the urinary tract—actually **creating** the condition of **interstitial (deep in the tissues) cystitis**. That is why for some women **one single UTI** can result in chronic cystitis for years or life. In case you did not get that, **the medical treatment for a simple UTI can be the cause of a lifetime of misery!**

### **How You Can Effectively Treat Acute and Chronic UTIs and Cystitis, Even Interstitial Cystitis**

**Question #4:** How can I strengthen my system and end the never-ending UTI infection merry-go-round?

**Answer:** The cells that line your urinary tract are

magnificent indeed. They are tough and they die by the millions during an infection, sloughing off into the urine—turning your urine a dirty color. After the infection is cleared, remaining cells then just as quickly reproduce and repopulate the linings of your urinary tract, ready to defend you against the next microbial attack. These are specialized cells indeed.

These amazing cells, as well as your kidneys, bladder, and urinary tract, can be harmed by prescription drugs (that's why so many prescriptions cause kidney and urinary tract problems as side effects). These cells also need **specific nutrition to perform their function**. And the nutrition they need is missing from most American diets. In simple terms your urinary tract requires the whole, raw, complete vitamin A, C, and P (bioflavonoid) complexes (raw organic fruits, berries and vegetables). You must change your diet. And the right supplement is definitely needed—at least in the beginning. The product of choice is **Cataplex AC** (3–6 daily) from Standard Process.

And when a UTI hits, your urinary tract requires even more specialized nutrition—nutrition that not one in 100,000 physicians or doctors knows about. When infection hits, your urinary tract requires the enzyme **arginase**—a kidney detoxifier made from a special culture grown on beet pulp and rice bran. You can only get arginase from the next product of choice—**Arginex** (6 daily with infection) from Standard Process.

You will also require kidney extract, thymus gland extract (the thymus gland is a major part of your immune system), and, since your kidneys work together with your liver, you will need a liver detoxifier. The products of choice are **Albaplex** (6 daily with infection) from Standard Process. Albaplex contains all the nutrition in kidney, liver, and thymus gland extracts, combined with Arginex and vitamin A and C complexes.

To enhance liver function you will need the product of choice, **Betacol** (6 daily with infection) from Standard Process. Betacol is a strong liver detoxifier. And as an added benefit, if you have a sluggish liver, you will enjoy the portion of Betacol known as the **Anti Stiffness Factor** that is so beneficial to those with chronic pain and arthritis.

And finally, I like to use carbamide in most UTI cases. Carbamide is a natural, mild diuretic. In the case of UTIs, it aids your kidneys and bladder to excrete cells, bacteria, and microbes in the urine

faster and easier. In order to use carbamide, you will need the product *A-C Carbamide* (3 daily with a large glass of water) by Standard Process.

Finally, I always recommend *Blue Ice Fermented Cod Liver Oil* (3 daily) with UTIs—whether acute or chronic—for its vast array of all the vitamin A and D variants as well as omega-3 fatty acids. And if you are taking or have already taken antibiotics for your infection, you will need to take *ProSynbiotic* (1 daily for 6 months). This is a probiotic that will help heal your gut's *microbiome* that is damaged by antibiotics.

### **UTI Shock Therapy**

If your infection is chronic or severe, I always recommend my *UTI Shock Therapy*. Quite frankly, I recommend it at the *first sign* of *any* UTI, even simple acute infections—because UTIs can become very serious, very quickly. UTI Shock Therapy is especially needed in repeat, chronic, or severe infections. This therapy consists of 2 tablets of all products (except ProSynbiotic) every 1–2 hours for 48 hours before reverting back to the normal protocol dosages. And the critical and almost magical part of my UTI Shock Therapy involves an amazing *antimicrobial liquid* called *Digestive and Urinary Tonic (DUT)*.

Last week Dr. Angeles, one of our patients, was in serious trouble with an acute flare-up of very-long-term chronic UTIs. But this one had spread to his kidneys. He had been subjected to more than a dozen courses of antibiotics but his infection lingered, and his urine remained cloudy and dark. He was in pain, feverish, and something had to be done before even more powerful antibiotics were used. If they failed sepsis was waiting in the wings.

### **UTI Shock Therapy with Antimicrobials**

He called me and I started him on my UTI Shock Therapy. As part of the therapy, I also recommended Digestive and Urinary Tonic: 2 ounces taken on an empty stomach 4 times the first and second day, and then 3 times daily for 2 more days. This amazing tonic for people with urinary tract infections, food poisoning, stomach flu, and more is a premiere suspension of colloidal silver and herbs. It has an amazing kill ratio against bacteria, viruses, and even fungi that cause UTIs and gut infections.

At the end of the *first day* he called to report that he felt much better and that his urine was clearer. At the end of the *second day* he called again to report that he felt well and *his urine was crystal clear!* Trust

me, no medical treatment of any kind can wipe out a serious kidney infection in two days! I congratulated him and told him to stay on UTI Shock Therapy for another day, then revert back to the original UTI protocol for 6 months. He was not only happy to comply—he was elated about his results. And this was from a physician who was unsuccessful in treating UTIs among hundreds of his own patients, and who had been treating his own recurrent UTI infections for over five years!

This UTI Shock Therapy with its nutrition and antimicrobial liquid is *a miracle* that routinely helps both men and women fight and beat UTIs. These infections treated only medically are universally extremely difficult and often impossible to successfully treat. The UTI Shock Therapy should be used immediately at the first sign of infection. It will often stop an infection from really taking hold, stemming the pain and burning, and shortening the infection. It is not unusual for it to stop an infection in 24 hours! And trust me, not one in 100,000 physicians understands any of this.

Chronic UTIs cripple millions of American women, and even lots of men. The reason is simple: not one of the four underlying questions about the root cause of UTIs is ever addressed! You are smarter than that. Wow, the patient smarter than the doctor—what a concept!

#### **PROTOCOL FOR PEOPLE WITH UTI, CYSTITIS, KIDNEY INFECTION, INTERSTITIAL CYSTITIS PROBLEMS**

**Arginex:** 6 daily  
**Albaplex:** 6 daily  
**Cataplex AC:** 3–6 daily  
**Betacol:** 6 daily  
**Blue Ice Fermented Cod Liver Oil:** 3 daily for 6 months

**If you've taken antibiotics, add:**

**ProSynbiotic:** 2 daily for 6 months  
**Digestive and Urinary Tonic (DUT):** Drink 2 ounces on an empty stomach 4x the first and second day, then 3x for 2 more days

#### **Shock Therapy for UTIs and Urinary Infections**

**Use the following:** 2 tablets of all products (except ProSynbiotic) every 1–2 hours for 48 hours. Also drink 2 ounces of DUT liquid on an empty stomach, 4x the first 2 days, then 3x for 2 more days, before reverting back to the normal protocol dosages.

## **FREEDOM FROM ARTHRITIS**

March 2008 marked the passing of a *giant* in the world of healing—Dr. George Goodheart. I could write an entire book on Dr. Goodheart, but suffice it to say that he changed the lives of tens of thousands of people.

Another life-changer for me was Dr. Philip Welsh. In 1976 this amazing “*young*” man in his *eighties* walked into my clinic and asked to speak with me about arthritis. Lots of people try to sell lots of stuff to doctors, but this man had such a demeanor, a twinkle in his eye, and a lilt to his step that I had to speak with him.

Dr. Welsh was selling his book, *Freedom from Arthritis Through Nutrition*, now out of print. He was so excited about it that he was *selling it to doctors door-to-door*. Dr. Welsh believed that arthritis is basically a nutritional disease. And like Drs. George Goodheart, Alan Nitler, and others, he proved it. His treatment, which cured arthritis, is basic in its simplicity but tough for some people. The degree of compliance with the program seems to depend on just how much a person hurts.

### ***Welsh's Arthritis Treatment***

Welsh's treatment to cure arthritis starts with an *elimination (or mono) diet*. First, you stop eating all food but one seasonal organically grown food. It could be watermelon, zucchini, grapes, or some other fruit or vegetable. It is perfectly safe to stay on the mono diet for ten days as your pain subsides or disappears. Then you reintroduce one healthy food at a time, watching to see if it causes a return of pain in four days or less. If it does not, you move on to add another food. At no time do you eat white flour, sugar, or regular table salt. After four months on the elimination diet, you are essentially back to eating a variety of whole foods. At this time you begin taking supplements to rebuild the joints that have been ravaged by arthritis over the years. Dr. Welsh stipulates that store-bought or synthetic vitamins cannot be used. Only whole-food supplements will do...the ones we recommend in the article “Pain and Inflammation: End It Now” (in this Section) are the correct supplements needed).

Most people are pain free in 30 days. And after approximately six to nine months, arthritis is a memory. The whole program is so profound and so simple. Dr. Welsh lived it. Both he and his wife were ravaged by arthritis, but were completely cured with

his nutritional treatment. I have seen thousands more experience the same blessed relief. Dr. Welsh has long since passed on. But his treatment remains in the category of *truth is truly timeless*. The following are highlights from Dr. Welsh's book that can end your arthritis pain too.

- 1) It is essential to strictly follow the protocol in the beginning. *One single* chemical or foreign substance or food can keep you locked in arthritic pain.
- 2) People with arthritis should eliminate white flour, white sugar, and table salt from their lives. Organic honey and real sea salt can be used sparingly as substitutes.
- 3) Canned vegetables, all store-bought oils (except for extra virgin, first-pressed olive oil, flax oil, or cod liver oil), and all store-bought cereals should be avoided. Fish can be eaten after the pain has subsided.
- 4) It is impossible to cure arthritis without walking. Walking is a primary exercise that helps with constipation. Constipation produces a severe joint-irritating compound called guanidine. Exercise (including walking), a source of pure water without fluorine, sunshine, and the live-food diet are the basics of an anti-constipation, anti-guanidine, anti-arthritis program.
- 5) Once you have eliminated inflammatory toxins with the mono diet, your pain will start to disappear.
- 6) The next step—following this with a nutrient-dense, whole food diet, with at least one-third of it consisting of raw food—allows you to start moving about, walking, and exercising pain free.
- 7) Finally, the correct raw food supplements containing the missing *osteofactors* will strengthen your joints so that you can be stronger, more flexible, more active, more independent, and more secure—the very definition of independent living.

### ***The Proof Is in the Pudding***

If we could grind up and eat raw bones and marrow with our teeth, we would not need raw-food supplements to get minerals such as calcium, magnesium, phosphorus, copper, manganese, and the other trace elements, proteins, amino acids, enzymes, and vitamins that our joints need. If we could chew up raw cod fish livers, we would not need raw-food supplements to get the omega-3 fatty acids and the pain-relieving anti-inflammatories that our joints need. If we could consume a bushel of raw buckwheat, alfalfa, mushrooms, and carrots

daily, along with pure water, we would not need raw-food supplements for all the phytonutrients or phytochemicals that our joints need. And if we could chew up raw adrenal glands as indigenous peoples did, with their rock-hard bones and teeth, we would not need raw-food supplements for the richest source of the real vitamin C complex that our joints need.

But since we cannot do these things, we do the next best thing. We eat all these things—in the form of phytonutrient or phytochemical supplements—which are organically grown, processed raw without heat or chemicals, and are rich in the live nutrients that keep our joints healthy and strong. These supplements are produced by Standard Process. They comprise what I call the *Pain and Inflammation: End It Now* protocol.

The Standard Process supplements include: *Calcifood Wafers* (9 daily), *Cataplex C* (6 daily), *Glucosamine Synergy* (3 daily), and *Calcium Lactate* (6 daily). In addition, joints need 2 oils: *Blue Ice Fermented Cod Liver Oil* (2–6 daily) and *X-Factor Gold Butter Oil* (3–9 daily). And if you are in pain with arthritis, osteoporosis, or other joint disease, see “Pain and Inflammation: End It Now” in this Section. It has additional information and other protocol adjustments you need if your joint problems are *severe*.

### ***Going to the Dogs!***

Does all this really help? Believe it or not, it has already been proven—with dogs. Remember Dr. Wallach, from *Dead Doctors Don't Lie* fame? He liked to say that “we treat them like dogs, but they do get better.” He was referring to treating people with nutrition that was shown to help dogs. Amazingly, dogs are living proof that the raw food diet and supplement protocol works.

Dr. Ian Billinghurst is a veterinarian from Australia who invented the *bones and raw food (BARF) diet* for dogs. Often when sickly, crippled-with-arthritis dogs are placed on the BARF diet with raw supplements, they are transformed in a few months to near puppy strength and flexibility. I have personally witnessed this—crippled dogs that dragged their legs around, in constant pain, simply started romping and running like pups after a few months on the protocol. What does this mean? Basically, it means that dogs' arthritis, sickness, and suffering is *caused by dog food!* And remarkably the exact same thing can be said about people and

processed foods!

### ***More Evidence***

I recall a barbecue I was invited to in Pebble Beach a while back. The host provided the most wonderful foods and wines. Everyone was having a great time, eating the amazingly delicious food and drinking the wines—except for the woman sitting next to me. She was eating only the salad and vegetables, and drinking water. I couldn't help asking why she was skipping all the food and wine.

Her answer brought everything into focus. She told me that she ate only whole, organic foods, most of them raw, and that she took only whole-food supplements—the same ones in this article. She began this protocol six months prior on the advice of a nutritional expert. At that time she was so crippled and in so much pain from arthritis that she could not walk, could barely sleep, and lived on barbiturates and painkillers that were slowly killing her. She was becoming an alcoholic, and her marriage only existed because her husband had decided to stick it out and become her caregiver.

That night she and her husband were very happy. They were smiling, talking, mingling with all their friends, and even *dancing*. In six months this wonderful 65-year-old woman had been transformed from a woman crippled with arthritis to a vivacious dancer. The whole incident made me think about that wonderful man, Dr. Welsh.

### ***Conclusion***

So take it from the dogs and some of their smarter owners. Start feeding your joints what they need, and stop consuming all types of processed foods and non-foods that aggravate your joints. After the initial six months, you might be pleasantly surprised about some of the foods you can eat without a return of your pain. Be sure to use the right raw-food supplements. As you probably know already, almost all other products will fail. And remember Dr. Philip Welsh, Dr. George Goodheart, Dr. Alan Nittler, Dr. Ian Billinghurst, Dr. Bruce West, and others who all said, “You are what you eat,” and “When looking for the cause of our disease, we would all do well to look in the mirror.”

#### PROTOCOL FOR PEOPLE WITH ARTHRITIS

Calcifood Wafers: 9 daily

Cataplex C: 6 daily

Glucosamine Synergy: 3 daily

Calcium Lactate: 3 daily

Blue Ice Fermented Cod Liver Oil: 2–6 daily

X-Factor Gold Concentrated Butter Oil: 3–9 daily

### RIB PAIN

*“I had compressed my spine, causing one or two ribs to go out of place. This in turn locked up my diaphragm, threw my torso muscles into spasm, and caused severe pain. The diagnosis and treatment took less than five minutes, and the end result was an external force, delivered by the ‘old doc,’ putting my ribs back into place.”*

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Millions of people have ribs go out of place every year—from athletics, coughing, falling, injuries, osteoporosis, and more. Most get better on their own. Some get stuck and cause weeks, months, and even years of pain and suffering, finally ending up with an arthritic joint. The really unlucky ones go to their family physician, who has no idea that ribs can sublaxate (go slightly out of place), nor how to put them back into place.

These unlucky ones will get a highly scientific diagnosis of *costochondritis* or *neuritis*. They will be subjected to x-rays, and possibly even an MRI (none of which will show anything). If the physician is really in the dark, angina will be the diagnosis, and invasive heart tests can be the order of the day—potentially ending up with angiography. Hence rib sublaxations can end up costing from \$250 to \$50,000. And for this price you will not be cured, but rather given pain killers and told to wait it out.

Doctors don’t seem to understand that ribs sublaxate or go out of place from time to time. It seems to be a big medical secret. If ribs get stuck, usually nothing less than an external force or adjustment will put them back into place, thus resolving the problem.

It’s a funny thing in the world of health care. If all you have is a hammer, all you look for in your patients is a nail. The physician constantly looks for organic disease for which he can dispense powerful drugs, painkillers, and even surgery. The chiropractor constantly looks for something out of place, usually

in the spine, which he or she can adjust.

A really good doctor will put his or her hammer aside and take an honest, inclusive look at the patient. If he or she suffers from a common rib sublaxation, an adjustment is the first treatment of choice. Since 99% of cases of costochondritis are caused in this manner, you are saved from expensive and dangerous invasive procedures. And if a rib sublaxation is not the cause, you will know it overnight because the adjustment will do no good.

### ***Yes Doctor, Ribs Do Go Out of Place***

Ribs can cause all kinds of back, side, chest, and torso pain. The ribs can get dislodged at their connection in the spine, at their connection at the breastbone, or both. The pain comes from inflammation of the cartilage, and even pinched nerves which lie immediately below the ribs.

There are many ways to correct these sublaxations. When I was young, as noted in the quote at the beginning of this article, the “old doc” was an old-time osteopath. He used an osteopathic adjustment that was swift, somewhat crude, forceful, and 100% effective. This was great for me, but would not be used for an older person with brittle bones.

Today there are *non-force* adjustments available. The most common and effective of these is the ***Activator Method***. Used mostly by chiropractors, the doctor uses a little tool which delivers a tiny thrust which can hardly be felt. It can be directed precisely at the rib head and delivered precisely in the direction needed. The method is amazingly effective and relief is usually enjoyed overnight. One to six adjustments will usually quickly and effectively resolve costochondritis caused by rib sublaxation. To find out if there is an Activator doctor in your neighborhood, call 1-602-224-0220. Tell them you are one of my readers. You may also visit the website [www.activator.com](http://www.activator.com).

When you need an external force or adjustment, as in the case of ribs, hiatal hernia, or many other conditions, ***nothing else will suffice***. All of the pills, potions, lotions, rubs, tape, corsets, orthopedic devices, heat, cold, meditation, positive thinking, or even surgeries won’t do any good. They will, however, help the people selling them to you. Keep this in mind when you are scared half out of your mind with severe chest or back pain and your doctor tells you that you have costochondritis.

A very small number (statistically zero percent)



of all physicians knows that ribs subluxate, that this causes 99% of all cases of costochondritis, and that these problems are easily corrected. An even smaller number of physicians knows how to make such a correction. Rather, an entire profession chooses to ignore a remarkably common condition because it just doesn't look like a nail.

It is not the fault of doctors. They are trained to behave in this manner. A few of the inquisitive will wonder how some of their patients were cured so readily by someone else. They may even learn how to treat these and dozens of other similar conditions. But 99.9% do not want anything to change. After curing tens of thousands of people whose own doctors had given up, I am still waiting *for one single note or call* from a physician curious enough to find out how this was accomplished.

Just because the medical profession can only make money with hammers and nails doesn't mean you have to be fooled. You are now armed with one more fact about health and how it relates to an amazingly common, misdiagnosed, and painful condition.

### DIGESTION AND URINARY TONIC (DUT): FOOD POISONING, STOMACH FLU/VIRUS, URINARY TRACT INFECTIONS

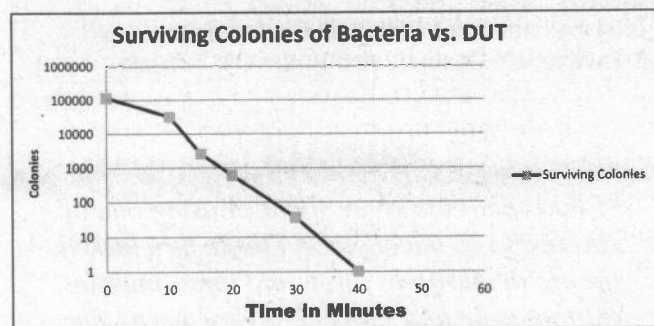
Every year in the U.S. *food poisoning* causes 76 million illnesses, 325,000 hospitalizations, and **5,000 deaths!** These numbers are a disgrace because you can cure these problems yourself at home, easily and inexpensively.

*Digestive and Urinary Tonic (DUT)* is a remarkable, special colloidal silver and herbal liquid that is amazingly effective in resolving both food poisoning and stomach or intestinal viruses. It is also a vital part of an *anti-urinary tract infection (cystitis) protocol*. See the article "Miracle Protocol for People with Urinary Tract Infections (UTIs), Cystitis, Bladder Infections, Interstitial Cystitis" earlier in this Section. No family should ever be without at least a half dozen bottles of DUT.

#### **Food Poisoning**

With *food poisoning* the problem involves bacteria in the gut. DUT is deadly for these bacteria. Instead of days or weeks of vomiting and diarrhea, DUT can generally clear it up overnight (after 2 doses of 2 ounces each). If you treat with 4 doses of DUT

and the diarrhea stops, it is best to continue treatment for an extra day (4 more doses). Most food poisoning is over after 1–2 doses. *Always take DUT on an empty stomach.*



The graph shows how bacterial (*E. coli*) colonies of 100,000 at the start are diminished by almost more than 98% within 20 minutes of taking the first dose of DUT. It also shows that after 40 minutes, there is almost a complete kill. And *E. coli* is no simple bacteria—people die from it!

Microbes in your gut multiply at remarkable rates. And remnants of bacteria can begin to multiply again after your treatment stops. Two days (8 doses of 2 ounces each) will insure a thorough harmful-bacteria kill ratio to return your gut back to balance after food poisoning. To insure balance, always follow any DUT treatment with at least 10 days of a *probiotic*. This replenishes healthy bacteria that may have been compromised by the overgrowth of harmful bacteria. The best probiotic is *ProSynbiotic* (2 daily) by Standard Process. It contains not only healthy bacteria, but the *prebiotic material* (food) for these healthy bacteria.

#### **Stomach or Gut Virus**

If you think you have food poisoning, and if you treat with four doses, get great results, then quit treatment and the diarrhea returns, you are dealing with a *stomach or gut virus*. In these cases, treat with DUT until all symptoms have resolved (usually 2–4 days), then treat for an additional day (do not treat for longer than a week), followed by 2–4 weeks of ProSynbiotic.

Some gut viruses like flu or norovirus can be tough. But unlike most ineffective treatments for these miserable conditions, even gut virus problems are no match for DUT. Two to four days gets the job done in most instances, a week in the worst.

#### **Urinary Tract Infections (UTIs) and Cystitis**

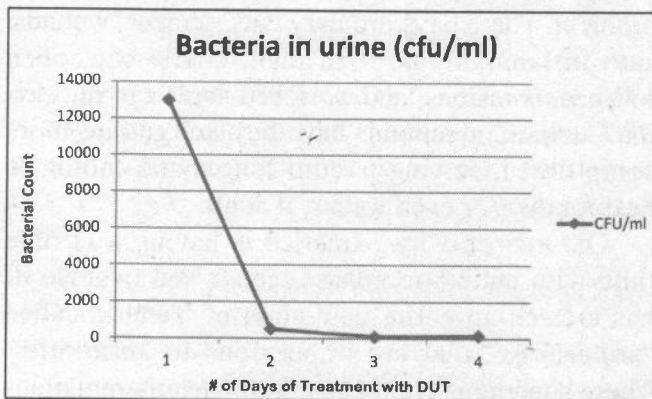
Always remember to include DUT in your cystitis

protocol. If you suffer from chronic urinary tract infections or cystitis, be sure to get a copy of my article referenced earlier in this article.

The anti-UTI protocol in this article contains the materials the cells that make up the linings of your urinary tract need to rebuild themselves to resist infection. The materials your cells need are found in the following products: *Arginex* (6–9 daily), *Albaplex* (6–9 daily), *Cataplex AC* (6–9 daily) and the *secret* product, *A-C Carbamide* (6–9 daily), all from Standard Process. In the most severe cases, you will need to add *Blue Ice Fermented Cod Liver Oil* (3–6 daily).

Once you begin the protocol, urinary tract infections and cystitis will slowly get better, you will slowly be able to conquer one without antibiotics, your flare ups will become less severe, then less frequent, and finally you will be rid of this scourge as the cells lining your bladder and urinary tract are strengthened. During this time, be sure to use DUT for the first few days to a week each time you get another bout of cystitis. And in the worst cases that have been the most antibiotic compromised, complete resolution could take 8–18 months—not really very long considering there is no medical cure for this problem, ever.

As you can see from the next graph, the bacteria count with a urinary tract infection, which was almost 14,000 on Day 1, is just about gone after using DUT for just 24 hours (by Day 2). The infection was cleared with DUT by the end of the next day (Day 3). And DUT works even faster with food poisoning, killing even the worst bacteria like E. Coli in less than an hour.



DUT is a miracle—for food poisoning, gut infections and microbial attacks, including flu and virus; and urinary tract infections. No family should be without it. Using DUT will allow you to finally break the

antibiotic habit, which is threatening the entire world because of its unintended consequence of *drug-resistant bacteria and superbugs*.

If you suffer from chronic UTIs, be sure to combine DUT with the protocol in my referenced article. You can even use DUT for mouth and gum problems. Just gargle and swish around in your mouth about an ounce for 10–15 minutes before bed and spit out. Do the same in the morning after brushing. Do this once a week, or 2–3 times a week for a month with serious gum disease.

#### PROTOCOL FOR PEOPLE WITH UTI AND CYSTITIS

During a cystitis occurrence...

**Digestive and Urinary Tonic (DUT):** 4 two-ounce doses daily on an empty stomach for up to a week

**ProSynbiotic:** 2 daily for 10 days

#### The Anti-UTI Protocol

**Arginex:** 6–9 daily

**Albaplex:** 6–9 daily

**Cataplex AC:** 6–9 daily

**A-C Carbamide:** 6–12 daily

#### PROTOCOL FOR PEOPLE WITH STOMACH OR GUT VIRUS

**Digestive and Urinary Tonic (DUT):** 4 two-ounce doses daily on an empty stomach until symptoms have resolved (usually 2–4 days... no longer than a week)

**ProSynbiotic:** 2 daily for 2–4 weeks

#### PROTOCOL FOR PEOPLE WITH FOOD POISONING

**Digestive and Urinary Tonic (DUT):** 1 two-ounce dose followed by another in 1 hour, all on an empty stomach.

Can use up to 4 two-ounce doses daily on an empty stomach for up to 3 days.

**ProSynbiotic:** 2 daily for 10 days

### FIBROMYALGIA AND CHRONIC FATIGUE: FOUR CRITICAL STEPS

If you suffer from fibromyalgia, there are four things you must do:

- 1) Test the thyroid gland with the Barnes temperature test.
- 2) Test the adrenal/kidney system with the Ragland blood pressure test.
- 3) Quit all *synthetic vitamins* (most store-bought vitamins, including Internet sources), and work with your doctor to wean off *all prescription drugs*.
- 4) Go on a low-carbohydrate diet like the Atkins diet or our Low-Carbohydrate Diet (see “Lower Your Carbohydrates” in Section 3: Digestion and Gut Health).

Stopping all synthetic vitamins and prescription drugs will bring quick relief to more than **30%** of sufferers. Determining and correcting thyroid/adrenal/kidney problems will resolve problems for another **20%** of sufferers. And finally, treating for an underlying infection will resolve problems for another **20%** of sufferers. That accounts for a whopping 70% of all cases.

The best part of eliminating these four causes of fibromyalgia is that once accomplished, you will get better in all kinds of other ways as well—what I call **positive side effects**. And the whole procedure is almost free. So let's get started.

### **Thyroid Test**

To test your thyroid gland, simply take your underarm temperature on five different mornings. Do this by having a thermometer at your bedside. Place it under your arm for 10 minutes immediately upon awakening (before moving around or getting out of bed). Record the five readings and determine if the average is under 97.4. If it is, you need to treat for **hypothyroid** by taking **Thytrophin PMG** (3–6 daily). Then add **Cataplex F** (4–6 daily), unless you are allergic to iodine, for at least 120 days. Then retest.

### **Adrenal/Kidney Test**

To test the adrenal/kidney system, you need a partner who knows how to take blood pressure and has a stethoscope and blood pressure cuff. You are more likely to have this system as a cause of your problems if you suffer from chronic dizziness and/or night sweats. Start by taking your blood pressure while lying on your back. Record this number.

Leave the blood pressure cuff on your arm, stand up and immediately take your blood pressure again. You are interested in the first number (the systolic). This number must rise 10 points or more when you stand up. If it doesn't, or if it drops, you need to treat your adrenal/kidney system. Take **Drenamin** (3–6 daily) for at least 120 days. Then retest.

### **Vitamins and Prescription Drugs**

Please do not brush off the treatment of eliminating synthetic vitamins and prescription drugs. These, along with shots of all types, antibiotics, and vaccines, are **major causes** of fibromyalgia. Some typical examples of prescription drug problems include: estrogen causing limb aches, statins (cholesterol lowering drugs) causing chronic aching and neuropathies, and flu shots causing near

paralysis. With drugs taken in combination, there are too many possible reactions to list in a book.

### **Low-Carbohydrate Diet**

You may need to be on an extremely low-carbohydrate diet like the Atkins or our Low-Carbohydrate Diet. You also need to eliminate all wheat and grains for 30 days. This dietary change alone has made chronic sufferers become asymptomatic in 30 days or less.

The remainder of sufferers who do not respond need an individualized protocol developed. This is not always easy. And it is not easy to find a doctor you can trust. But the good news is that with these four simple tests and treatments, you have a great chance of being cured. And at worst, you will be much better than you have been.

#### **PROTOCOL FOR HYPOTHYROID PEOPLE**

**Thytrophin PMG:** 3–6 daily

**Cataplex F:** 4–6 daily (unless allergic to iodine)

**Blue Ice Fermented Cod Liver Oil:** 2–6 daily

#### **PROTOCOL FOR PEOPLE WITH ADRENAL PROBLEMS**

**Drenamin:** 3–6 daily for at least 120 days, then retest

## **MIRACLE WOUND HEALING WITHOUT ANTIBIOTICS**

### ***Healing Breakthrough Makes Antibiotics Obsolete***

Research into a safe, powerful and effective alternative to antibiotics has led to an infection-fighting breakthrough that kills bacteria, fungi and viruses **dead!**

A simple open wound is no longer a simple problem. These days ordinary cuts, scrapes, wounds, skin inflammations, road rash, cradle cap, open wounds, abrasions, and even bed sores can develop into serious infections. And they are getting more complicated, staying painful longer and failing to heal for days or even weeks, if at all.

One reason why...America is having a terrible time with antibiotic misuse, abuse and overuse. It has created an entire new class of bacteria called "**superbugs**" that are impervious to antibiotics. These superbugs are the result of bacteria mutations that resist antibiotics. So a simple cut or scrape can become something very serious. Research into alternatives to antibiotics has uncovered a remarkable discovery that safely kills antibiotic-resistant bacteria

as well as viruses and fungus.

### ***The Miracle of Colloidal Silver***

**Colloidal Silver** (a suspension of microscopic particles of silver) is fast emerging as one of the most powerful antimicrobial agents on the planet. The silver molecules literally block the oxygen that bacteria, viruses and fungi need to thrive. Infections are literally suffocated to death. And while antibiotics and products like Neosporin, Cortisone-10 and Bacitracin are known to destroy beneficial tissue-cell enzymes, colloidal silver leaves these cells healthy and undamaged.

I've recently sourced what I believe to be the best colloidal silver product you'll find anywhere. In lab testing, this colloidal silver gel achieved a whopping 99.9999% elimination of deadly mutated staph germ (MRSA) when compared to the control. It has also been proven effective against: *Pseudomonas aeruginosa* (hospital infections), *Candida* (serious yeast overgrowth), Herpes Simplex (herpes), Herpes Zoster (Shingles) and much more.

Stop infections and start healing quickly, easily and safely without antibiotics! The answer is found in the simple but highly-effective **Wound Relief gel**. It's not a drug. It's not a chemical. It's completely natural and non-toxic. This clean, clear-drying gel uses a powerful 45 ppm concentration of silver colloid to completely wipe out virtually any infection. And the silver in the gel actually stimulates collagen formation and the generation of normal non-scar tissue. And with the addition of Aloe Vera, Wound Relief Gel helps speed the healing of rashes, wounds, scrapes, skin irritations and much more—allowing for new healthy, balanced tissue cells!

Wound Relief Gel is so easy to use. Simply apply over any kind of abrasion and keep applying several times daily. The same for wounds. You can leave the area uncovered or cover with a bandage. Always apply a fresh coat before bed. Wound Relief creates a hydrated, antiseptic environment around all your skin injuries to help you heal fast and minimize scarring. You can also use Wound Relief on burns. The cooling, soothing gel goes to work to help repair damaged tissues while fighting infection.

My 16-year-old son suffered a gash to the bone in his chest from his surfboard fin while we were deep in Mexico, far from the nearest clinic. Once the wound was cleaned and stitched, we immediately began applying Wound Relief and a new bandage

every few hours. With no drugs or antibiotics this severe wound healed perfectly in days.

And Wound Relief fights rashes, too! No need to culture the rash to identify the invading pathogens. Just apply Wound Relief Gel. This "broad spectrum" antimicrobial will kill off any infection. You can also use it for puncture wounds, insect bites, diabetic foot ulcers, bed sores, foot fungus, yeast infections, eczema, and acne.

You should never be without Wound Relief in your medicine cabinet or first aid kit. I never will be.

### **TMJ: TEMPOROMANDIBULAR JOINT AND PAIN**

The jaw or temporomandibular joint (TMJ) is the most dynamic joint in the body. The genius Dr. George Goodheart liked to teach doctors that a huge percentage of the brain is dedicated solely to the maintenance of TMJ. So if the joint is not working properly, one can suffer from many and serious problems, not the least of which is chronic pain.

A bad TMJ can cause head, neck, jaw, and upper back pain. It can cause headaches and problems with chewing and even thinking. It can put you into a chronic "fog," making it difficult to think or make decisions. And of course if the jaw joint is not properly hinged, the damage to the teeth can be immense.

The first hint of TMJ problems is pain in this joint (which is the jaw hinge just in front of your ears). Next comes clicking of the joint, grinding of the teeth at night, headaches, or other head and neck pains that will not go away no matter what you do. If TMJ is the cause of your problems, you could be faced with plenty of misdiagnoses and a lifetime of pain killers which will eventually wreck your stomach or kidneys.

So how can you tell if TMJ is the source of your problems? In the 70s I had the great pleasure of studying under the tutelage of the brilliant, now deceased, dentist W. B. May. A gentle, kind, and easygoing man, Dr. May was branded an outcast by his and the medical profession who knew little to nothing about TMJ at that time. Still the old doc taught on, undaunted by the ridicule.

#### ***Simple Test***

He used to say that you can diagnose your own TMJ for about 10 cents! All you need is a little red

dental bite wax. Pick a time when a friend can help you and you have at least half an hour to relax. Place the wax in hot water until it softens. Then make two small ¼" to ½" square pillows out of the wax. Now sit down, relax, and have your partner place the wax pillows directly on your lower right and lower left first molars.

Then bring your upper jaw down until it meets the wax and relax a second. Next, swallow completely, allowing your jaw joint to press your teeth naturally into the wax. Do not force anything. Simply allow your swallow to position your jaw and teeth in the wax. The reason for this is simple—the most physiologically normal position of the jaw is achieved during swallowing. So you are in effect finding your normal jaw position.

Allow a few minutes for the wax pillows to harden, then either leave them in place, or replace them if you have carefully removed them. Allow your upper teeth to rest on the pillows (this will almost always leave your bite more open in the front). Finally sit back and relax for 10 to 30 minutes and see if your pain symptoms are relieved or disappear. If any of them are improved or eliminated, you have just made the profound 10 cent diagnosis of TMJ problems.

### ***What to Do***

If your diagnosis is positive, you need to wear a splint or bite separator to reposition your bite toward normal. Call around to dentists to see who does this in your area. Often a dentist will work with a kinesiologist when doing this work. In this manner muscles can be tested as the splint is designed, worn, and adjusted over time. If TMJ is the cause of your problems, this treatment is aimed at the cause. It is powerful and can be profound.

More than just a handful of my patients proved this to me. One instance will always stick in my mind. A young woman complained of headaches and of "being in a fog." She desperately wanted to meet a man and get married, but found relationships impossible in this state. She had been through all kinds of diagnoses and treatments from hypoglycemia to muscle injections.

From the first placement of a corrective splint, her headaches disappeared. She soon had loose neck muscles and her eyes cleared. After 30 days she informed me "the fog had permanently lifted." Within a year she met a man, got married, and now

has her own family. You can bet if any of them develop any of the problems to which she had been so accustomed, she will have them tested for TMJ.

By the way, some TMJ resists correction because of underlying osteoporosis. In all cases, a protocol of raw bone supplements is indicated in TMJ cases. For these, I always use **Bio-Dent** (6 daily) and **Biost** (3 daily) for a year. Both products are from Standard Process.

#### **PROTOCOL FOR TMJ SUFFERERS**

**Bio-Dent:** 6 daily

**Biost:** 3 daily

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