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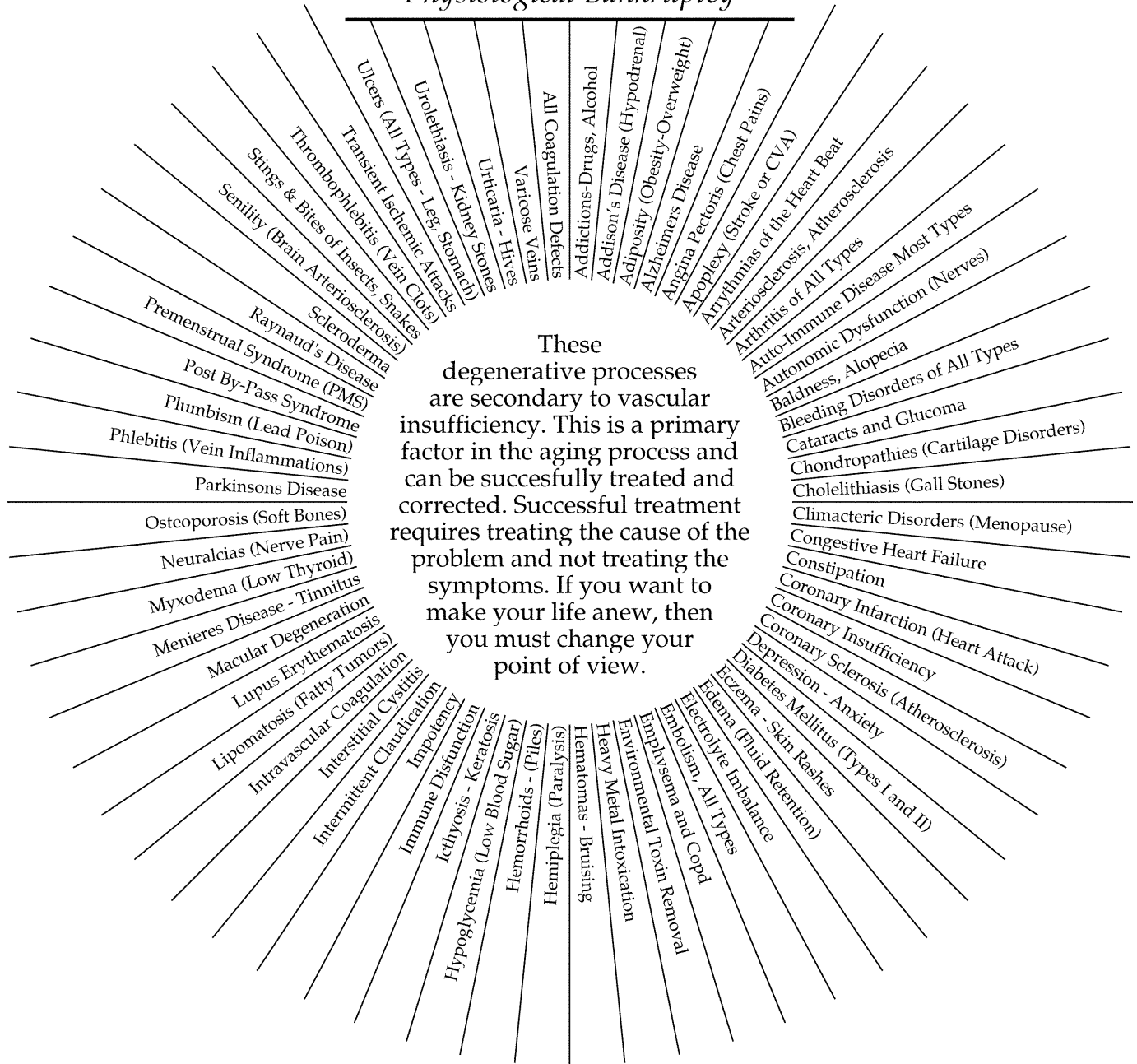


I am the light of the world;
he who follows Me
shall not walk in the darkness
but shall have the light of life.

John 2:15

The Wheel of Misfortune

Malfunction of the Circulatory System Leads To
Physiological Bankruptcy



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The Perfect Plan for Perfect Health

by

Gus J. Prosch, Jr., M.D.

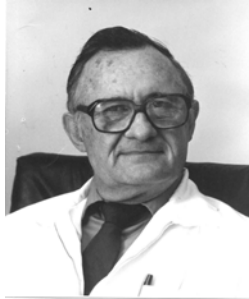
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The Roger Wyburn-Mason and Jack M. Blount Foundation for the Eradication of Rheumatoid Disease

AKA The Arthritis Trust of America®,

7376 Walker Road, Fairview, TN 37062



Gus J. Prosch, Jr., M.D.

Gus J. Prosch, Jr., M.D. says:

I've spent thousands of hours in research and many thousands of dollars to be able to write this brochure. It's been a primary goal of mine for the past twenty five years to develop the Perfect Plan in an effort to help my patients achieve a state as close to Perfect health as possible. Now, perfect health does not just mean the absence of disease. It involves many factors that not only *help keep you disease free*, but also factors that help to keep you feeling good, happy and content, sleeping peacefully, and energetically enjoying your work and existence.

As a physician, I've been extremely concerned and even deeply worried, that the American people today are not getting the quality of medical care that they need, much less deserve. For generations, very wise men and women have reminded us that nothing, that's right, NOTHING is as important to us as our health. Now, if you are like the many patients I treat every day, people from all walks of life, you're not getting very vital information and training that can help you avoid disease, have more energy, or even get rid of any medical problem you may have.

You see, I sincerely care about your health. It's my job to care. In fact, my work is much more than just a job. It's a lifelong dedication and a passionate commitment to help you live a healthier life than you ever thought possible or even dreamed of. That is the purpose of this brochure: to make available to you the proven facts to attain Better Health, the information and condensed knowledge that once applied to your everyday lifestyle, will do absolute wonders for your health and existence. I will provide this information to you in this paper, but it is up to you to act on it. I CANNOT DO THAT FOR YOU. If you act on this knowledge, whether young or old, rich or poor, no matter what race, sex or religious preference, you will live longer, healthier, and happier than you can even imagine. I've always tried to educate my patients about better health and one primary reason is because of the truth and wisdom I once read in an ancient proverb.

If you give a man a fish, he will make a meal.

If you teach him to fish, he will have a living.

If you are thinking a year ahead, sow seed.

If you are thinking ten years ahead, plant a tree.

If you are thinking one hundred years ahead, educate the people.

By sowing seed once, you will harvest once.

By planting a tree, you will harvest tenfold.

By educating the people, you will harvest one hundred fold.

I would like for this brochure to be a manual of instruction for you to attain better health. Just like when you buy a new car, you get an owner's manual which explains how you can get the most efficient performance from your new car. This manual tells you what grade of oil to use, what type of gasoline is best, how to safely drive the car, and the proper way to lubricate and service the vehicle. If you do not follow these instructions, you could have disastrous results. You wouldn't put water in the gas tank or battery acid in your radiator and expect your new car to give top performance, or even run at all. This brochure is your owner's manual to attain better health with proper nutrition.

The Healthless Generation

Our generation may well be called the "healthless generation." With today's pollution or our air, water and food, good health or even normal health for the average person is an impossible dream. Degenerative diseases, which were almost unknown a century ago, are becoming epidemic today. Every physician who treats patients is seeing an increase in all the chronic degenerative diseases every year such as arteriosclerosis, arthritis, diabetes, cancer, heart disease. Alzheimer's disease, obesity and hypertension—the list goes on and on.

However, to me, even more significant than these major diseases that are increasing is the almost continual minor illnesses nearly everyone is developing nowadays, which are blindly accepted and endured by tens of millions of Americans. So-called "minor illnesses," like colds, flu, sore throats and ears, indigestion, joint and muscle pains, allergies, tooth and gum disease, fatigue, viral and fungus infections and a multitude of other conditions are robbing many people of good health. Unfortunately, these "minor illnesses" are usually accepted today and simply taken for granted. I've seen many such "sick and tired" people even brag about their health --right up to their dying day. Some people seem to believe that merely being alive means they have health. I cannot understand how these people settle for this when anyone deserves more.

You can have better health, be a whole person and be free of disease. You can be whole physically, emotionally, mentally, socially, and spiritually as God intended you to be. You can be free from any health limitations whether major or minor if you simply follow the enclosed guidelines on how to eat, drink and live for life abundantly - not deficiently. BUT YOU MUST CARRY THE BALL YOURSELF AND PLACE YOUR HEALTH IN YOUR OWN HANDS. NO ONE IS GOING TO DO THIS FOR YOU, BUT YOU YOURSELF, so it's really simply up to you and you alone. I'll teach you how, but you must apply the knowledge.

Why The Increase In Diseases

In the 1960s and 1970s, extensive studies were conducted by the Ford Foundation, as well as several U.S. Government agencies, concerning the health of America. The conclusions derived from these studies proved that the chronic degenerative diseases were increasing each year, behavioral and scholastic problems in all our schools were increasing nationwide, no matter how many millions of dollars were thrown at these problems and good health in general is deteriorating in America. No psychological or social factors studied could account for the above conclusions and much evidence pointed to a biological cause -- perhaps a nutritional basis as a primary factor in reaching these conclusions.

In 1982, the W.K. Kellogg Foundation commissioned Joseph D.

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Beasley, M.D. of the Institute of Health Policy and Practice at Bard College Center, to undertake a detailed study to determine why the conclusions of the Ford Foundation were happening in America. The conclusions of this study were just published in 1991 and the results are startling. The study concluded that no one factor determines our health or any disease. Health is a quality, the most important quality of life. It is a state of being - of countless interrelationships in what is called "the web of life." Neither the most brilliant scientists nor the world's most sophisticated medical centers understand the "web of life" in enough detail to manage or control it. The fact that they also cannot prevent or cure the chronic conditions, suggests that these are not so much diseases as symptoms of the underlying state of our health, of something gone awry in the web of our lives.

Great biological systems make up the web of life. Interacting in each of us continually, they yield our present state of health or illness. The existence of these systems has emerged into human awareness only in this century. Yet we know that if these systems are healthful - in good shape biologically -- we humans will be healthy. We cannot manage health directly, for it is a quality. But we can protect and support the biological systems out of which life arose and on which our health depends, moment to moment. I came to these same conclusions twenty years ago and have tried to incorporate these principles in educating my patients each day.

Of these biological systems, the above study concluded that there are 5 which are absolutely essential to achieve the best of health in today's society. THESE 5 SYSTEMS ARE:

1. Our personal genetics, our genes inherited from our parents, the body's unique cellular code or blueprint that guides all its processes.
2. External events, accidents, luck or agents that cross our path by chance that affect our health such as a car wreck or flu bug or being in the wrong place at the wrong time.
3. Nutrition -- the sustenance and fuel we provide our bodies and minds every day and especially the 50 essential nutrients.
4. The Environment, the milieu of natural and man made elements, pollution, indoors and out, that supports or undermines human life and health.
5. Our behavior or lifestyle in that environment, stressful or relaxed, sedentary or active, with or without smoking, alcohol, drugs or exercise and so forth.

Of course, some might argue that these first two systems are factors that you can do nothing about, but I disagree because we can practice better safety habits (seat belts, exposure to cold) and can, by better nutrition, stimulate our genes to work at maximum efficiency. The last three systems and their improvement have been the basis of my medical practice for the past twenty years and are the main factors I'm incorporating in this brochure. Physicians in America today are not taught in medical school about nutrition and the proper diet, or about pollution and toxic substances in our environment, and they are taught very little about lifestyle changes that must be made to attain better health. I'm very appreciative and feel honored that God has led and directed me to study and learn all about these important systems so that I can give my patients the truth as to how to attain better health.

What Causes Sickness and Disease

There have been a multitude of basic theories as to what are the main causes of sickness and disease and I will briefly discuss three of these theories.

1. Germ Theory. This theory in a nutshell, simply means that if you "catch" a certain germ in your system, you will develop a corresponding disease. Most all physicians today believe this and don't even question it. I only partially believe the above in the sense that it is true that certain diseases are severely aggravated and initiated by certain germs. I do not believe that simple statement that germs cause

disease because in order for a germ to cause a disease, you've got to have a body that is willing to accept that germ. If you don't have a body that's willing to receive the germ -- if your body is healthy and your resistance is high, and you haven't inherited a weakened organ system willing to receive the germ, you will not develop a disease from contacting that germ.

As an example, I'm sure you remember the incident several years ago during the American Legion Convention in Philadelphia, where there were 15 deaths from Legionnaires Disease. Investigations proved that the disease was caused by a relatively unknown viral type germ that was transmitted through the ventilating system of the hotel where the Legionnaires stayed and were holding their meeting, yet even though all 16,000 people were exposed to the germ, only 15 had a fatal outcome from the exposure. The truth is that germs are everywhere at all times and we are all exposed to them thousands of times each day and you cannot avoid exposure to these germs but you can avoid diseases initiated by the germs if you have a healthy immune system and other efficiently functioning body systems.

2. Nutritional Deficiency Theory. The mainstream of medical practitioners have never believed this theory but numerous physicians and especially those involved in the study of Nutrition believe that deficiencies in certain vitamins, minerals and other nutrients cause sickness and disease. I personally am convinced that nutritional deficiencies play a role in the development of diseases, but they are not the actual cause of diseases normally. Exceptions to this would be Scurvy (Vitamin C deficiency), Beriberi (thiamine deficiency), and Rickets (Vitamin D deficiency), and a few others. Nutritional deficiencies can cause malfunctions of numerous metabolic processes which weaken the body's immune system or the body's resistance but these deficiencies usually do not cause disease and sickness.

3. Auto-Toxemia Theory. Proponents of this theory believe that our bodies remain healthy by continually ridding themselves of toxins through various organs of elimination. These organs are primarily the liver, kidneys, lungs, skin and colon. Physicians who believe this theory state that the body gets sick and disease develops when the body has more toxins and poisons than the elimination organs can dispose of and as a result, disease develops. I personally believe there is much truth in this theory but it is not the sole cause of disease and sickness. The excess toxins from air, water and food pollution do play a major role in weakening the organs of elimination, as well as the entire Nervous, Endocrine and Circulatory System and diseases will develop in these weakened organ systems if the source of these toxins and poisons are not removed. There are many steps a person can take to remove these toxins and I'll mention several in this brochure.

What is the Truth?

I have always believed and teach my patients that the truth lies in a combination of all these theories. There's much truth in all three, but I have felt for years that the real truth lies in the previously mentioned conclusions of the Kellogg Foundation Report showing that the primary systems involved are not only genetics and accidents or luck, but good nutrition, environmental pollution and lifestyle changes. The reason I believe that a combination of these theories holds the truth is that I see good health develop every day in those patients who follow the suggestions given in this brochure.

Diet and Nutrition

Essential nutrients are those substances necessary for growth, normal functioning and maintaining life. These nutrients must be supplied by foods because they cannot be made by the body. In my thinking and discussions with patients, I usually extend the element of essential nutrients to include other components that are necessary for human life. These include oxygen, water, fiber and so on. . . .

With the above, I have concluded that there are several catego-

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ries of essential nutrients that must be addressed to attain proper nutrition and better health. These include the following categories.

1. Proteins -- primarily in the form of amino acids.
2. Carbohydrates -- natural sugars and starches.
3. Fats -- primarily in the form of essential fatty acids.
4. Vitamins -- fat and water soluble.
5. Minerals -- essential and trace minerals.
6. Water-- the most important of all.
7. Others -- oxygen, fiber, specific anti-oxidants, etc.

Recommended Daily Allowances

Recommended daily allowances (RDAs) are merely guidelines to the quantities of nutrients that the body needs each day. They are set by committees and are simply opinions based on scientific evidence at hand. These recommendations are made on inadequate information and even differ from one country to another. All too often however, and unfortunately, many doctors cite RDAs as though they are the Gospel. This is far from the case and highlights the fact that the mere existence of RDAs can lead to a misunderstanding of what is actually occurring with any individual. Many recent studies made in the past ten years, are showing that even though many patients eat a "balanced diet," more than 90 percent suffer from the lack of one or more essential nutrients. The idea behind setting RDAs was to give at least some idea to the likelihood of groups of individuals being deficient in a specific nutrient when considering their dietary intake. This has severe limitations because people not only have different and unique fingerprints, but also different and unique nutritional requirements. In my opinion, the RDAs are useful only as a guide as to what amounts of these nutrients will prevent specific nutritional diseases like Scurvy, Beriberi, Rickets. To use them as a guide to attain better health can be catastrophic.

Factors Influencing Nutritional Status

1. Quality of food
2. Quantity of food
3. Efficiency of digestion.
4. Efficiency of absorption.
5. Efficiency of utilization.

1. The Quality of the Food. Food grown on nutrient poor soil can be deficient in certain nutrients. The trace minerals in soils are largely governed by farming policy. Overworked soil and soils that have added chemicals such as pesticides, insecticides and herbicides, can adversely influence the quality of the food. Hormones, antibiotics and other chemicals fed to commercially grown cattle, chickens or pigs, to make them grow faster, definitely influences the biochemistry in our bodies. Certain processes that foods undergo during manufacture and storage influence their nutrient content. Even food preparation procedures in our kitchens influence the nutrient content of our foods.

2. The Quantity of the Food. In America, undernutrition is not a problem. However, malnutrition can occur anywhere as a result of wrong food choices and a dependence on large amounts of heavily refined foods. Processed foods (foods in boxes, cans and packages) have had many essential nutrients removed and can definitely influence nutrition. Whole grain and unprocessed (fresh) foods are always superior and in fact, the "health food nuts" of the past who insisted on whole grains and fresh vegetables have been proven right by modern science.

3. The Efficiency of Digestion. A person who has an inefficient digestive system will naturally be more likely to have a poorer nutritional status than a person with an efficient digestive system. The former is often seen by physicians when certain patients do not have enough hydrochloric acid in their stomach to allow the stomach enzyme pepsin to work properly. This leads to impairment of other digestive enzyme activity.

4. The Efficiency of Absorption. Digested foods must be absorbed properly from the intestine into the blood stream to provide the body with these essential nutrients. One example I see very often where patients do not absorb vital nutrients, is when patients have an overgrowth of a yeast called Candidiasis. The yeast grows little finger-like projections that tend to "plug up" the absorption tissues called villi and nutritional deficiencies can rapidly result. (See "Candidiasis: Scourge of Arthritics," <http://www.arthritis-trust.org>.)

5. The Efficiency of Utilization. A person may have proper digestion and absorption of their food and nutrients, but previous deficiencies of certain vitamins and coenzymes may prevent certain vital chemical reactions from taking place in the various metabolic processes that are going on continually in the body. Some people with genetic defects may excrete excessive amounts of nutrients in the urine which definitely influences one's nutrition.

Truths and Myths about Nutrition

The idea that our Western diet is excellent and healthy needs to be debunked. Below, I've listed some myths that are still widely believed by many doctors and nutritionists in America.

Myths

1. Animal protein is necessary for optimal health.
2. Nutritional deficiencies cannot exist in people on a so called "healthy balanced" diet.
3. Sugar is an essential nutrient for energy.
4. Milk is necessary to maintain adequate calcium balance.
5. Food preservatives, colorings and additives do not affect good nutrition.
6. Skipping meals will help you lose weight.
7. Breakfast can be skipped and it won't hurt you.
8. Vitamins give you energy and make you hungry.

Truths

The American diet contains too:

1. much animal fat,
2. much salt,
3. much sugar and refined foods,
4. little fiber,
5. many processed foods,
6. much coffee, tea, alcohol and soda pop,
7. little pure water,
8. The American diet contains potentially harmful chemicals such as insecticides, pesticides, and herbicides, as well as colorings, flavorings, preservatives and additives,
9. Skipping meals will not help you lose weight and you should always eat breakfast every day,
10. Only calories from carbohydrates, proteins and fats give you energy. Vitamins themselves do not give you energy nor do they make you hungry.

A Lesson in Chemistry

The next session of this brochure could well be the most important of all in helping you to understand why you must change your dietary habits if you ever hope to achieve better health. If you presently are sick or have any major or minor illness and sincerely desire to get well, you must remember that in order to make your life anew, you've got to change your point of view. You must remember that no matter who you are and no matter what state your health is presently in, YOU CAN CHANGE AND IMPROVE YOUR HEALTH. You can slow down the aging process and eliminate the degenerative changes taking place in your body because with the information in this brochure, you will now be armed with the true facts as to what you must do. With my help, we will identify the major causes of your body's malfunction, then you must live as wisely as you can with the hazards you cannot remove. You see, there presently exists in the 1990s,

Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior to treatment. effective medical knowledge that is sufficient to prevent and/or to reverse the many malfunctions of body processes that are continually happening in our body systems. Unfortunately, most physicians do not understand these processes and are unable to advise their patients accordingly.

Proper Chemical Balance Keeps Your Body Healthy

If you sincerely desire to attain the best of health and to stay healthy, you should try to understand some basics of the chemistry of dissolved solids in your body fluids and how they work to keep you healthy and disease free. I must warn you, however, that the explanation is quite technical and unfortunately many physicians do not understand these processes as they are not taught in any depth in our medical schools because the processes involve colloid chemistry — the chemistry of dissolved solids in liquids. If this section is too technical for you to understand, you may want to skip to the section entitled “A SIMPLIFIED EXPLANATION.” I would prefer that you read this entire section however.

SOME BASIC DEFINITIONS

To clearly understand this next section, you must comprehend some basic definitions of chemistry language, so try to understand the following definitions.

Atom. An atom is the smallest part of an element that can exist or that can enter into a chemical combination. Atoms have a negative or positive electrical charge.

Electrolyte. Any substance or compound or molecule that can separate into ions when dissolved in solution, and thus becomes capable of conducting electricity. All salts as table salt (NaCl), Epsom Salt (MgSO₄) or baking soda (NaHCO₃), etc. are electrolytes.

Element. The fundamental or elementary substance that cannot be broken down by chemical means to simpler substances. All matter in the universe is made up or composed of one or a combination of 108 presently known elements. Examples of elements are hydrogen and oxygen, which combine to form water. Elements may be liquids, gases or solids.

Compound. A compound is a distinct substance containing 2 or more elements chemically combined in definite proportions by weight. Compounds can be broken down into the elements that make them.

Molecule. A molecule is the smallest uncharged individual unit of a compound and is formed by the union of 2 or more atoms. Water is a typical molecular compound and a single molecule of water consists of 2 atoms of hydrogen and 1 atom of oxygen giving the chemical formula H₂O. A molecule of table salt contains two elements; one atom of sodium (NA⁺) and one atom of chloride (Cl⁻) and when combined, form a single molecule of salt with the chemical formula NaCl.

Ion. An ion is a positively or negatively electrically charged atom or a group of atoms. An ionic compound is held together by attractive forces that exist between positively (+) charged and negatively (-) charged ions. A positively charged ion is called a CATION (pronounced cat-eye-on) and a negatively charged ion is called an ANION (an-eye-on).

Colloid. Particular matter (compounds usually in solution) in the size range of 10 angstroms (a unit of small-size measure) to one micron (another unit of measurement of larger size) in diameter which fail to settle out when in a solution or in a liquid suspension. When colloids are dissolved in or dispersed in a liquid or solution, this system is called a colloid system. All body fluids are examples of colloid systems as blood, urine, saliva, etc. In fact, blood and urine are a mass of colloids which include all electrolytes, protein particles, sugars and other dissolved solids.

Homeostasis. The state of equilibrium (balance) of the internal environment and relative constancy of all body fluids with their chemical and physical properties. Ideal homeostasis exists when all normal body fluid chemicals and dissolved solid substances are in perfect

balance.

To summarize these definitions, I can state that one atom of sodium (Na⁺, an element and a cation) can combine with one atom of chloride (Cl⁻, an element and anion) to form one molecule of the chemical compound NaCl (table salt). Now, after dissolving the NaCl in water and when hundreds or even thousands of these NaCl molecules are dispersed (spread throughout the water) we then have a colloid system composed of the colloid form of NaCl whose molecular particle size keeps the NaCl dissolved in the water and the NaCl doesn't settle out. If too much salt is added to the water, the solution will soon become overly saturated with NaCl and the excess NaCl molecules will clump together (aggregate or agglutinate) and settle out to the bottom.

Understanding Colloid Chemistry— Vital for Good Health

I feel that a terrible mistake is made in all our medical schools today, by not teaching colloid chemistry to all medical students. They are taught inorganic chemistry which is the chemistry of all elements (dead things) other than carbon and their compounds and they are taught organic chemistry which is the chemistry of the compounds of carbon (live things), and biochemistry which is the study of the specific molecular basis of life, but very little is taught about colloid chemistry which is what the body fluids are all about -- the behavior of the dissolved solids and colloids in all our body fluids. As I've already mentioned, most physicians are so ignorant concerning colloidal chemistry that they cannot even give you a clear definition of what a colloid is. This is tragic. Without an understanding as to how these colloids or dissolved solids behave in our body fluids, IT IS IMPOSSIBLE FOR ANY PHYSICIAN TO FULLY UNDERSTAND THE MECHANISMS OF MANY DISEASE STATES AS WELL AS HOW TO TREAT THEM. This is one of the main reasons that medical students today are taught to treat symptoms of diseases with drugs and chemicals instead of being taught to treat the cause of the disease.

Our Blood — Constantly Out of Chemical Balance

Now, to put the aforementioned definitions to use to help you understand what is really happening concerning poor health in America, let me simply explain about what is happening with the cations and anions in all our body fluids, but with emphasis on the blood. When one is in good health and homeostasis and usually when a person is born, each liter (1,000 cc or slightly more than a quart) of blood contains approximately 2/3 anions and 1/3 cations. However, due to the pollution of our water, the polluted air we breathe, the chemicals and preservatives in the food we eat and the excessive amounts of prescription and nonprescription drugs and medications most people ingest, this ratio has reversed in most people to the point that most of us have about 2/3 cations and 1/3 anions in our blood.

Your Drinking Water— Critical

Most all city water filtration systems do an excellent job in making our drinking water germ free, but they do a miserable job in removing excess cationic dissolved solids that are increasing each year due to the pollution of our environment. Unfortunately, most bottled waters (with the exception of “distilled” water) do not address this problem and the majority of home water filtering systems on today's market do not remove these excessive cations. I advise all my patients to bring a pint of their drinking water to our clinic so we can check by a very sensitive electronic machine, the actual dissolved solids in their drinking water. I also advise my patients that before buying a home water filtration system to get a pint sample of the filtered water and bring it to the clinic to be checked before buying any water filtration system. I've found very few filtration systems that actually do what they claim to do, and those that do a good job are all using a reverse osmosis (R.O.) filtering system. Most of the waters from wells that I've been checking for my patients, have much fewer cationic dissolved solids than most city waters. Therefore, to help eliminate this

Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior to treatment. hazardous in your health, you should drink distilled water or reverse osmosis (R.O.) filtered water from a good home water filtration system. I CANNOT EMPHASIZE ENOUGH TO YOU, THE IMPORTANCE OF DRINKING AND COOKING WITH THE CORRECT TYPE OF PURE WATER THAT DOESN'T HAVE EXCESS CATIONS.

The Air You Breathe--Critical

Another danger that gives excess cations in our blood is the increasing pollution the air we breathe. All the smog, tobacco smoke, diesel and gas fumes, pesticides, herbicides, insecticides, detergents, deodorants, formaldehyde, phenolic compounds and many other chemicals polluting our environment today are primarily cationic in nature and only serve to add to the burden of excessive cations in our blood. One should therefore make every effort to avoid exposure to these pollutants, and some patients have to purchase special filters for their heating and air conditioning systems, especially at home.

Chemicals and Drugs You Take — Critical

The pharmaceutical and drug companies are making billions of dollars annually in selling over the counter and prescription drugs and medications. Most all the pain medications, antihistamines, cough medicines, antacids, and indigestion drugs, diarrhea medications, laxatives, sleeping pills, not to mention tobacco, alcohol, and illegal drugs, are primarily cationic in nature and when ingested, also serve to increase the excessive burden of cations in our blood and body fluid systems. It seems we are in a Catch 22 situation because the more drugs and chemicals we take in the sicker we become, which to most people simply calls for more drugs and chemicals to treat the symptoms, and we then begin to develop even more serious illness requiring more drugs. One must not forget that drugs and chemicals of all kinds are foreign to our bodies and only add severe stress to our already stressed-out systems, but they cause an excessive burden on the organs of elimination, suppress the immune system and severely compromise the imbalance of cations and anions in our blood, which in turn prevents maximum efficiency of all body processes throughout. Our health then suffers. No wonder the chronic degenerative diseases are increasing every year and the drug companies and many health practitioners keep getting richer and richer while unsuspecting citizens get sicker and sicker.

The Food You Eat — Critical

Probably the worse source of polluting cations in our blood and body is from our polluted food chain. All the ingredients added to our foods to make them look good, taste good, easy and convenient to prepare and all preservatives added to give longer shelf life, are cationic in nature and critically compromise the overburden of cations in our blood. In fact, at last count, there are over 60,000 different colorings, flavorings, preservatives, taste enhancers, emulsifiers, texture balancers and a multitude of other types of food additives that serve to increase the cationic imbalance in our blood and body systems. The processing of these foods alone, in addition to poisoning with cationic additives, only serves to make these foods deficient in vital nutrients such as vitamins, minerals, amino acids, and fatty acids. Many people today are eating only processed foods, so no wonder America is sick. If you are following this same pattern, then you are going to get sicker unless you take your health into your own hands and do something about your health. Unfortunately, most people do not have anywhere to turn to for advice because most physicians know very little about nutrition. They know even less about cations, anions, and colloidal chemistry, and the health of America continues to suffer, degenerative diseases increase, the pharmaceutical and drug companies and most doctors get richer and the cost of health care keeps sky rocketing.

What a dilemma!

Why Excess Cations are Dangerous

The question now arises as to why these excessive cations are so

dangerous in causing disease and why the depleted anions are protective and prevent the development of many disease conditions. When one does an indepth study of colloids and colloidal chemistry and the behavior of these dissolved solids in our blood, one quickly learns that there are known and proven laws of behavior that regulate and control the actions of these dissolved particles of cations and anions. There are proven laws concerning Zeta Potential, Vander-Waal-London forces, specific conductance, surface tension, steric hindrance, surfactants, electrophoresis, anion gap, homeostasis, intravascular coagulation and other processes that are vitally important in controlling the behavior of these dissolved solids in our blood. It would take a full length textbook to explain what actually happens and why it happens in our blood when we reach the point of having excessive cations dominate our fluid systems.

Hopefully a very simplified explanation will suffice to help you get an idea of what is happening in your blood when overburdened with excess cations. Cations are sticky in nature and you can imagine sticky substances in your blood trying to flow through your arteries and capillaries. A good portion of these sticky substances are going to stick to the lining of your blood vessels and this can build up over a period of time. (Could this be the actual cause of arteriosclerosis or hardening of the arteries?) These sticky cations will stick to the formed elements (red blood cells, white blood cells, and platelets) and they in turn will have a tendency to not only stick together (agglomerate) but also to stick to the blood vessel walls or lining. All of these sticky processes will finally terminate in a condition of electrolyte imbalance and intravascular coagulation where your organs and tissues cannot receive the proper nutrients (even if your diet has made them available), nor can the cells and tissues properly rid themselves of the cell products of waste metabolism. This results in a severe deterioration of cellular function and degeneration sets in. I've made a list of 64 different disease states where the above processes are playing a vital role in causing or aggravating these disease conditions. It's also been shown scientifically that heavy metal cations such as lead, mercury, aluminum, arsenic, cadmium, nickel and beryllium, are the absolute worst cations to initiate this intravascular coagulation. Our foods that are sticky are the high cation foods. All sweets and desserts, all processed foods (with additives of cations) like white flour foods, macaroni, spaghetti, pizza, chips and dips, most cereals, canned fruits, and all fatty red meats, but especially pork should be avoided as they are highly cationic. There are unprocessed foods like oatmeal and fresh fruits that are sticky and they have high cations but they also have high amounts of anions to balance them.

The anionic foods are all the green foods, yellow foods, and *slicky* foods. If any vegetable is green, yellow, or *slicky*, it is high in the good anions. You can cut a cucumber and on rubbing it, the slickiness is felt. The same holds true for squash, okra, broccoli, spinach, greens, cauliflower, cabbage, Brussels sprouts, as well as all the fresh green leafy vegetables. Yellow vegetables like squash, lemons, sweet potatoes, bananas or pumpkins, etc. are also highly anionic. The anions in the blood are *slicky* and all the formed elements (red blood cells, white blood cells and platelets) have a built in preference to have the anions coat their surfaces instead of cations, as well as the endothelial cells (lining) of our blood vessels. With adequate anions in the blood, you will find no intravascular coagulation (clumping or agglutination) and the circulation is greatly enhanced as those *slicky* cells slide quickly and easily through all our blood vessels and capillaries without clumping, and nutrients are efficiently delivered to the cells and tissues, and waste products from cellular metabolism are quickly removed from their source and carried to the excretory organs for proper elimination very efficiently. A person who has the proper amounts of the *slicky* anions will seldom be seen suffering from any of the 64 diseases listed.

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MOST PHYSICIANS DON'T UNDERSTAND THIS

I want you to understand that the above subject and discussion is totally unknown, much less understood by 99% of the practicing physicians and health practitioners today. They haven't been taught colloidal chemistry and most doctors do not even understand the language of colloidal chemistry, much less comprehend the laws or principles involved in the forces that regulate the behavior of these dissolved solids (colloids) that our body fluids are composed of. So they will not even understand what I'm talking about and in all likelihood will ridicule, criticize, or scoff at the previous discussion because, human nature being what it is, I've learned that a law of human nature that usually applies is "if they are not up on it, they are down on it." (No one likes to admit their ignorance). Any honest and sincere physician reading this brochure will be compelled to call me to try to learn more about this vital subject in order to better treat their patients. The doubters and those that criticize this information are simply uninformed and ignorant (and maybe stupid), concerning these principles because there are basic laws concerning dissolved solids in the body fluids that work in certain ways under various conditions that I did not invent or make up or even discover, but these laws operate every day in our body fluids that control the behavior of these colloids. When we violate the laws we must suffer the consequences and our health deteriorates.

My goal in life is to find the TRUTH concerning my personal, professional and religious life, and I've tried to pass on these truths to you, my patient, in order to ensure that you attain better health. The previous discussion on colloids and dissolved solids in our body fluids are not my invention or conclusions. I'm not intelligent enough to figure out or to tie together all the processes involved because I am not a chemist, even though I have made an indepth study on colloid chemistry principles. Numerous other physicians, chemists and scientists have made the discoveries and I have simply tried to help organize and tie these vital principles and laws together so that my patients can get well faster. I want no credit and deserve none for any discoveries or information produced in this brochure, but I have been able to help organize the ideas and principles into a format that will benefit my patients and help anyone who applies these principles and ideas to maintain superior health. I've never claimed to know everything and never will, but when I see the health of my patients improve by applying the ideas and principles recommended in this brochure, I feel obligated to share this information with anyone, physician or patient, who desires to achieve better health. These principles work and will enable you, if applied, to achieve the best of health for yourself and your family.

TWELVE VITAL NUTRITIONAL AND HEALTH TOPICS

There are twelve "good health" practices and topics that needs further discussion and/or clarification to give you a crystal clear understanding of why you should incorporate them in your overall lifestyle. There is considerable confusion and false information that has been given out by various individuals and self interest groups concerning these subjects. Most of the confusion and incorrect fallacies have been spewed out to the general public in order for their perpetrators to make a profit on some "health product" they are selling to an unsuspecting public. My desire and goal here is to bring you the truth, the facts, the proven knowledge to help you have the opportunity to use this truth to achieve better health — and I'm not trying to sell you any product or service. I just want you and your family to be healthy and avoid sickness. You may not be able to apply all of these principles to your lifestyles, but you will have the truth at your fingertips to use if you so desire. Again, IT'S UP TO YOU! I sincerely hope you put this information to good use.

1. REFINED AND PROCESSED FOODS

The food processing companies today are all in business to make

money. You must never forget this fact. This is the American way, and I'm not being critical of them when I state this truth. There is tremendous competition among these companies and they are all striving to get you — the consumer — to buy their product instead of their competitors'. They do not want to harm you in processing their foods, but they simply want to make a profit from your purchases.

These companies know that in today's society, in order for the average family to maintain the same standards of living that we are used to and the same standards our parents maintained as we grew up, it has become necessary for most husbands and wives to both work or be employed. The average wife (or husband) simply does not have the time or energy to prepare the wholesome and nutritious meals they feel they should feed their family. They must take short cuts and look for ways to save time, energy and money to give the family the necessary meals required. The easiest way to do this is to purchase processed, refined and prepackaged foods. Knowing this and trying to get your dollar, all food processing companies know that to be successful, they must make their packaged foods look good, taste good, and maintain a long shelf life. In order to accomplish this, they must remove many vitamins, minerals, fatty acids, much fiber and other vital nutrients from the foods and they have to add color and taste enhancers, emulsifying agents, preservatives and many other additives to keep the foods looking good and preserving them. All these added chemicals are cations and dangerous to your health. With some foods (like white breads) the U.S. Government requires that they add back 7 of the 23 nutrients removed. Most of the companies try to capitalize even on this by advertising that their product is "enriched" with the 7 nutrients they added back, but they never mention the other 16 vital nutrients removed from the flour. This is fraud and deception in my opinion as they are trying to make us believe they are "enriching" the product by adding back the previously removed nutrients.

Processed or refined foods are all packaged in boxes, bottles, cans or cellophane packages and include all sweets, pastries and desserts of all types, all white flour products including breads, crackers, biscuits, macaroni, spaghetti, pizza, most all soups, canned meats and vegetables and fruits and cereals. I jokingly tell my patients they can eat the box or cans, bottles or cellophane packages, but don't eat the processed foods in them. Truly, these cationic foods are very detrimental to your health and ideally should be avoided. The best safeguard to avoid these bad foods is to read all labels of any foods purchased and totally stay away from those items when food labels list the chemicals and additives that are put in the foods. Remember, fresh foods are the best to purchase, frozen or home canned are second best and bottled or packaged foods are the worst.

And don't forget that most artificial sweeteners are also cationic and are not the best for you. The best sweeteners would be unprocessed honey (with some honeycomb in the bottle) and blackstrap molasses. White sugar or any ingredients ending in "ose" (glucose, fructose, maltose, etc.) as well as all white flour products tend to create an acid medium in the colon which is destructive to the good germs found in the colon. The good germs play a vital part in preventing yeast overgrowth, parasites and other harmful germs that try to grow in the colon.

Also, remember refined foods and sugars are usually depleted in fiber and this simply slows the progress of the foods passing through the intestine which makes one more susceptible to constipation, hemorrhoids, varicose veins, colon and rectal cancers. Also, with a slower transit time through the colon, more time is allowed for putrefaction (rotting) of the refined foods to occur in the colon which allows more toxic substances to be absorbed into your system.

And finally, please remember that all commercial wheat flour is prepared so that it can be stored for long periods of time without spoiling. To do this, "the life" is removed from the wheat in the pro-

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cessing. Fresh whole wheat flour spoils rapidly. Unfortunately, except for those fortunate enough to possess a household flour mill, truly fresh flour is unavailable and this also applies to whole wheat breads found in most supermarkets. Probably your best choice under these circumstances is to purchase whole wheat bread from your local health food store and make sure that the bread purchased from your grocery store has written on the package 100% Whole Wheat or 100% Whole Grain. Eat no food products prepared from commercially processed wheat flour.

2. RAW FRUITS AND VEGETABLE

All raw foods (except meats) are much more nourishing than cooked foods. The cooking process destroys or changes many vitamins, minerals and especially enzymes (cell produced catalysts involved in vital cell functions) which can severely compromise your digestion and the availability of these important nutrients. Raw fruits and vegetables are more cleansing and detoxifying than cooked foods, and their roughage or fiber value helps keep your food moving through the intestine efficiently. This plays a strong part in preventing hemorrhoids, varicose veins, diverticulosis and other colon diseases, as well as colon cancer. Also, the natural vitamins, minerals, amino and fatty acids in the raw foods are readily available for absorption and therefore play a major part in preventing deficiencies of these substances. The super abundance of natural enzymes in raw foods will ensure good digestion and absorption of essential nutrients.

Many people go for weeks with no more raw food in their diet than perhaps a small amount of lettuce or an occasional glass of fruit or vegetable juice. Ideally, at least 75 % of our fruits and vegetables should be eaten raw and uncooked. This principle of nutrition is one that is most often overlooked and neglected in our American society.

You should understand that raw fruits and vegetables are “live” foods, and cooking them makes them “dead” foods. Life diminishes in all fruits and vegetables in direct proportion to the time lapsed since picking. Life involves receiving live nutrients like vitamins, minerals, enzymes, amino acids and fatty acids and cooking makes many of these elements dead. We originally ate living food — that is right after picking or harvesting and even as recent as 30-40 years ago most people obtained much of their food from their own gardens and livestock. Dead foods are devitalized of most nutrients. Even though they will fill your stomach, they do not nourish your body and give good health. Therefore, dead foods like cooked fruits and vegetables produce death, and live foods like raw fruits and vegetables produce life.

Our Creator with His omniscient wisdom made our foods whole and placed within each type of whole food the proper and adequate nutrients that are necessary for our body to digest, absorb and use these particular foods. This is why different foods contain different essential nutrients. Then humankind comes along trying to make a profit, refines the food, and removes many of the nutrients and adds chemicals to enhance taste and appearance and to preserve shelf life. This refining then destroys the God-intended value of the food. It's common sense to ask yourself, “How can any given food be assimilated and used by our body when the refining process robs that food of its vital nutrients.”

Let me explain why the above is so critically important. In researching and studying why the chronic degenerative diseases were increasing and what treatment methods could be applied to halt this onslaught on the health of America, I came to several conclusions. Of these conclusions, there were three that were certain primary sources that greatly contribute to the epidemic of cardiovascular-renal disease we are seeing today. My conclusions were influenced greatly by T.C. McDaniel, D. O. of Cincinnati, Ohio, and published work completed by the late physical chemist, Thomas M. Reddick of New York.

These three vital contributing factors causing the cardiovascu-

lar-renal disease epidemic are:

1. Excessive mineral salts (strongly cationic) intake that is happening to most all Americans today.
2. The reversal of the God-provided natural sodium-to-potassium ratio that is directly caused by food processing today.
3. The ingesting of these excessive mineral salts are overworking, overwhelming and critically harming our kidneys which results in colloid particle imbalances in the blood, and then intravascular coagulation begins. Degenerative diseases result.

As Dr. T.C. McDaniel concluded, I agree that a major factor contributing to the excessive mineral salts in our food supply lies in the basic misconception and lack of knowledge on the part of the FDA concerning the physical chemistry of food processing. Although the FDA limits certain chemical additives to food to 1% of the amount demonstrated to be without harm to experimental animals, they permit virtually unlimited use of hundreds of chemicals that they classify as GRAS (Generally Recognized as Safe). I sincerely do not believe the FDA researchers fully understand the colloidal behavior of the excess salt, for example, found in our processed foods.

In measuring the specific electrical conductance (mineral salts) in 8 fresh vegetables (asparagus, beets, carrots, corn, lima beans, peas, string beans and tomatoes), it was found that measurement of these foods in a fresh state resulted in an average of 7500 micromhos. These same foods measured from canned and processed sources gave an average reading of 17,500 micromhos. These readings show over 2 1/2 times the mineral salts found in these canned vegetables as compared to fresh forms.

Another example was taken from the *Handbook of the U.S. Department of Agriculture* (No. 8) which shows the amounts of sodium and potassium and their ratios of these minerals in the natural God-given, fresh state, and also after being processed. Eighteen fresh natural foods were listed (including those mentioned in the specific conductance test). In the fresh, raw state, these foods averaged (after measuring total sodium and potassium content) 14% sodium and 86% potassium, giving a ratio of 1:6, or one part sodium to 6 parts of potassium. These same foods were listed after processing, and they showed 75% sodium and 25% potassium with a ratio of 3:1, three times as much sodium (added) to one part of potassium (most removed). These figures prove that the potassium was intended to be the major mineral with sodium the minor one. After processing, these ratios are totally reversed, which should give you the very best conclusions as to why you should eat as many of your fresh fruits and vegetables as you can, in the raw, uncooked, unprocessed form.

3. Meat, Meat Products and Proteins in Your Diet

Proteins are one of the seven food and nutrient groups that you have read about previously in this brochure. Human muscle cells are composed primarily of protein and these proteins are made from chains of amino acids. Amino acids are molecules of chemicals that contain nitrogen bonds. Sources of these amino acids, of which there are twenty three known to be required in human nutrition, include meats from animals, fish, and poultry; dairy products; and non-animal sources — chiefly legumes (beans and lentils, etc.) nuts, seeds and sprouts. Proteins are also derived from the germ portion of whole grains. Our human body makes fifteen of these twenty three amino acids, and the additional eight are termed essential amino acids because they are not made by the body and must be included in adequate amounts in our diet. These eight essential amino acids are tryptophan, phenylalanine, leucine, isoleucine, valine, methionine, lysine, threonine, and, in children, histidine. Proteins are generally considered the building blocks in our body to make and repair new tissues, to make and repair certain cells and cellular parts, to make hormones, antibodies, enzymes and other necessary chemical compounds in the body. They also supply a certain amount of necessary anions in the body, although

Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior to treatment. they are generally classed as amphoteric which means that they can act as an acid or an alkali, and may exhibit anionic or cationic properties.

The largest concern regarding proteins surrounds the controversy of animal versus vegetable sources. One of the chief problems with animal protein intake is the excess fat content. Fats supply nine calories per gram compared to protein at 4.5 calories per gram; therefore, since each variety of meat varies in fat content, some proteins have more calories than others. For example, two ounces of baked chicken without the skin yields 284 calories and two ounces of broiled sirloin steak will yield 392 calories. It becomes very important in our diet that we try to choose meats that have the least amount of fat content in them. The highest fat content consists of pork and fatty red meats while the lowest calorie content includes chicken, fowl, and most types of fish and seafood products, as well as eggs and dairy products.

It should also be mentioned that dairy products like milk, cheese, yogurt, eggs and animal meats supply all eight essential amino acids. Most vegetable sources do not supply all eight amino acids and thus must be combined to provide all essential amino acids together at the same meal. It has been shown in one study that excess proteins may contribute to calcium loss through the use of calcium as a binding agent or the excretion of nitrogenous waste products. Prolonged consumption of protein poor diets can retard brain development, modify the chemical composition of the brain, and produce long term learning and behavioral deficits.

In the United States and Canada, it has been shown that about 40 percent of free living people over the age of 60, show evidence of protein malnutrition, or deficiencies of selective nutrients such as zinc and iron that are found in meats. This has a very detrimental effect on our immune system which makes us much more susceptible to infections of all types. Another study showed that 80 percent of women taking birth control pills have demonstrated abnormal tryptophan metabolism.

To my patients, I recommend that pork (bacon, sausage, ham) be avoided at all costs. Pork not only contains extremely high amounts of saturated or bad fat but in Germany it has been shown that pork contains excessive amounts of certain bad germs that are often not destroyed in the cooking process. Pigs and hogs are scavengers and God even warned the Israelites not to eat pork. I have my patients avoid fatty red meats and use only the lean cuts of beef. I advise patients to limit lean beef to once a week and instead try to get their proteins from lean chicken, fowl, fish, low fat cheese, and low fat milk or yogurt and eggs.

Excessive intake of proteins provides no more protein for the bodily needs than what is "enough," as the excess protein is used either as carbohydrate or fat. The more important factor to be considered is the digestion of a normal quantity of protein, so that a reasonable amount is supplied each day, and so I recommend to my patients that, if they are depending on meats for protein, they should limit their protein intake to one meal a day and preferably have an average serving of meat at the evening meal.

Contrary to some opinions, the grinding of meat into small particles (like hamburger) does not increase its digestibility. Nor does the thorough chewing of meat. No protein digestion occurs in the mouth. Meat needs only to be chewed to the extent that it may be easily swallowed. On the other hand, grinding of meat can have deleterious effects. Ground meat spoils rapidly at room temperature and whole meat does not; in fact, a sort of "predigestion" can occur. Nucleic acids are released in the grinding process and apparently this changes preservability. Similar action may occur when ground meat is introduced into the intestinal tract. Here the temperature situation for spoilage is ideal. If there is insufficient hydrochloric acid in the stomach or a lack of proteolytic (protein digesting) enzymes, the possibility of

putrefaction (rotting) of proteins is greatly enhanced with ground meat as compared with whole meat. Preserved meats such as wieners, sausages, bologna, potted meat, luncheon meats, salami, and Vienna sausages do not have as much of a putrefaction tendency; however, they are absolutely loaded with chemicals and preservatives which play a very detrimental part in causing poor health. They simply should be totally avoided.

4 . FOOD COMBINATIONS

Poor food combining or food combinations can be a cause of toxicity in the body. The reason for this is that certain food groups do not digest well together. Some foods digest primarily in the stomach, others in the small intestine. Some foods digest in minutes while others take many hours. Some foods require an acid medium to digest in and others an alkaline medium. Therefore certain foods eaten together do not digest properly and thus tend to become toxic. For example, starches digest primarily in the small intestine while protein digestion mostly occurs in the stomach. Eating the two together holds the starch in the stomach too long which leads to putrefaction. This is one example of how even the best food can become toxic to you. Fruits digest in a few minutes while starches require at least an hour or two to digest. When the two are combined, the fruit putrefies as it is unable to pass through the intestine quickly enough. Fruit with protein usually causes the same problem. The fruit needs to pass right through the stomach and the protein food needs to digest in the stomach for a much longer period of time, and when eaten together, this blocks the fruits' passage.

Also sugar inhibits or retards the action of protein digesting enzymes. Therefore, sweet foods such as sugar and dessert foods should not be eaten at the same time as animal foods like meats. As an example, beans (pinto or navy beans) are an excellent vegetable source of proteins. In Mexico, the pinto bean is a major constituent of the diet and is eaten unsweetened. In this country, "baked beans" are served which combine proteins and sugar. Baked beans are noted for the digestive flatulence (gas) that they cause. Most Americans are accustomed to finishing off a good protein meal (steak or other meat) with sweet desserts (like apple pie). Desserts should be eaten several hours after mealtime on an empty stomach for best nutrition. There are many sugar-protein combinations which may be avoided easily. The fact that most foods contain some protein must be taken into consideration of course. Also, a small amount of sugar does little harm if it is not eaten regularly. Even natural sugars such as honey and blackstrap molasses (which I usually recommend) are less harmful than any processed sugars, but they are best eaten at different times than with high protein meals. For example, orange juice that is high in natural sugars would not be an ideal combination with eggs (high proteins). A better choice would be tomato juice.

We usually do not go into depth in the education of my patients concerning combinations of foods because I have found that the person who is in average good health can usually tolerate poor-food combinations without any serious or critical ill effects. However, in some patients who have a severely compromised immune system, I do encourage that they observe the following recommendations which have been shown through the ages to be the very best information concerning food combinations.

1. Proteins generally do not combine with starches. This is probably the worst of the disease-producing habits. Of course, this really hits home "with meat and potato" eaters, as well as those who excessively use sandwiches in their diet. In the digestive process, they tend to neutralize themselves and good digestion is impossible. The increased putrefaction and rotting takes place under these circumstances. Exceptions to this rule are avocados, which combine fairly well with grains.

2. Fruits do not combine with starches. Fruits digest immedi-

Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior to treatment. ately in the mouth and small intestine, while starches require more of their digestive time in these areas. The fruit sugars are quickly absorbed into the intestine, while the starch requires digestion in the mouth, stomach, and small intestine. Ideally, one should eat a fruit meal by itself. Most people prefer to make breakfast their main fruit meal and this is a good idea.

3. Fruits do not combine with proteins. Here again, the fruits go directly into the intestine, while protein requires much more time digesting in the stomach. If sugars are held back in the stomach while trying to digest protein, you can count on the fruit putrefying.

4. Fruits do not combine with vegetables. A good way to remember this is that fruits are cleaners and vegetables are builders. It's very difficult to clean and build a house at the same time. One exception to this is tomatoes, a fruit. You can have tomatoes with most salad vegetables.

5. Acid fruits do not combine with sweet fruits. These two food groups repel each other. Acid fruits include the citrus fruits like lemons, limes, oranges, pineapple, tangerines, and grapefruit, along with most available berries and tomatoes. The sweet fruits include bananas, dates, dried fruits, including apples, apricots, figs, peaches, pears, prunes, and raisins.

5. FASTING

Food combining is usually recommended for patients in very critical health and especially those with a very compromised immune system. If you've spent years as a "junk food junkie," ideally, you need more than withdrawal from these foods and changing to a natural foods diet. With the accumulation of chemicals, preservatives, and additives in these junk foods and other harmful substances in your body, a detoxification program should be implemented. Even natural foods, especially fruits, certain vegetables, and their juices, possess a considerable detoxifying effect. Certain vitamins are very important in the detoxification process and especially vitamin C. Fasting is the fastest way of bringing about elimination of toxins in the body and the quickest way of getting toxic materials out of the body. Fasting on just water or perhaps juice, greatly enhances body detoxification. During such a fast, the body can "live off itself" and burns up dead cells, waste materials and excess fat to supply energy. Since many toxins end up stored in the fatty tissues, the benefits of fasting for detoxification is simply logical. I'm convinced that regular fasting one day per week produces great benefit in maintaining a clean system. Some authorities recommend longer fasts of three days or more, to be taken 3 or 4 times each year, which induces more thorough body detoxification, and this can be compared to a quarterly "spring cleaning."

It is common knowledge that fasting has thousands of years of reputation as the ultimate form of detoxification. Let me briefly explain what fasting does and how it can help your health. When I speak of fasting, I am talking about the total abstinence from food but not water, for a certain period of time. When one fasts, no food is being converted into energy and the body must live off of itself, a process called autolysis. There's nothing harmful about this since the body must go for several weeks without food as it burns up dead cells and fatty tissues where most toxic chemicals are stored in the body. Fasting is really sort of an internal operation without using surgery. When the digestive and elimination systems shut down in fasting, more energy is available for detoxification and repair. Therefore, when one fasts, one usually sees a greater increase in one's energy on the third day of a fast, than what it would be when eating normally.

I believe personally that short term fasts, such as one day per week, can be an excellent benefit to your health. I have also learned from research done in Germany that one should never fast more than ten days, however, as this could be very detrimental to your health. By abstaining from two or three meals one day each week, this gives

you a sort of weekly "house cleaning" inside your body. If you decide to fast, please remember that it can be very beneficial to your health, but you should certainly exercise some care by following the guidelines listed below.

How To Fast Properly

1. When you begin to fast, the detoxification will often cause headaches, tiredness, fatigue, and even nausea. This is normal and it simply means that you are eliminating harmful toxins and substances from your body. When these side effects are seen, it merely shows that your body needs the fasting experience and these symptoms usually disappear after the second or third day.

2. If you decide to fast, you should begin your fasting experience gradually. You should start with a one day a week fast and probably skip only two meals. Later on, you can skip three meals on your weekly fast, and after several months of this kind of fasting, you can then handle a two or three day fast if you desire. Never begin a long fast unless your body is accustomed to fasting.

3. Once you begin your fasting program on a one-day per week basis, you will soon notice that there is very little to no discomfort because of the successful elimination of most of your accumulated toxins.

4. You should keep in mind that you should not fast if you are pregnant, have an advanced chronic degenerative disease or even diabetes.

God Recommends Fasts

We must not forget that fasting is recommended by God in the Bible in many places and fasting is one of God's greatest gifts for man's health. It is probably the very best method to eliminate the toxins that have accumulated in your fatty tissues over a period of years.

6. FERMENTED FOODS

Fermentation was one of the first methods of preservation discovered for foods. Because of the fermentation process, foods such as sauerkraut, pickles, yogurt, cheeses, buttermilk, and cottage cheese came into existence. All of these foods in their natural form have a long history of use and are highly acceptable in dietary items. I've learned from researchers in Germany that there are two kinds of lactic acid produced by the body. When all body processes are functioning properly, the body produces a form of lactic acid called L-lactic acid, and when the body is overly stressed and not functioning properly, a bad form of lactic acid called D-lactic acid is produced. Even today, with many of my patients with chronic degenerative diseases, I have found that by supplementing extra L-lactic acid for these patients, their improvement is greatly enhanced. As the fermentation process acts to produce primarily L-lactic acid, this natural acid is common to the previously named foods. This L-lactic acid seems to have a "preservative" effect on the intestinal tract as well. Such foods as yogurt and buttermilk thus have an enviable reputation for being favorable to intestinal environment. The fermentation process also seems to act somewhat as a "predigesting factor." Tough fibers are made softer; nutrients may be released from their biological hold, such as lactose (milk sugar), which is richer in buttermilk than in sweet milk. It has also been found that lactose favorably influences and enhances the absorption of calcium.

Two Good Fermented Foods

There are two foods that are outstanding in the fermented food class: buttermilk and sauerkraut. They are easily available and both are very rich sources of L-lactic acid. Buttermilk is preferred, of course, because of its high protein and calcium content. But those who do not care for buttermilk should consider sauerkraut as a source of L-lactic acid. It would be a good health practice to try to include some fermented foods in your diet each day, like buttermilk, yogurt, sauerkraut, or cottage cheese.

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7. Exercise and Physical Activity

Did you know that a fairly recent Gallop Poll reported that only 24 percent of the citizens of the U.S. exercise regularly? Because of the mechanization of our society over the past 100 years with machines and household appliances, and since only a very small number of people now earn their living in jobs requiring persistent physical activity, physical inactivity for the majority of Americans has become the rule and not the exception. I've asked many patients "What is the most strenuous exercise that you have engaged in the past two weeks?" And the great majority state that actually their exercise has been no greater than walking up a flight of stairs, walking from their car across a parking lot to their place of business, or maybe even just pushing a grocery cart. What we should understand is that "running around all day," whether it be at home or at our place of work is definitely not exercise and should not be considered as such.

There have been many new studies completed the last ten years which have fairly well proven that lack of exercise or habitual inactivity very often contributes to high blood pressure, chronic fatigue, premature aging, poor muscle tone and lack of flexibility, which in turn aggravates low back pain, mental stress, coronary artery disease and especially obesity. Prolonged inactivity also slows bowel function, decreases male hormone production in men, as well as decreases sperm counts. Without proper physical activity, there is very inefficient transfer of oxygen in the lungs, and it also has been shown to aggravate and make us more susceptible to developing softening of the bones or osteoporosis. We have seen that lack of exercise causes rapid deterioration of muscle tissue, as well as connective tissue in our ligaments and tendons. If you want to age faster, then do not exercise because, when you don't use your muscles, it is true that "if you don't use it, you lose it." Exercise also increases the good cholesterol in the body and lowers the bad cholesterol and total cholesterol levels.

A person doesn't have to be a marathon runner or chop wood three hours a day in order to become more active. There are many forms of exercise that a person can perform and these range from walking to jogging, bicycling, swimming, rebounding, or getting involved in some sport activity such as tennis, volleyball, or possibly even playing golf. The most important decision for you, however, is to make a definite decision that you are going to exercise at least five days each week and begin *some* program. I'm going to briefly discuss two types of exercise programs that I will recommend for the great majority of my patients, and they involve brisk walking and rebounding.

For those patients who are entering their "golden years," a simple routine involving a brisk, daily walking is quite sufficient for the initial part of the exercise regime and may be all that a lot of patients ever need. The usual response to my walking prescription is that walking makes a person hungry. This is not true. When the body is walking briskly, the body's fat deposits are tapped freely for energy in order to supply fuel for the muscles so the blood becomes loaded with these fuel materials. The net effect is that, not only does the muscle tissue have readily available fat to burn, but the hunger mechanism is short circuited, and there is actually less hunger than if there had been no activity. A prolonged walk at a steady pace with constant stress on the circulatory system and the heart is beneficial in many ways. The primary concern in exercise is to increase your pulse rate and get your heart beating faster. This increase should be from fifty to seventy percent higher than your normal resting pulse, but do not overdo it. You would be wise to get in the habit of exercising twenty minutes every day with your heart beating faster. Morning exercise is better for you because it will give you more energy all day long.

In the beginning, the walk should be short and slow but gradually build up one's speed and distance. When asked how fast one

should walk, I often use the following example: "Imagine that you are wearing thin clothing and that the temperature outside is below freezing, the wind is blowing hard, and it is raining and you have to go to the bathroom very badly and you are a mile from home. How fast would you walk to get there?" Now, that's brisk walking!

Of all the types of exercise available, in the past year I have concluded that the very best form of exercise is rebounding or using a small mini-trampoline, called a rebounder. This form of exercise is different from other physical activities because it puts gravity to work in your favor. It has many advantages over "regular" exercise because it, in addition is a cellular exercise. By subjecting each of the sixty trillion cells in your body to greater gravitation pull, waste products are squeezed out and nutritional elements and oxygen are drawn into the cells. The cells function more efficiently, the metabolism increases to its maximum. With this form of exercise, the membranes around each cell become stronger as they demand more protein from the body. These thicker membranes are better able to fight off foreign invaders like germs, toxins, poisons, and other pollutants more effectively. Here, everything improves: the blood, the brain, the lungs, the muscles, all the internal organs, those of the senses, and even more.

Rebounding exercise will increase the vital capacity (can handle more oxygen) in your lungs and more oxygen will be delivered to the body tissues and better absorption of oxygen will result. There appears to be a faster gaseous exchange within the lungs. The red blood cell count, as well as more blood, is pushed through these vessels. The heart muscles work more efficiently and collateral circulation improves. The result is that more oxygen is carried to the heart muscle. Elevated blood cholesterol and triglyceride levels tend to come down, and the good cholesterol levels increase. Rebounding also strengthens the adrenal glands so that more severe stresses may be handled by the body. Your metabolism is enhanced and there is better absorption or nutrients from food intake. Digestion, appetite and elimination all get better. This type of exercise also tends to decrease any tendency for blood clotting or coagulation in the blood vessels. Many scientists believe that a prime cause or contributing factor of cancer is lack of oxygenation of the cells, and exercise is the main way to bring oxygen into the blood with which to bathe the cells.

I feel the most important benefit of rebounding, however, is its effect on the lymph system. Most people are not familiar with what the lymph system really is. It is another circulatory system within the body and it is the system that drains and removes toxins, poisons, and waste products from between each individual cell and delivers these waste products to the lymph nodes and that part of the immune system that destroys and eliminates toxins, bacteria, poisons, and other products that get in your body. In one sense, the lymph system is the metabolic garbage can of the body. It gets rid of toxins, dead cells, cancer cells, waste products, trapped proteins, pathogenic bacteria, and viruses, heavy metals, and assorted junk products that the cells need to get rid of.

Your circulatory system (heart, blood vessels, and blood) delivers food and oxygen to your cells, and the products of cell metabolic breakdown must be drained away with its load of waste through the lymph vessels. Now, unlike the artery system, the lymphatics do not have their own pump. There are only three ways to activate the speed up of the flow of lymph away from the tissues it serves and back into the main circulation. Lymphatic flow requires (a) muscular contraction from exercise and movement (b) gravitational pressure and (c) internal messages to the one-way valves that are present in these lymph vessels.

Arthur C. Guyton, M.D., Professor and Chairman of the Dept. of Physiology and Biophysics, University of Mississippi School of Medicine, is an internationally known expert on lymphology and the lymphatic system. He states, "The lymphatic group becomes very

Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior to treatment. active during exercise but sluggish under resting conditions. During exercise, the rate of lymph flow can increase to as high as three to fourteen times normal because of increased activity. An increase in tissue fluid protein increases the rate of lymph flow and this washes the proteins out of the tissue spaces, automatically returning the protein concentrate to its normal low level. If it were not for this continual removal of proteins, the dynamics of the capillaries would become so abnormal within only a few hours, that life could no longer continue. There is certainly no other function of the lymphatics that can even approach this in importance."

As the lymphatic vessels have one-way valves in them, and the lymph flow only one way (towards the heart) when one jumps up on the rebounder, the lymph is thrown up also and cannot go back down the vessels because of the one way valves. This acts as a suction pump to pull out and suck out the lymph with accumulated toxins between the cells and return it back to the circulation where it is supposed to be.

How to Rebound

Jog on the rebounder for two minutes, then jump with both feet on the rebounder for two minutes and repeat this process over and over for twenty minutes in all. If you get dizzy at first, this is because the toxins are being pulled out of the spaces between your cells too rapidly. You should slow down or stop for a few minutes before continuing if this should happen. If you feel unsteady on the rebounder, you may want to hook a rope in the ceiling and let it hang down to hold onto or you could screw a little hand-holding hook in the wood door frame and simply hold on to this as you rebound.

8. Drink Water, Water, Water — Live Longer, Longer, Longer

The average person drinks nearly six times their body weight in water each year. In our bodies, water is absolutely vital for life. Our health becomes critical if we lose only 10% of our body water and death is certain if we lose 20%. Of our body weight, approximately 70% is water. Even our bones contain over 30% water. Our drinking water, beverages, and foods we eat are the sources of water for our bodies. Every cell in our body must have water or it dies. Water bathes the cells in our body and provides the medium or means of transportation for all metabolic elements which are food nutrients and body chemicals such as hormones, enzymes, vitamins, oxygen and minerals. In these cells, there are literally thousands of chemical reactions taking place at all times to use the food and water we take into our bodies to produce our energy. These processes taking place in the cells are generally referred to as "metabolism." Water is actually produced during these processes. These metabolic elements in the body fluids (primarily water) are constantly flowing in and out of our body cells, and waste products flow out of the body cells into the lymphatic system where they are returned to the blood circulation system and then carried to the kidneys for disposal. The heart pumps about 2,000 gallons of this blood plasma through about 70,000 miles of blood vessels in our bodies each day, sometimes at the rate of 40 miles per hour. Actually about a quart of water flows through our kidneys every minute. The kidneys are continually filtering out the waste products from the blood, and these products are excreted in the urine.

All body cells have a membrane or sac which completely surrounds the cells. The body water constantly bathing the cells is vital to maintain a delicate acid-alkali (base) chemical and physical balance between the cells and all body organs. This delicate balance that must be maintained is referred to as homeostasis, and must be maintained or we will die. If we don't have enough water intake, our body metabolism is depressed and when our metabolism slows down, our food has a tendency to turn into fat and we become much more fatigued.

Water is essential to moisten the delicate membranes in our nose, throat, bronchial and breathing tubes, so that oxygen is brought to

our blood and carbon dioxide (a waste product) excreted. Water must be available to lubricate our joints, as well as allowing absorption of our food nutrients in our digestive tract. Without adequate water, one will see constipation. Waste products and toxins are increased in the blood and are carried to the liver which puts additional stress on the liver. These accumulated waste products and toxins depress the function of most of our glands. Water is vital in regulating our body temperature. Water is needed for our muscles to function properly and to maintain the right tone in our muscles. Adequate water prevents wrinkling and sagging of our skin.

It is extremely important that our body maintain a proper equilibrium between the intake and output of body water. This is called water balance. Our water intake comes from the fluids we drink (48%), from the solids we eat (40%), and from the metabolic processes taking place in the body (12%). The output water losses are from the kidneys (56%), skin (20%), lungs (20%), bowels or intestines (4%), and a small amount from tears. Proper water balance must be maintained by having the water intake equal the water output.

The water in the body is distributed in two main compartments. Water outside the cells is called extracellular water, and the water inside the cells is called intracellular. Intracellular water (about 9 gallons) makes up 50% of our total body weight and extracellular water (about 4 gallons) makes up 20%. The extracellular water is further divided into the water around the cells (interstitial, 10-11 quarts) and the blood plasma (intravascular, 3-4 quarts).

When we think about fluid retention, we are primarily concerned with the extracellular water, the water stored in the tissue spaces between the cells and water in the blood plasma. The chemical — sodium chloride (plain table salt) plays a very important part in determining whether fluid is retained or not. The concentration of sodium in the blood is carefully regulated by various hormones and chemical reactions in the body. When we take in too much salt, the kidneys begin to excrete more sodium in the urine in an effort to bring the delicately balanced sodium concentration back to normal. Sodium holds onto water and with excess sodium in our bodies, we become thirsty. When we then drink water, the sodium concentration is diluted and a delicate balance returns. When a person has swelling in the tissues, it generally means they have too much sodium in their body and in order to get rid of this sodium, we must make more water in our kidneys. To do this, we must make more urine; the best way to make more urine is to drink more water. This is the main way to get rid of any fluid retention without the use of drugs. This sounds paradoxical, but it is true: *You must drink more water to get rid of water.* If you have fluid retention, drinking less water will not help, but may aggravate it. If you have fluid retention, drinking more water will not worsen it, but help cure it.

You may be asking at this point, why not take a diuretic? Diuretics only cause water to leave the body in an abnormal and often dangerous manner. Besides, the water loss is only temporary. The body learns to depend on diuretics like many people are habituated to laxatives, when over a period of time they have had to increase the strength of the laxative for it to be effective. They must then depend on laxatives. I don't want this to happen to you. (See "Prevent Arthritis and Cure Back Pain," *Your Body's Many Cries for Water*, <http://www.arthritistrust.org>.)

A Major Problem Today; Most Drinking Water is Polluted

From the above discussion, you can easily understand that water is the key to all bodily functions: digestion, assimilation, circulation, elimination, lubrication, and temperature control and other important factors. Because of this, I'm sure you can understand that the purity and quality of the water you drink is vital to your body's well being. Another very important point that few people stop to think about, is that the Earth does not make any new water. In fact, only one percent

Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior to treatment. of the Earth's water is suitable for drinking. The other 99% is either ice or unusable salty water. This same one percent is recycled over and over with all the potential exposure to chemicals, toxins, and poisons.

More and more, every day throughout our nation, magazines, television, and newspapers warn about the dangers of drinking polluted water, and many of the pollutants in the drinking water are tasteless, odorless, and colorless, but they are dissolved in the water. Unfortunately, for many generations, the oceans, rivers, and ground waters, have been a catch-all for waste products. The main sources of these waste products are AGRICULTURAL (fertilizers, insecticides, pesticides, herbicides, arsenic, nitrates), INDUSTRIAL (heavy metals, chemicals, solvents, mercury, organic waste, lead, rust, asbestos, dioxin, phenolics), and MAN-MADE (detergents, dissolved solids, sewage, algae, viruses, fungus, parasites, bacteria, hydrocarbons, chlorine). You should easily be able to see the seriousness of this problem when you stop to consider that over 66,000 chemicals are used in the United States and 45,000 pesticides are on the market. I saw in a recent issue of *Sierra Magazine*, an article which reported that of 1,200 different ingredients found in pesticides that are labeled "inert," only 300 are considered "safe," 100 are known to be dangerous and the risk for the remaining 800 are "unknown." The seriousness becomes even more apparent when one realizes that there are over 19,000 hazardous waste dumps, 95,000 landfills, tens of thousands of reservoirs, or pits that contain liquid waste, and millions of underground storage tanks and septic tanks. There are over three and a half billion gallons of liquid waste created each and every day, which potentially can pollute our water supply.

It's quite obvious that Big Brother knows the danger of this polluted water in our society and wants to keep us ignorant of this fact. Would you believe that recent legislative action has made it *illegal* to claim that any municipally treated water is detrimental to your health? Can you believe this? *Ralph Nader's 1988 Report* states, "Nation-wide, 2,110 organic and inorganic contaminants have been identified in drinking water at various levels by Federal Land State Survey programs since the Safe Drinking Water Act was passed in 1974. Of these, the vast majority, nearly 2,090 of the over 2,100 contaminants are organic chemicals." This Ralph Nader report presents a national portrait of the real drinking water contamination crisis that local, state, and federal officials have been unwilling or unable to manage. The Environmental Protection Agency only tests for 33 contaminants, and if the standards for these are met, the water is considered safe. What about all the contaminants not tested for? Another factor is that, some of the most hazardous contaminants like asbestos and lead, usually enter the water after leaving the water treatment plants. Also, not realized by most people, is that the majority of water treatment facilities use aluminum sulfate to precipitate the cloudiness in our drinking water, and according to Colloidal Chemistry Laws, 3 parts per million of this aluminum will cause severe coagulation in our blood. Therefore, since many contaminants are not even tested for and others enter the drinking water after treatment, we all are potentially at great risk from these very harmful substances. The only way you can protect yourself is to drink distilled water, or reverse osmosis filtered water. I am recommending this for all my patients. In the rest of this paper, I will refer to distilled or reverse osmosis filtered water as "pure" water.

Water -- What You Should Do!

To Achieve the Best Good Health, You should Do This

To attain the best of health, it is essential that we all use "pure" water in our drinks of all types. I recommend that all my patients bring a sample of their water to the Clinic where I can check the dissolved solids found in the water. By law, I can only show you what is in the water, but I cannot tell you that the water is bad for your

health if it is water that has been treated by a municipality. When most patients see what comes out of their water, I don't have to say anything because it is obvious that there is pollution present. Now, what are your options that you can follow to ensure that you get "pure" water for your family.

1. You could buy a reverse osmosis filtering water system for use at your home and this is probably the cheapest in the long run. I have been checking numerous water filtering systems and have only found two that do an adequate job. One of these is the Shaklee® reverse osmosis filtering system, and the other is made by Purwater®, which is manufactured by Water Factory Systems, Inc. They both sell for around \$400. Personally I prefer the Water Factory Systems type. I would like to warn all patients though, that if they are considering buying a water filtering system, that they get a pint of the water after it is filtered and bring it here to be checked before making the purchase. The reason for this is that I have found that many water filtering systems simply do not do what they claim in their advertising. If you are going to buy a system, make sure that it works. A good reverse osmosis filtering system will remove these potentially dangerous colloids. Of course, the ideal water purification system will have 4 stages of purification. First should be a prefilter that removes all particles smaller than a red blood cell, and this protects the remaining cartridges and extends their lifetime. Stage 2 should be a granular activated carbon filter that removes chlorine as well as taste and odor causing compounds commonly found in water supplies. Stage 3 would include a reverse osmosis unit which really removes all the cations from metals, salts, and large organic molecules. And finally, the fourth stage should have a prolonged contact carbon filter to remove the chloramines, chlorophenols, and other organic chemicals. The Water Factory System filtering units have all of these stages; this is the type of unit I use at home and at our office. [Lee Cowden, M.D. recommends a combination of (1) ceramic filter, (2) carbon filter, (3) reverse osmosis, (4) ultra-violet irradiated, (5) magnetic surrounding water outlet tubing to erase homeopathic dilutions that might affect the health.]

2. You can purchase distilled water from your local grocery store, drug store, or health food store, and use this for all of your cooking and drinking purposes. Distilled water is certainly excellent water, and it does not have any of the potentially harmful colloids in it. There are several types of water distillers on the market, and most of them are very good as they remove all the cations. I have had one concern about some of the available water distillers, and that is there exists a possibility of some waters being contaminated with various hydrocarbons like gasoline or kerosene or other chemicals that may be volatile which turn into gas or vapor at high heat. Should this be the case, the volatile chemicals could be distilled out of the original water source and be fed into the newly formed distilled water and thereby remain contaminated. If you purchase a distiller, try to find one that has a trap for volatile substances. One such filter I have found is known as Aqua D Series® and is made by Pure Water, Inc. This distiller has a volatile gas vent that allows volatile gases to escape. (Also see Fluoridation: Governmentally Approved Poison," <http://www.arthritis-trust.org>.)

3. You can find a neighbor who has well water and get it checked. Most likely it will be much better than your regular tap water. It usually has some of the potentially harmful colloids but not nearly as much as municipally treated water does. It may be possible that you could make some type of arrangement with this neighbor who has the good well water to get some five gallon jugs and get your drinking and cooking water from them.

4. You may be forced for one reason or another to just use your regular tap water at your home or business.

No matter what type of water you use, whether it is reverse os-

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The sole purpose of Zeta crystals is to help balance electrolytes in the body fluids; this will allow a person's natural filtration system, the kidneys, to help get rid of unwanted cations in body fluids. These crystals have the added advantage of being very highly concentrated with good anions, as well as providing extra magnesium to your system. I am convinced that magnesium deficiency is probably the most common mineral deficiency in America today. Most physicians, when they measure magnesium blood levels, cannot get a true picture of magnesium levels since magnesium is an intracellular mineral, and just measuring blood levels can give a false picture of the true levels in the body. Zeta crystals added to drinking water simply help one reach homeostasis faster and more efficiently. (See "Magnesium Hexahydrochloride Therapy," <http://www.arthritistrust.org>.)

Catalyst-activated water is an additional additive that seems to give more "life" to the water you drink. It increases the surface tension of the water, and the water becomes "wetter." By coating the formed elements in the blood (red blood cells, white blood cells, and platelets) with this increased surface tension liquid, the cells become more slicky and simply flow through arteries and capillaries faster and easier, improving circulation.

Clinic Visits

I like all my patients to get a urine sample each visit and carry the urine sample to our laboratory to check the dissolved solids in their urine. This tells me if they are eating the right things and drinking the right water. It also tells a great deal about how body elimination is functioning. For all patients receiving intravenous injections, it is very important to have their effects checked in terms of dissolved solids in the urine. It would be helpful to devise a system where patients could check their own urine to motivate following diet and water intake properly.

Better health with proper water intake decreases cations and increases beneficial anions. This plays a tremendous part in helping prevent and treat over 64 different diseases.

"Pure" water for drinking and cooking cannot be emphasized enough. It's up to you to correct the problem.

9. The Spiritual Life

I have learned that the best physical health flows from a dynamic relationship with God. Nothing counteracts emotional stress more effectively than spiritual insight and its resultant strength. Spiritual strength is one of the most powerful assets you can have to combat emotional stress and give you the best of health. God's word tells us, "Let Him (God) have all your worries and cares for He is always thinking about you and watching everything that concerns you" (Peter 5:7). Nearly three thousand years ago, the wisest man who ever lived, King Solomon, stated the relationship between spiritual and physical health in Proverbs 3:7-8, "Trust and reverence the Lord and turn your back on evil; when you do that, then you will be given renewed health and vitality." (Also see, "Stress," <http://www.arthritistrust.org>.)

Many people go through their entire lives never realizing the tremendous, powerful, ever-reaching light of God that can flood out all their black and gray places and allow them to step out of the darkness where many people dwell all their lives. God can cleanse you

from top to bottom, inside to outside. God's ways are good, and they are not only good, but they are far above man's ways. In every area of your life, God can show you what is right and what is wrong, what will bring good and what will bring bad, what will bring sickness and disease, and what will bring good health. If we trust in Him, He will show us which things are really part of his intended ways for us and which are not. This can give us balance in our life. There are many things that must be put together in proper balance to achieve consistently good health. I have tried to bring out many of these important things in this brochure that I feel God has shown me. These are elements that work together to bring about and preserve health and well-being.

The Bible says, "My people are destroyed by lack of knowledge." This is so true. Sickness and premature death are commonplace all because we have no knowledge of the Lord's ways. We live so very far from the way that God intended us to live. That's one of the reasons there is so much pain and sickness, so many heart attacks, headaches, bad tempers, mental illness, and just plain lack of joy. We suffer a great deal just because of our own ignorance about God's ways. I think that most of us drift away from God's ways because of our wishes to satisfy our own desire. This is why you or I get into health trouble today. We want to gratify our flesh and desires more than we want to serve our God. I'm convinced that God has provided a remedy for every disease that might afflict us. It's possible that almost every disease is caused by some kind of violation of the natural laws of God. We don't obey them because we don't understand them.

It appears that many of us are simply jaded and have become content to live a life of mediocrity. Some of us have never been taught God's ways; we certainly don't see them in the world around us. Every year we get further and further away from how God intended us to live. We have become so perverted now that we call evil good and good evil. We cannot blame it on others because we all do it. Now, maybe we aren't as bad as some people who are extremely perverse and evil, but we do it in little things and that's where it all starts. We live in a society that wants to push our children to be super human beings instead of teaching them God's ways and how to live in true freedom and simplicity, at peace with God and with our fellow men. Some of us *have* been taught the right way to do things, but we have chosen not to follow these instructions. We have this inner voice of knowledge that shows us the way, but we would rather ignore it and serve our own selfish desires. Many of us simply do not listen to this inner voice that really tells us what to do.

I do not think it is wise to be preoccupied with your body's looks, but it is wise to value your body as the temple of the Holy Spirit which God has given you. The Holy Spirit of God dwells in and works through that wonderful body of yours. Now, how do you treat it? Do you feed it poorly, never allowing it to have any exercise, keeping it shut away from fresh air and sunshine, filling it with poisons of unforgiveness and bitterness, never allowing it to rest and then being critical of it because it doesn't look good or can't do what you want it to do. You must, to gain the best of health, make up your own mind to have respect, appreciation, and love for the body that God gave you, no matter what shape it is in at this moment. You should remember God in your prayers, as David did when he said in Psalms 139:14, "I praise you because I am fearfully and wonderfully made." Paul tells us in Romans 12:1, "Give your body to the Lord as a living sacrifice, holy and pleasing to God."

Our physical condition can influence our spiritual lives far more than most of us realize. If we are disciplined in the care of our physical bodies, we are far more likely to be disciplined in our spiritual lives too. Sickness detracts from our relationships and service far more than we imagine. God designed our body to be self repairing

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and self healing if we treat it properly. The great majority of Americans today do not have the advantage of learning good nutrition and the knowledge of God's ways. Some wonderful news is that your body can be rebuilt in a matter of months if you give the body the proper tools to work with. That is what I have been trying to do with this brochure. I'm giving you the knowledge that you can use if you want to apply it to achieve the maximum health possible. Just as there are physical laws such as the Law of Gravity or the Law of Cause and Effect, there are also Spiritual Laws. We usually have a good interpretation of these physical laws, and we have learned that when we go against them we will get hurt or must suffer the consequences. With the Law of Gravity (what goes up will come down), no right thinking person would jump off a building because they knew they could fall to their death. They would suffer the consequences of breaking the law. There are equally important spiritual laws concerning the preservation of good health, but few there are that follow them, and they will suffer the consequences because they are breaking spiritual laws. Read the Bible and pray to God to reveal these laws to you and He will.

In our medical schools today, all doctors are taught to give out drugs and chemicals to treat symptoms of disease. It is true that many drugs have been developed that have saved millions of lives, but they are certainly used to great excess in our society all over the world. I believe that if God wanted us to use drugs and chemicals to treat symptoms, he would have provided them to us in some way other than the way they are provided today, "to make a profit and get rich." Over 99% of drugs and medications given today are cations and can be very harmful to our health if taken over a long period of time. In Revelations 18:23, where John is discussing the fall of Babylon, which represents evil, in the latter days, he makes the statement, "And the light of a candle shall shine no more in thee; and the voice of the Bridegroom (Jesus) and of the Bride (true believers) shall be heard no more at all in thee; for thy merchants were the great men of the earth; for by thy sorceries were *all* nations deceived."

When one looks up the Greek meaning of the term sorceries, this word means pharmacies. Of course, we all know that pharmacies are responsible for giving us our drugs and chemicals to treat diseases. I personally do not believe that John is referring to narcotic type drugs, but drugs in general, and in these latter days, we are being deceived about good health because of drugs and chemicals. I believe this because I am seeing more and more people suffering from various illnesses that are tremendously aggravated by taking too many drugs. In fact, it's been estimated that 20% of the people admitted to hospitals are there because of iatrogenic medicine, and that means reactions and side effects of drugs and chemicals given to patients by their doctors. This is why I try to get patients off drugs as much as possible in my practice, and I sincerely believe this is what God wants us to do. This includes all types of drugs and chemicals.

I know that all my efforts that have been dedicated to develop a deeper spiritual life and a closer relationship with God have paid off tremendously for me and given me strength that I could never find anywhere else.

In the past 3 years, God keeps sending me more and more information, research studies and proven knowledge about the wonderful benefits of various herbs and how they can be used to restore health and fight disease. I ask God to guide me daily in treating all patients, and the Holy Spirit is telling my spirit that there is coming a revolution in the use of herbs and natural substances to treat and cure all types of diseases. As I remember you in my prayers, please remember me and ask God to send me the Truth so that God can use me as his instrument and vessel to heal all patients that he sends to me to treat, advise, and educate, and may Jesus Christ be glorified with every healing.

10. Mental Attitude and Self Image

With a good positive mental attitude, you will look better, feel better, and heal better. Our libraries are full of all types of books that will help you develop a better positive mental attitude. God tells us, "As a man thinketh in his heart, so is he," Proverbs 23:7. I have rephrased this proverb to make it a little easier to us to understand: "We become what we think about." Because of this, we need to try to force ourselves to think good positive, goal-oriented thoughts at all times. By doing this, because we truly become what we think about, we will soon find ourselves actually becoming whatever these thoughts are that we have been forcing ourselves to continually think about.

The truth is that every circumstance of your life can be looked upon from a positive or negative viewpoint—it's entirely up to you. Dr. Robert Schuller gave an excellent example of this in the following story. He said:

"One of my favorite stories is the classic story of the Chinese who had one horse and one son. One day his horse broke out of the corral and fled to the freedom of the hills. The neighbors came around that night and chattered. 'Your horse got out? What bad luck!'

"'Why?' the old Chinese said. 'How do you know it's bad luck?'

"Sure enough, the next night the horse came back to his familiar corral for his usual feeding and watering, leading twelve wild stallions with him. The farmer's son saw the 13 horses in the corral, slipped out and locked the gate. Suddenly, he had 13 horses instead of none.

"The neighbors heard the good news and came chattering to the farmer. 'Oh, you have 13 horses. What good luck!'

"The old Chinese answered, 'How do you know that's good luck?'

"Some days later, his strong young son was trying to break one of the wild stallions, only to be thrown off and his leg broken. The neighbors came back that night and passed another hasty judgment. 'Your son broke his leg? What bad luck!'

"And the wise farmer answered again, 'How do you know it's bad luck?'

"Sure enough, a few days later, a Chinese War lord came through town and conscripted every able-bodied young man, taking them off to war, never to return again. But the young man was saved because of his broken leg. Only God knows what's good for us and what's bad for us."

Another important factor is for you to try to always feel good about yourself and have a positive self image. Do you have basically positive feelings or basically negative feelings about the person you see in the mirror? Do you love yourself or hate yourself? King Solomon put it this way: "A joyful heart is good medicine, but a broken spirit dries up the bones" (Proverbs 17:22). Without a positive self image, you will not properly digest and assimilate your food or the nutrients in your food. If this happens, the foods can become toxic within your intestine and a negative self image, as well as other emotional and spiritual stresses interferes with our digestive system from functioning properly. Some researchers are convinced that the colon (large intestine) is a manifestor of the emotions. So much so that a wise doctor in Philadelphia some years ago remarked that "the colon is the mirror of the mind and when the mind gets tight, the colon gets tight." On the other hand, positive feelings toward yourself relaxes the intestines, stimulating the proper functioning which will give you the best possible digestion and nutrition.

It is also believed by most authorities that when you have relationships that are not good with other people, they usually result from a negative self image. If we don't get along with ourselves, we tend not to get along with others. Other people tend to react to the negative image that we project. Negative relationships affect our bodies just like a negative self image. For these reasons, we should all strive to develop a good positive mental attitude at all times and to keep a

Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior to treatment. good self image concerning ourselves. I've seen so many people who live their lives according to what other people may think about them. Frankly, this is a rather stupid attitude, because when the real facts are known, most of the people you meet do not care that much about you or what you are or what you think unless it affects their own pocket-book. The important thing is to be genuine yourself, and we all know what we really are inside because we cannot fool ourselves. So don't live your life according to what you think people may think about you, but live your life in truth and be genuine to yourself. Then, you will always maintain a good positive self image about yourself.

11. Stress and Stress Management

Many human illnesses are directly related to stress, isolation, emotions, pressures from society and the negative effects of the social, political and industrial choices we are required to make each day. Stress therefore affects us physically, mentally, emotionally, and influences all our behaviors. Stress may be defined as a demand for adaptation. It has been shown, however, that we humans respond to demands not as they actually are, but as we perceive them to be. A stress may be real or imagined.

There are many types of stress we constantly face. These stress factors may be physical (exposure to the extremes of temperature, injuries, or accidents), chemical (exposure to pollutants, allergens, poisons, toxins, and drugs), microbiological (germs, bacteria, viruses, fungus, and other microorganisms), psychological or extreme emotional states (fear, anger, sadness, or a sense of loss), mental functioning (suppression or repression), as well as inborn drives to hurry, to succeed, to compete, as well as sociocultural (work pressures, crime, IRS, regulations, financial crisis and peer and parental pressure). Stress affects practically every organ in the body and if not controlled can certainly aggravate and complicate most any known disease or illness. The intention of this paper is to summarize for you some suggestions on how you can better cope with stress and methods that have been proven to help relieve stress in your life. These methods help you reduce stress, relax better, and enjoy life more. (Also see, "Stress," <http://www.arthritis-trust.org>.)

Stress is the response of your mind, emotions and body to whatever demands are being made on you. So the important thing is that it's not so much *what* happens to you that determines the effect on stress upon your body, but the way that you respond to it. The ideal response is a relaxed, carefree and positive thinking reaction. This in itself will prevent many problems when you are faced with stressful situations. And don't forget, there are two kinds of stress, positive and negative. Positive stress is happy, desirable, controllable, easy-going good stress like being informed that you've just had an increase in salary. Negative stress, however, is maddening, sad, disturbing, uncontrollable and depressing like having an argument or being in an accident or losing a loved one. This is the worst type of stress you can have, and if you can learn to face it in a relaxed, carefree, positive thinking manner, it will not cause nearly the harm to your system as to the average person.

a. Develop a positive attitude about everything you do. The Bible tells us, "As a man thinketh in his heart, so is he." We become what we think about. If we constantly think about negative, bad problems and thoughts, we are simply going to create more of these bad situations to face from now on. The Public Library is full of books that will show you how to think positively.

b. Tell yourself to relax totally. By simply sitting down and taking some deep abdominal breaths and closing your eyes, try to relax all over. Sit in a comfortable chair and tell yourself that you are totally relaxing as you visualize in your mind — your feet relaxing, then your lower legs relaxing, then your upper legs, then your pelvis, then your stomach, then your chest and your hands, and your lower arms, your upper arms, your neck, and your head. Then, visualize

yourself in your mind's eye as being totally relaxed. A few minutes of this will do wonders to relieve stress in your entire system.

c. Practice breathing exercises to relax. You should use abdominal breathing to relax totally. Sit in a very relaxed position in a comfortable chair with your hands on the arms of the chair and your feet on the floor. Breathe in slowly through your nose as you expand your abdomen and imagine that you have a balloon inside your abdomen, and, as you inhale, you are slowly inflating the balloon which will cause your abdominal area to swell. Then, breathe out slowly through your nose. Pull your abdominal muscles in as you press all of the air out of your lungs. You should take several breaths in this manner, and it will help relax you. Another variation of this type of exercise is to use abdominal breathing as you inhale deeply through your nose. Then, exhale through your puckered mouth as if you were blowing out a candle. Repeat this several times.

d. Cultivate a good sense of humor. Laughing always relieves stress. If you know yourself, you know what things make you laugh. If you would try to do these things more often, this will help you relieve stress. Remind yourself to have fun. This may mean going to a comedy movie or picking up a book of funny jokes to read to get you laughing. You may even consider keeping a laugh scrapbook where you can keep a record of all letters, funny jokes, poems, limericks, or anything you have collected that made you laugh. Read through these in times of severe stress.

e. Listening to relaxing music will dissolve your tension. Listening to your favorite music is an excellent way to relieve stress. Instrumental music like that performed by the harp, piano, string ensembles, or the flute tend to be more soothing than vocal pieces which may distract you. While enjoying the relaxing music, you will notice that you are breathing more slowly and deeply which means you are relaxing more.

f. Call a relative or friend. When hit with any type of stressful situation, an excellent technique is to call a close friend or family member and discuss the situation with them which can help you get a clearer picture as to how you may solve any existing problem. Do not keep it pent up inside of you as it can build and grow within.

g. Exercise or take a brisk walk to lift your spirits. Any type of exercise and especially brisk walking will result in very effective stress reduction. The faster you walk, or the harder you exercise, the more your stress will be relieved. This is because certain neurotransmitters are released during the exercise process for about 20 minutes. Try not to think about your problems while you are walking or exercising.

h. Stretch or yawn for better relaxation. Yawning itself is a very effective way to relieve stress. If you yawn and try to stretch your muscles as far as you can, this will add effects to the stress relieving techniques. If you develop tension in your neck, shoulders and upper body, the simple shoulder shrug will help relax these muscles. Bring your shoulders up to your earlobes for three or four seconds, and then drop your shoulders down and think —shoulders up, shoulders down. Do this 3 or 4 times. Another simple exercise is "reaching for the sky." Try to push your arms upward and slightly backwards, and feel these muscles in your shoulders and upper back stretching. Hold this position for 10 to 15 seconds as you breathe normally. Stretching any muscles in your body will help you relax more.

i. Take a nature break. If there is any way you can get out in the country, or out in the woods to get away from your present problems, even for a short time, this can do wonders for your stressful situation. It may be that going to the river and just sitting and watching the clouds go by and admiring the scenery will be of benefit to you. Even watching a video or going to a movie involving the great outdoors can be very relaxing.

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j. Take a vacation or a weekender. Getting away from your stressful environment is always relaxing. However, you should try not to feel guilty about not working when you "get away from it all." When you do this, you should relax mentally, physically, and emotionally and learn to let everything go. Tell yourself that it's okay not to work at times. The best form is a vacation that lasts for at least a week to get maximum benefits however.

k. Get proper rest. Sound sleep each night is a perfect antidote to stress. To do this, stick to a regular sleep schedule and try to begin relaxing about an hour before you go to bed. Don't eat a big meal before going to bed, and be sure that you sleep in a very comfortable environment. Also, taking a 15 minute nap in the afternoon if you can arrange it, will be very stress relieving.

l. Prayer will break the anxiety cycle. Praying can strengthen your religious beliefs and provide you with strength during times of loss or hardship which may include the death of a loved one, an injury or illness, or financial problems. Praying can teach forgiveness, patience and understanding and relieve some of the negative emotions like anger, bitterness, and hostility. This is an excellent stress reliever.

Of course, there are other stress-relieving techniques such as getting a pet (excellent for many), but the important thing is to do something to try to relieve the existing situation.

12. Miscellaneous Nutritional Gems and Pearls

a. Tea and Coffee. Caffeine is one of a number of biochemically active compounds found in tea and coffee. Caffeine is also found in chocolate, cola based drinks, and a number of medications. An average cup of strong tea contains 50 mg of caffeine, and coffee, 100 mg, although these can vary from brand to brand. Because of the biological activities of caffeine and related compounds, excess tea and coffee consumption may have a number of adverse effects on your health. Caffeine can cause anxiety and nervousness, depression, insomnia, and aggravate any pre-existing psychiatric states. Caffeine can affect your physical body by causing you to pass an excessive amount of urine, diarrhea, bloating, indigestion, shakiness and tremors, migraine headaches, rapid and irregular heart beats, high blood pressure, restless legs at night and even high blood cholesterol. Excess caffeine can also affect women who have fibrocystic breast disease, as well as PMS. If you drink it at meal time, the caffeine can decrease the amount of iron absorbed from the vegetables eaten. Caffeine also interferes with zinc absorption. One of the worst things about caffeine is that it stimulates your body to produce excess insulin, and this can aggravate a person's condition who may have hypoglycemia or a carbohydrate intolerance. All of us would be wise to decrease the amount of caffeine in our system.

b. Soda Pop and Colas. Soda pops and colas, including diet colas, are one of the worst things that has ever happened to health in America. The great majority of these drinks are loaded with sugar. They act as total cations because they are sticky, and most of these drinks are loaded with caffeine. In addition, all colas, soda pops, and diet drinks, are loaded with other chemicals that are totally cationic in nature and detrimental to your health. A person would be wise to leave out all these drinks in their lifestyle.

c. Alcohol. Alcohol is probably the most acceptable "social poison" after tea and coffee. Most beers average about 4% alcohol; wine contains about 6%, whereas, brandies and whiskies contain about 40%. We should not forget that alcohol is a food and provides calories in the form of carbohydrates. For an overweight person, this can be detrimental. Alcohol has adverse effects on almost every vitamin and on many minerals. In particular, vitamin B₁, B₂, B₃, B₆, folic acid, calcium, magnesium, and zinc are depleted in the body in those who consume excessive quantities of alcohol. Deficiencies of these nutrients affect one's general health and one's mental health in par-

ticular. Alcohol interferes with fatty acid metabolism. The effects of long term consumption of alcohol on the body can be devastating. Liver damage, nervous system, and brain damage, as well damage to the heart can occur and be equally serious. We are learning now that the risk of certain types of cancer are increased as a result of alcohol consumption, especially cancer of the liver, esophagus, larynx, and mouth. Any woman who drinks alcohol while pregnant is an absolute fool. It's quite common for children who are born of mothers who consume substantial amounts of alcohol during pregnancy to suffer from facial deformities and be mentally retarded. If you are not pregnant, some studies have shown, however, that one drink a day can be beneficial to your circulation. This should be no more than one beer a day, an average glass of wine, or one ounce of spirits.

d. Smoking. Cigarette smoking has a powerful anti-vitamin C effect, and most smokers have a lower than normal level of vitamin C in their blood. Smoking affects the workings of the pancreas, which is important in the digestion of our food, and in some people, can cause poor digestion. (See "Vitamin C: How to Use The Great Missing Vitamin," <http://www.arthritistrust.org>.)

e. Drugs and Drug Abuse. The problem with drug addiction and drug abuse seems to be increasing all over our nation. Hundreds of thousands of people take medications to relax them or to sleep every day and, in particular, drugs such as Valium®, Librium®, Atvium®, Xanax®, Halcion®. It is widely accepted that many people become physically and psychologically addicted to such drugs. They are unable to live without them, and their withdrawal from them when they try to get off them produces both physical and psychological symptoms. The medical profession has been slow to recognize and respond to this problem. It is therefore advisable that any person try to abstain from taking any of these drugs if at all possible.

A Vital Message to My Patients

I sincerely desire that all my patients and their families enjoy the best health possible. During the past five years, there has been an explosion of research and knowledge that can vitally effect the health of each of us. This paper was written in an effort to educate you and convince you to change some of your eating habits so that you and your family will enjoy a healthier life and fewer health problems. Some authorities may question some of my conclusions, but when I daily observe the health of my patients improve from following these suggestions, I must speak out and share this information with you.

Today's number one health hazard is arteriosclerosis or hardening of the arteries. This causes heart attacks, strokes, and peripheral vascular disease which leads to more misery and suffering than any other disease known today. This does not count the expenditure of billions of dollars and the loss of millions of days of productive work from our work force.

Before 1900, this disease was hardly known and was extremely rare. In fact, the first "heart attack" was described in the medical literature in 1912. Dr. Paul Dudley White, President Eisenhower's heart specialist, saw a heart attack for the first time in 1929. The disease began with the advent of hydrogenated oils, margarine, and the processing of our grain foods such as wheat, corn, rye, barley, and oats. All the vital fatty acids are removed from these grains. The food companies must remove these fatty acids so that the grain foods do not turn rancid and spoil, otherwise the foods would not last long on the shelves of our supermarkets. Our great-great grandparents and their parents had very little arteriosclerosis even though their diets included foods known to be high in cholesterol such as eggs, butter, lard, and sow-bellies. However, they did not eat any hydrogenated oils and their grain foods were home-ground and not processed. Processed foods are the primary villain, causing degenerative changes.

I've known for 20 years that dietary cholesterol cannot be the cause of arteriosclerosis for several reasons. First, the dietary (20%)

Medical data is for informational purposes only. You should always consult your family physician, or one of our referral physicians prior to treatment. cholesterol in the stomach is broken down into its tiny component parts, and although some is absorbed through the intestinal wall, 80% of the cholesterol in our system is manufactured by our own body. The problem of arteriosclerosis develops because our bodies do not use properly the cholesterol that it makes. The Eskimos, whose diet by the way, is ten times higher in cholesterol than ours, have very little arteriosclerosis. If dietary cholesterol intake caused arteriosclerosis, their death rate would be much higher than ours. But they do not suffer from heart attacks, strokes, and poor circulation in their extremities unless they move to more "civilized" areas of the world and begin eating as we do. In two ways, the Eskimos' diet differs from ours: (1) they do not eat hydrogenated oils and (2) they eat a great deal of non-farmed cold water ocean fish which is high in essential fatty acids.

In the early 1940s when the Germans overran Norway, the incidence of arteriosclerosis, cancer, and schizophrenia was quite high in that country. The Germans took away all the margarine from Norwegians, and the incidence of these diseases dropped significantly. After the Germans left and the Norwegians began to again eat their margarine, the incidence of these diseases increased to its former level.

In America, we are developing arteriosclerosis at earlier ages than ever before, even though there is a greater effort on the part of most of us to decrease our cholesterol intake in our diets. Autopsies performed on soldiers killed in the Korean War showed approximately 30% of these young men suffered from advanced atherosclerosis. About 20 years later in the Viet Nam War, autopsies performed on soldiers killed, showed approximately 60% suffered from advanced arteriosclerosis. We must do something about this trend and that's the purpose for this paper.

Recent research has proven that all hydrogenated oils block the chemical pathways that are necessary for our bodies to use the cholesterol that our own bodies manufacture. Our bodies must have certain essential fatty acids, now being removed from our foods, to assimilate and use our cholesterol, as well as to manufacture certain hormone-like chemicals called prostaglandins, which are vital to nearly all processes of cellular function in the body. Without these prostaglandins, our cells cannot function properly and will be subject to disease. I believe that this is one of the main reasons that we are seeing an explosion of many chronic degenerative diseases such as arteriosclerosis, arthritis, diabetes, and lupus. Other conditions such as skin disorders and allergies, premenstrual syndrome, and systemic yeast infections can also benefit from these dietary changes. (See "Candidiasis: Scourge of Arthritics," <http://www.arthritistrust.org>.)

What You Can Do

1. Totally avoid *all* hydrogenated oils like margarine and all deep fried foods such as doughnuts, French fries, potato chips. *Read food labels.* Our foods are being poisoned today with hydrogenated oils in our boxed foods, mayonnaise, and salad dressings. Use cooking oils with "Cold Pressed," "Expeller Pressed," or "Non-Hydrogenated" written on the label. If these terms are missing, the oil is hydrogenated. The best is Virgin Olive oil which is naturally cold pressed. Even non-hydrogenated oils become hydrogenated at 350°F, except for Virgin Olive oil which requires 400°F of heat. Use low temperatures and cook a little longer when frying foods. Extra Virgin Olive oil may be too strong in taste, and "pure" olive oil is inferior, so use Virgin Olive oil, unless you enjoy the taste of the Extra Virgin. *Remember, avoid hydrogenated oils.* (See "Essential Fatty Acids Are Essential," <http://www.arthritistrust.org>.)

2. You must increase the proper fatty acids in your diet by eating non-farmed cold water ocean fish 3-4 times weekly. Cold water ocean fish include salmon, cod, mackerel, herring, tuna, orange ruffie, and sardines (pour off the hydrogenated oil). Fresh fish is the best, but canned fish is okay as they do still have the good oils in them. Warm

water fish (snapper, flounder, catfish, bass, perch) do not have much of the "good" oils in them. Eat 3 teaspoons of Virgin, not pure, olive oil daily as on salads, but keep oil refrigerated after opening. Walnuts are high in fatty acids and make good snack foods. Eat only breads and cereals that have 100% whole wheat or whole grain written on the label. Most brown breads are not whole grain but have coloring added. Avoid processed or refined cereals or white flour products such as breads, crackers, macaroni, spaghetti.

3. With any illness at all, you should follow the above and add the following supplements and follow the directions below. (a) Purchase some salmon oil capsules (MaxEPA®) from a health foods store, and take 4-6 capsules daily. If you can't eat the fish mentioned above, you should take these capsules regularly. (b) Purchase some Borage oil and take 1 capsule daily or purchase Evening Primrose Oil capsules and take 4-6 capsules daily. Extreme care must be taken when buying these products as they are made only in England, and many health food store products claiming these ingredients contain only soy oil. Efamol® is one acceptable brand. (c) Decrease your red meat intake since red meats contain arachidonic acid which can provide too much of a bad prostaglandin plus a substance called leukotrienes which will aggravate any disease condition. (d) Avoid all sugars, sweets, desserts, and all white flour foods. (e) Get a good hypoallergic non-yeast multivitamin and mineral tablet and take 3-4 tablets daily. Be sure you get at least 1,000 mg of vitamin C, 50 mg of B-3 and B-6, 50 mg zinc, 100 mcg selenium, and 400 mg of magnesium in your supplements. The above mentioned vitamins are necessary in the fatty acid chemical reactions.

If you and your family will follow the above recommendations in your dietary habits, you will enjoy a longer, healthier life with much less chance of developing any chronic degenerative disease. Please read this paper carefully, several times and pass the information on to friends and relatives.

SUMMARY FOR A SUPER NUTRITIOUS DIET PLAN WITH THE BEST LIFESTYLE CHANGES

1. WATER. Drink only distilled water or water from a *proven* Reverse Osmosis water filtering system. Ideally, one should drink 3-4 quarts of this water, and to increase the anions in your blood, squeeze the juice of a lemon to a gallon of water. For even better results, get some Zeta® water (very high anions) and dissolve them *according to directions* in your 3-4 quarts of drinking water. Drinking this water will help your kidneys get rid of the excess cations you may take in without realizing it. All metabolic processes will function more efficiently by drinking this extra water.

2. SUGAR AND REFINED OR PROCESSED CARBOHYDRATES. This includes table sugar, sucrose, white, brown, or other sugars, glucose, honey, sorbitol, or any additive that ends in "ose" (maltose, lactose, fructose). Many foods like cookies, pies, cakes, ice cream, soft drinks, chocolates, puddings, jams and jellies or any sweet-tasting foods contain *large* amounts of sucrose or other refined carbohydrates. Any white breads or white or refined flour products are used by your body like sugar, and they have a lower content of vitamins, minerals, and fiber than unrefined flour products and again should only be consumed in small quantities. [Blackstrap molasses and raw unfiltered honey are said to be exceptions; they are not refined products and carry with them all the nutrients necessary for digestion.]

3. ANIMAL AND VEGETABLE FATS SHOULD BE MODERATED. Ideally, we should reduce our fat consumption to about 50 to 60% of present levels. The goal to strive for should be that fatty foods and oils should make up no more than 20% of our diet. Especially important is to avoid relatively poor quality foods with a high fat content like fried foods, pies, pastries, sausages, preserved and tinned meats, and especially all pork products. Most dairy products

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4. ENSURE A DAILY INTAKE OF FRESH VEGETABLES, ESPECIALLY GREEN LEAFY VEGETABLES (HIGH ANIONS). Such foods are rich in the nutrients that are most commonly found to be lacking in many ill and elderly people. Keep in mind that ensuring a good intake of raw or wok-cooked vegetables and salads will help protect against some of the more common and more serious diseases in our society.

5. EAT A WIDE VARIETY OF FOODS. Eating the same foods over and over makes it very difficult to obtain adequate amounts of all the essential nutrients required for proper nutrition. Also, eating the same foods regularly makes one more susceptible to becoming allergic and addictive to these particular foods which can add stress to your already overstressed system. A wide variety of foods simply makes good common sense.

6. ENSURE AN ADEQUATE INTAKE OF FIBER. Ideally, our system needs 30-40 grams of fiber daily whereas the average person in our society only gets 8-10 grams of fiber each day in our fiber-deficient diet. High fiber foods include all beans, salads, fresh fruits, fresh vegetables, 100% whole grain cereals and breads such as wheat, oats, barley, rye, millet, corn and brown rice (never white rice). You should not rely too heavily on any one type of fiber such as wheat or bran. One of the best forms of good fiber is ground psyllium seed husks as found in *sugarless* Metamucil®. All persons having constipation should add this fiber to their diet each day.

7. STRIVE TO EAT ONLY FRESH FOODS (HIGH ANIONS) AND TOTALLY AVOID ALL FOODS CONTAINING ADDITIVES SUCH AS PRESERVATIVES, COLORINGS, FLAVORINGS, OR CHEMICALS (ALL CATIONS). All additives to foods such as all preservatives, coloring agents, emulsifiers, texturizers, flavorings, or any chemicals added, will have adverse effects on your health now and in the future. You will invariably find these additives in most all foods found in cans, bottles, boxes, or cellophane packages, and to avoid these very high cationic chemicals, you must read all labels on foods before purchasing. Fresh foods without additives or chemicals are greatly preferred.

8. STRIVE TO EAT PROTEIN EACH DAY BUT NOT EXCESSIVELY. Ideally, you should eat your protein foods at the evening meal. These proteins are found in *lean* meats, eggs, low fat cheeses, poultry (without skin), nuts, seeds, peas, beans, lentils, sprouted beans, and 100% whole grains and especially "cold water" fish such as salmon, mackerel, cod, orange ruffee, trout, tuna, and sardines are all rich in proteins, vitamins, minerals, and good fatty acids. [Unfortunately most salmon is now farmed, fed the same diet as land animals, and contains the same fat as land animals. Ed.]

9. LIMIT YOUR INTAKE OF SALT IN COOKING OR IN FOOD. Salt is sodium chloride (NaCl) and sodium is by far the primary cation found in our blood and all bodily fluids. Excessive intake of sodium or salt causes fluid retention, high blood pressure, heart strain and numerous other detrimental effects on our body physiology that only aggravates and compounds poor health. A wise individual will make every effort to limit and avoid any excess salt intake. [Genuine sea salt or Celtic sea salt, with their high and complete mineral contents, are said to regulate excessive sodium in the blood, raising or lowering it as needed. Unfortunately, most salt that is labeled as genuine sea salt or Celtic Sea salt has resulted from the refining of genuine sea salt, where all the minerals have been removed. See The Grain & Salt Society, 273 Fairway Drive, Asheville, NC 28805; (800) 867-7258; www.celtic-seasalt.com Ed.]

10. ALCOHOL CONSUMPTION SHOULD BE MODERATE AND LIMITED. Recent studies conclude that a *maximum* of two drinks daily is a safe recommendation. One drink means one half

a pint of beer or ale, one measure of spirits (bourbon, vodka, gin, scotch, whiskey), or one glass of wine. Women who are pregnant or who are trying to become pregnant and men or women with liver disease of any kind should not drink any alcohol at all.

11. AVOID ALL HYDROGENATED OILS. Avoid all margarines, processed cooking oils (unless cold pressed, expeller pressed, or non-hydrogenated) and avoid all processed foods that have hydrogenated oils listed on the container label. Ideally, one should use only Virgin [or Extra Virgin] olive oil for cooking purposes, and also avoid all deep fried foods which are all hydrogenated, no matter what oils are used to deep fry in.

12. AVOID BECOMING OBESE BY NOT EATING EXCESSIVELY, ESPECIALLY FRIED OR FATTY FOODS, SWEETS, DESSERTS, WHITE FLOUR FOODS, OR REFINED CARBOHYDRATES. This is especially important concerning high cationic water and foods as it appears that one's body is overloaded with cations; a primary defense is for one's body to store the excess cations in the fat or adipose cells which greatly encourages excessive fat to accumulate. Being significantly overweight reduces life expectancy and aggravates many conditions such as diabetes, hypertension, gout, arthritis, gall bladder problems, and other diseases. So lose weight if you are overweight, and try eating the high anionic foods (slicky) and avoid the processed cationic (sticky) chemically laden foods. Pure distilled water should be used to decrease the cations and add lemon juice to increase your daily anion intake.

ADDITIONAL RULES FOR HEALTHY LIVING

1. AVOID TOBACCO PRODUCTS IN ALL FORMS. Tobacco has many harmful effects whether in smoking, chewing, or using snuff. [See *Food Pain!* <http://www.arthritis-trust.org> or Arthritis Help Centers, Box 768, Wharton, N.J. 07885-0768; (973) 361-1867 for information about the nightshade family and its impact on arthritis. Editor]

2. TAKE PRESCRIBED MEDICAL DRUGS AND OVER-THE-COUNTER DRUG-STORE MEDICATIONS ONLY IF ESSENTIAL. All medications or drugs are 98% cationic in nature and should be taken only if prescribed by your physician. It is your job to remind your physician to try to decrease or stop any unnecessary medications. Remember, *drugs are drugs* and are not essential to health unless there is a defined medical problem. You will never find a person who is deficient in Tylenol or Valium.

3. DO NOT TAKE ILLEGAL DRUGS. Considerable harm and tragedy is caused by the illicit use of drugs. The dangers far outweigh any possible benefits that might result from their use.

4. TAKE REGULAR PHYSICAL EXERCISE. Regular physical exercise is absolutely necessary to maintain good physical health. I highly recommend the use of a rebounder or mini-trampoline for at least 20 minutes in the mornings -- at least 5 days a week. Other forms of exercise such as brisk walking, swimming, cycling, or any sporting activity are acceptable, but above all, GET YOUR PHYSICAL EXERCISE. Do some form of exercise you enjoy doing.

5. TAKE REGULAR MENTAL EXERCISE. Our mind, like our muscles, needs exercise and with both, if you don't use it, you'll lose it. The mind affects the body in many known and unknown ways, and good mental health is necessary to enjoy good physical health. Various mental activities like reading, writing, and creative arts and hobbies can be very stimulating to your mind and should be engaged in. Stop watching too much television.

6. MAINTAIN A WIDE VARIETY OF INTERESTS AND ACTIVITIES AND KEEP YOUR HOME AND WORK ENVIRONMENT TIDY. A wide variety of interests and activities stimulates your mind and physical body. Working in a clean and tidy environment helps you to be more calm and relaxed. Both of these important areas are stress relieving and foster better health.

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7. FOLLOW DEFINITE GOALS AND PURPOSES IN YOUR LIFE AND BE SURE TO COMPLETE YOUR RESPONSIBILITIES YOU HAVE TAKEN OR PLANNED. We are all involved in 6 areas of our lives all 24 hours of each day. These areas are your physical health, mental attitude, business, family, social, and your religious life. If you have set your goals in all these areas or if you have agreed to do something for anyone, make sure you act responsibly and complete these vital issues. This will relieve stress and cause an increase in your own self respect as well as enable you to enjoy a much fuller life. This will place you in a situation where you will be playing a vital part in creating your own future.

8. TAKE NUTRITIONAL SUPPLEMENTS. Concentrated vitamin and mineral supplements are generally necessary for a health individual living a stress-free lifestyle and consuming a natural wholesome diet. However, for the average American who eats on the run, fights deadlines, is subjected to pollution, radiation, heavy metal intoxicants from smoke and auto exhaust, food contaminants, and is generally on a treadmill, a conservative supplement program is probably a good preventive adjunct. To combat the destructive effects of free radicals (which can accelerate premature aging, produce liver defects and cancer) caused by food processing and environmental poisons, certain anti-oxidants (nutritional compounds which combat cellular oxidation and rancidity) should be included. Recent studies show that at least 90% of the American people are deficient in one or more nutrients. The only wise course of action is to take supplemental vitamins, minerals, anti-oxidants, trace minerals, and fatty acids. This will simply eliminate the possibility of nutritional deficiencies from these vital nutrients.

9. TRY TO ELIMINATE STRESS FROM YOUR LIFE. Stress aggravates all diseases and can only hamper any healing process. Study the section on stress relief and initiate some of the stress relieving techniques to help attain better health.

10. STUDY AND LEARN GOOD NUTRITION AND APPLY THIS KNOWLEDGE TO YOUR LIFE. Your future good health or poor health depends on you and you alone. I've told you what you must do to attain the best of health, but you alone must put this knowledge to use. I CANNOT DO THIS FOR YOU. YOU MUST PUT THE KNOWLEDGE INTO ACTION YOURSELF.

11. GET A PET. Having a pet to love and love you can do wonders to help relieve stress in every facet of your life. Recent studies show that pet owners live longer and their quality of life is better.

12. PRAY TO GOD EVERY DAY. This suggestion is probably the most important of all. I also recommend you invest a little time in your happiness and read the Book of John.

DESIRABLE PRACTICES FOR HEALTHY FOOD SELECTION AND PREPARATION

1. Eat only when hungry. Eat only portion sizes you feel you can safely digest. Reason: Over eating taxes your digestion which results in undigested food.

2. Consume a wide variety of different foods. Reason: A wide variety will provide your body with more adequate types and amounts of vitamins, minerals, and other food supplements. This will help prevent food allergies.

3. Avoid eating or drinking the same thing two days in a row. (Exception: pure water.) Try to rotate your foods. Reason: Variety in food increases potential vitamin and mineral intake and reduces the chance of developing food allergies.

4. Eat slowly and eat only until satisfied. Eat small portions more often and large portions less often. Reason: Digestion and assimilation is your key to nutritional health. Your body can digest small amounts eaten frequently more efficiently.

5. Chew food thoroughly. Ideally, chew each mouthful 20-30 times. Reason: Digestion begins in the mouth with enzymes in your

saliva.
6. Drink liquids between meals, not with meals and preferably 2 hours after and 15 minutes before. Reason: Liquids dilute digestive juices.

7. Drink a glass of water upon arising (preferably warm). You may add fresh lemon juice or apple cider vinegar and 1 teaspoon of raw honey. Reason: This will stimulate regular and normal bowel movements each day.

8. Foods, especially liquids, should not be taken very hot or very cold. Reason: very hot or cold foods create more stress.

9. Drink plenty of distilled or pure water daily, preferably 60-80 ounces. This is especially so with exercise, when perspiring, eating dry foods, and in hot climates. Reason: Water keeps all tissues well hydrated and flushes out impurities that can cause toxic effects. Adequate water also improves elimination. Make sure it is pure water.

10. Raw foods, except meats, should comprise 50% of total food intake and preferably 75%. Reason: Raw foods provide more fiber, more vitamins, minerals, and food supplements and have more enzymes to give better digestion.

11. At meals, it is best to consume a variety of raw vegetables when you eat cooked foods. Reason: There is a greater abundance of enzymes and fiber in vegetables which will assist digestion and assimilation of the cooked foods.

12. Avoid overcooking. Reason: Vitamins, enzymes, proteins, and fatty acids are all heat sensitive and can be destroyed or chemically changed by overheating.

13. Do not be overly concerned about calories, proteins, fats, carbohydrates, vitamins, minerals, while eating wholesome foods. Reason: A normal metabolism is programmed to adjust its selection and absorption of food stuffs in the presence of a wholesome lifestyle and dietary habits.

14. In a vegetarian meal containing no animal products, some legumes (lentils, beans) should be added when consuming primary grains. Reason: Legumes provide certain proteins needed for balance.

15. For those with compromised or delicate digestion, generally avoid concoctions containing combinations of animal protein (i.e. flesh) and carbohydrates (such as dried fruits, bread, bananas, potatoes, grains) or acid fruits and carbohydrates (such as citrus, tomato, vinegar) or milk and animal proteins all in the same *mouthful*. Instead, lean more to individual foods consumed separately.

16. Avoid foods to which you are allergic. Reason: Allergenic foods create a broad spectrum of chronic health problems and upset digestion of other foods eaten at the same time.

17. Eat sweets (including fruits), nuts and seeds alone and between meals only. Reason: For maximum digestion and assimilation -- fruits, nuts, and seeds are best eaten in moderation and alone. When eaten with a meal or other snack food, they may upset digestion.

18. When emotionally upset, eat less and chew well. Reason: Emotional upset changes digestive chemistry and interferes with complete digestion.

19. Avoid distractions while eating such as television, radio, driving, or reading. Reason: When attention is fully with a meal and those with whom you share the meal, you can focus on thoroughly chewing and maintaining a relaxed enjoyable mental state which assists digestion and assimilation.

20. Read labels and ingredients on boxed, canned, and packaged food. When dining out, question your server as to ingredients used in the foods you are ordering. Reason: Know what is in the food you eat and choose foods that serve your better health.

21. Keep a brief food symptom-feeling journal of everything you eat or drink. Reason: You will learn more about foods and how they affect you by recording them over a period of time and review-

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22. Be sure to avoid all hydrogenated or partially hydrogenated oils. Cold pressed oils are the best for cooking. Reason: Hydrogenated oils can block the normal chemical pathways of cholesterol metabolism.

Remember that an excellent diet will emphasize raw fruits, vegetables, grains, seeds, nuts, and sprouts as well as raw dairy or cultured dairy products. The best source of animal flesh protein is from non-farmed cold water ocean fish such as salmon, mackerel, cod, herring, and sardines.

Specific Food Classifications

Categories	Acceptable	Marginal or Undesirable
Grains	100% whole grain, preferably vacuum packed and unhulled	Milled, refined, unbleached, bleached, sweetened white flour, enriched, any rice except brown, wild
Vegetables	Raw or properly cooked	Skinned, peeled, discarded cooking water
Fruits	Ripe, mature, whole, fresh. Raw juices (sipped in moderation)	Immature, peeled (apples, pears, peaches . . .). Juices from concentrate, pasteurized, or frozen
Dairy	Certified raw milk, low fat cheese products, unsweetened yogurt, (live culture), Kefir buttermilk	Pasteurized, homogenized, killed lactobacillus cultures high sodium, presweetened, high fat
Sweeteners	Raw/unfiltered/wild honey, blackstrap molasses, rice , polishes barley malt. All in moderation	Sugar (white, brown, raw), fructose, syrup, corn sweetener, dextrose, "fruit" sugar, "grape" sugar, sucrose, heated, filtered honey. Any "ose" sugars.
Fiber	As present in whole grains, salad vegetables, beans, fresh fruit , etc.	Brown, fractionated fiber, sawdust (unless prescribed by a physician)
Fish	Game, ocean. Having scales & backbone.	Hatchery fed, lake, stream, river. "Sea food"; i.e. having no backbone or scales (lobster, crab, shrimp, clam, oyster, mussel, etc.)
Fowl	Organic fed, outdoor farm (scratching). Eggs: boiled, poached, raw	Cooped, assembly line fed, sedated, hormones, anti-biotics. Eggs: fried, scrambled. Lunchmeats
Meats	Lean, grazing, organic feeds, <u>freshly</u> ground, organs	Veal, stalled, sedated, hormones, antibiotics, estrogen fattened, reptile, hog products. (ham, bacon, sausage, pork, liverwurst) Lunch meats, hamburgers, hotdogs.
Nuts, Seeds	Raw in shell (moderation). Limit intake of cashews, salted, peanuts (fatty)	Roasted in vegetable oils/fats, sweetened, (also butters)
Packaged foods	Whole grain cereals, frozen fish, frozen berries	Canned foods, frozen vegetables, smoked meats/fish. (May be eaten occasionally, should not be considered staple foods.)
General Heating,	Baking, double broiler, covered frying (butter, olive oil, low heat sautéing), covered boiling (simmering)	Browning, boiling, barbecuing, pressure cooking, microwave, (radar) deep frying, steaming, roasting, frying in polyunsaturated vegetable oils.
Beverages	Distilled or Reverse Osmosis filtered water bottled in glass, herbal teas. Dry red wine	Tap water, fluoridated, chlorinated, coffee (except extreme moderation in water

	(burgundy, bordeaux) in moderation	extracted decaf)
	imported "whole grain" beers in moderation. Fresh squeezed fruit/vegetable juices	teas with tannic acid and caffeine soda pop, punch drinks (containing sweeteners, artificial color/flavor)
		Distilled alcohol (whisky, liquors, cocktails), white wines, sweetened or fortified wines.
Condi-ments	Vinegar (apple cider or wine) fresh lemon/lime juice, herbs, spices, vegetable seasonings	Salt, black pepper, distilled vinegar, catsup, relish
Fats, Oils	Raw butter, olive oil (raw, virgin, unprocessed, domestic), raw sesame oil, cold pressed & unprocessed linseed/flaxseed, canola oil.	Margarine & other solid vegetable fats, partiallyhydrogenated polyunsaturated oils, heating of any vegetable oil (except Virgin olive)

Examples of Acceptable Specific Foods

Dairy	Buttermilk, cheese, certified raw milk, sour cream, yogurt				
Fish	Salmon, tuna, sardines, orange ruffie, trout (if wild trout), bass, bonita, cod, haddock, halibut, herring, mackerel, perch, snapper. Note: generally avoid hatchery fed trout which often has tumors.				
Fruit	Apple, apricot, avocado, banana, berry, cantaloupe, cherry, currant, fig, grape, grapefruit, honeydew, lemon, lime, nectarine, orange, papaya, peach, pear, pineapple, plum, rhubarb, tangerine, tomato, watermelon				
Grain	100% whole grain, barley, corn, millet, rice, rye, sorghum, wheat				
Nuts	Almond, beechnut, brazil, cashew, chestnut, acorn, filbert, hazelnut, pecan, walnut				
Poultry	Capon, chicken, duck, goose, pheasant, turkey, eggs, fowl				
Red Meat	Beef, deer, elk, goat, lamb, moose				
Seeds	Buckwheat, pumpkin, sesame, sunflower, preferably raw				
Vegetables	Asparagus	Celery	Leek	Peppers	Yam
	Artichoke	Chives	Lentils	Potato	Zucchini
	Beans	Collards	Lettuce	Rutabaga	
	Beets	Cucumbers	Mushrooms	Spinach	
	Beet greens	Dandelion Greens	Mustard Greens	Squash	
	Broccoli	Egg Plant	Okra	Sweet Potato	
	Brussels Sprout s	Endives	Onion	Turnip	
	Cabbage	Garlic	Parsley	Turnip Greens	
	Cauliflower	Kale	Peas	Watercress	

Examples of Marginal or Undesirable Specific Foods

Beverages	Caffeine products, commercial teas, most decaffeinated coffee, roasted grain drinks, chocolate, cocoa, soda pop, domestic beers, white wines, brandy, vodka, rum, gin, cognac, Scotch, cordials, liquors, sherry, port, muscatel, tokay
Dairy	Synthetic milks, canned/powdered milk products, homogenized milk, processed cheeses
Flour &	Bleached, unbleached, white, de-germed, soft

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Grains wheat, wheat, stone ground wheat, rye, semolina, farina, white rice, converted rice, most spaghetti, most macaroni, most noodles, dehydrated potatoes, most commercial cereals, potato chips, most breads, American corn
Juices, Pasteurized, canned, frozen, sulfur dioxide treated,
Fruits, & cooked spinach, cooked rhubarb. Any canned fruits
Vegetables and vegetables are highly cationic. Frozen berries are acceptable.
Oils & Polyunsaturated vegetable oils, margarine, lard, beef
Fat fat
Scavenger Hog, lobster, mussel, oyster, clam, crab, shrimp, Flesh
shellfish, rabbit, frog, turtle, snail, possum, eel, octopus
Sweet- Sucrose, corn syrup, dextrose, commercial candy/cake/
eners pudding/pie/pastry, brown sugar, raw sugar, heated,
& filtered, or domestic processed honeys
Sweets

Ten Most Frequently Asked Questions Concerning Diet, Nutrition, and Illness

1. Question: I've always been told that diet doesn't really have much to do with treating or preventing disease. As I understand it, the only important thing is to eat a well balanced "American" diet. Is this still true?

Answer: It never was true. Nutrition is not a philosophy or a religion and what we don't know CAN hurt us. A recent report published by a major US health agency claims that diet is a major factor in 60-80% of all cancer in the US. That means that for this one illness alone, 300,000 to 400,000 deaths, not to mention a lot of suffering, could be avoided by diet alone. Proper nutrition is very important.

2. Question: These days I see so many television and magazine advertisements for packaged cereals, sugary sweet desserts, margarine made with an oil that many doctors think is dangerous and convenience foods loaded with additives and preservatives. If these products are supposed to be bad for our health, why aren't they barred from advertising?

Answer: Many concerned groups are bringing pressure to force truthful labeling and more limited advertising claims, but this sort of thing takes time. Think how many years it took before the U.S. Surgeon General was able to remove cigarette advertising from television and force the tobacco companies to print a special warning message on each pack. Until this same idea takes hold with packaged foods, your best defense is to become an informed shopper.

3. Question: I've been eating the same way for 30 years, and I've never been sick a day in my life. Why should I change my diet?

Answer: Mostly because improper diet has a cumulative effect. Sometimes it takes a long time before bad habits catch up with us. Picture yourself sitting on one end of a see-saw. Weights are slowly added to the other end. At one point, the weight builds up until you are no longer sitting comfortably at your end. Instead, the see-saw is moving, and you are in a whole new position . . . one you didn't choose, and one you don't like.

The same idea follows through with diet. Although our bodies are remarkably strong with an amazing capacity to fight off neglect and abuse, there comes a time when even the toughest system can take no more. This is especially true with your immune system. It doesn't suddenly veer out of balance one day. The change has been a long time building. Even though the immune system keeps fighting to maintain your body's health, the job keeps getting harder as your system gradually becomes weaker. One day your immune system can no longer conquer the destructive forces and to your surprise, you are sick. It's important to establish and maintain good health habits as a regular part of your everyday life. In the same way that poor health patterns can gradually destroy your immune system, good health

patterns can strengthen it.

4. Question: Why does improper nutrition have different effects on people? Some get arthritis or allergies while others develop obesity or other diseases?

Answer: Each one of us has an Achilles heel as far as our bodily health is concerned. Because of this, we react to the same destructive force in different ways. Our body's weakest link gives way, and it may be hereditary.

5. Question: My grandfather lived to be 95, was never sick and yet he lived a really tough life under what we would consider very poor conditions. Why are we suffering so much misery at half his age?

Answer: The many stress factors in life build up slowly. We are affected by many dangers that grandpa never knew about. The list includes: Polluted water, chemical fertilizers, indigestible food additives, refined sugars and starches, processed vegetable oils, smoke, smog, other airborne pollution, radiation, synthetic fabrics, home heating fumes, cigarettes, meats laced with hormones and antibiotics, vegetables dosed with pesticides, herbicides, and fungicides, plus artificial flavors, artificial colors, and artificial food that has nothing but chemicals in it. No wonder we get sick.

6. Question: If I change my dietary pattern, will I get well and be cured?

Answer: That's a big order because there are no magic bullets in chronic disease. You can't expect overnight results. After all, most physical illnesses are well established. Yes, you will get better, but it may take time. And yes, you can stay well, but we must work together to create and carry out your own health plan for optimum health.

7. Question: But aren't my physical health problems a result of the natural aging process? Don't we all deteriorate as we grow older? **Answer:** Yes, of course. None of us are Peter Pan and aging is inevitable. However, with a proper health plan, you can hold back the years to an amazing degree. You can't expect to go mountain climbing when you are 95, but you can look forward to vital, active, and totally happy times in your twilight years.

8. Question: I'm not really sure that I have the discipline to stick with a rigid pattern of specified food, exercise. Does that mean there is no hope for me?

Answer: Come on. We all have to live in the real world. While you will get the best results from following your health plan to the letter, we all know that this sort of behavior is not only always possible. Just do the very best you can. You will get results proportionate to the work and effort you put in.

9. Question: Why are we seeing each year an increase in chronic degenerative diseases?

Answer: Recent studies prove that there are 5 determining factors causing this increase: (1) poor nutrition and diet (2) environmental pollution (3) lifestyle factors such as no exercise, stress, inadequate rest, negative thinking (4) genetics and (5) accidents.

10. Question: What do you believe is critical to attain and maintain better health?

Answer: (1) Proper water (2) uncontaminated, nutritious, properly prepared food and diet (3) adequate exercise (4) sufficient rest and relaxation (5) taking vitamins, proper minerals, and fatty acids (6) learning to cope with stress (7) correcting chemical imbalance in patients.

Also see "Proper Nutrition for Rheumatoid Arthritis," <http://www.arthritis-trust.org>.