

How to Create a

# HEALING MINDSET

& Become

# UNBREAKABLE



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## APPROACHING HEALING HOLISTICALLY

We know that the human body is made up of multiple, highly complex God-given systems that help it to function. In allopathic medicine, medical doctors are likely to specialize in certain areas and limit their treatment to that anatomical structure. For example, an ENT (ear, nose, and throat specialist) is not going to treat patients with gut disorders.

The problem with this is that western medicine has failed to recognize that healing is a holistic approach, focusing on the entire body. Another example is that a child is experiencing chronic ear troubles that may be stemming from a gut imbalance, but the doctor will never know because they're only focusing on one area.

In many cases, diseases of the body and mind, like Dementia, all come from having a body that is out of balance. Restoring this balance takes patience, nutritional expertise, and time. This is why a naturopath spends hours with patients the first time they meet them.

What our experts emphasize over and over is that to truly experience full recovery, you must use a holistic approach. Different naturopaths may use different methods, but they always approach healing from a whole-body perspective, respecting that every system in the body works together. And, all of these systems need to be functioning well for optimal healing to take place.

This eBook has been created to give you all the tools you need to optimize your health and heal from a holistic approach. We'll go into detail about the toxicities that are likely harming you on a daily basis. We'll discuss food triggers and share more about what great nutrition looks like. We'll also share expert advice and practical solutions on what you can do to get rid of the toxins in your body and achieve optimal healing.

One of our experts, Dr. David Jockers goes into more detail about the holistic model and why it is the preferred approach used by the world's top naturopaths.

### ***Dr. David Jockers:***

We get to the root cause of the problem and we use a holistic model and that holistic model, really the foundation of it is number one, a belief that we can heal, that our bodies were created to heal themselves, and that if we create the right lifestyle habits, if we create the right environment, then healing is a natural occurrence.



So, it starts with mindset. Then as a chiropractor, we get to the structural imbalance. We correct that, we reduce pressure on the nervous system, this term that's called subluxation when a bone is shifted out of position and puts pressure on nerves and affects and distorts the way that our nervous system is functioning, which can contribute to and lead to pain. So, we correct that through very specific adjustments and corrective exercises to change the person's posture patterns.

The third thing is we really focus on nutrition and we use an anti-inflammatory healing diet. Oftentimes we use something called a ketogenic diet, which downregulates inflammation in the body and allows the body to adapt to stress more effectively. So, we use nutrition. We'll also use advanced supplementation to reduce inflammation in the body and to improve the overall structural components of the body. We also focus on the right movement patterns and we must change our posture, move our body correctly, strengthen weak muscles, and stretch and improve the flexibility of tight and restricted muscles. So, we focus on that.

Then finally we need to reduce toxicity. And so, most of us are living very toxic lifestyles and so we focus on really teaching people how to reduce the toxins in their life, particularly toxins that are contributing to chronic inflammation and may be detrimental and affecting their pain levels.

## **ACHIEVING OPTIMAL HEALTH & WELLBEING**

Optimal health means achieving mental, physical, and social well-being, and in many beliefs spiritual well-being as well. For some, this may sound completely impossible because that's what western medicine has led them to believe.

But with the right tools and a lot of patience and consistency, even severely diseased people have turned their health around. This can only be achieved with a healthy mindset as for some, it means completely changing the only way they've ever been taught to eat or take care of themselves.

Naturopathic medicine is focused on priming the body to heal itself. We know through research and experience that the body has been intricately designed to initiate self-healing. But we're living in such a toxic world that these processes have to work so hard on protecting the body from these toxins that it doesn't get to the self-healing part the way it should.

**Did you know:** *"Research shows that genetic predisposition accounts for approximately thirty percent of all autoimmune diseases. The rest, 70 percent, are due to environmental factors, including toxic chemicals, dietary components, gut dysbiosis, and infections."* - PubMed<sup>1</sup>

One of the biggest tools that naturopathic doctors use to heal your body and mind from a cellular level, is through the science of nutrition. We'll break it down in the next section but first, we'll discuss some of the root causes of disease, including environmental toxins that are known to burden the body.

## COMMON ROOT CAUSES OF DISEASE

As we mentioned earlier, when your body is burdened with a heavy toxic load, it makes it impossible for your body to heal itself the way it was designed to. Thus, disease processes start to manifest since you have free radicals and other things going on. The longer your body is in this state, the worse the disease.

### ROOT CAUSES OF CHRONIC ILLNESS

In this section, we'll deep dive into the toxins that are most often responsible for causing disease and toxicity in our bodies.

#### Heavy Metals

Like all things in life, most heavy metals are necessary and beneficial in moderation. However, when we consume or are exposed to food, water, chemicals, or other sources containing too many heavy metals, we run the risk of heavy metal poisoning. The resulting poisoning can cause serious health problems, like autoimmune diseases.<sup>2</sup>

For example, studies have shown that heavy metal poisoning due to the metals cadmium and mercury has been linked to autoimmune diseases like lupus, multiple sclerosis, Hashimoto's thyroiditis, Graves' disease, rheumatoid arthritis, pernicious anemia, type 1 diabetes, and more.<sup>3</sup>

#### Mold & Mycotoxins

When certain types of molds make toxic compounds, they produce mycotoxins. These are harmful to humans and livestock.<sup>4</sup> Mycotoxins are concerning because they cannot be identified by the immune systems of 25% of Americans.<sup>5</sup> This means that mycotoxins can stay in the body for years.

Research is showing a link between mycotoxins and autoimmune diseases like rheumatoid arthritis, scleroderma, and neuro-autoimmunity. Some other autoimmune diseases related to exposure to molds and mycotoxins are systemic lupus erythematosus (SLE), autoimmune diabetes, Sjogren's syndrome, and psoriasis.<sup>6</sup>

#### Parasitic Infections

Parasites also referred to as intestinal worms that are prevalent are flatworms, which include tapeworms and flukes, roundworms, pinworms, and hookworms.

Our experts emphasize that there's no person on earth that's exempt from parasitic infections, even in first-world countries. Therefore, it is vital for every person to do frequent parasite cleansing.

Various studies have shown that infections caused by parasites can affect the immune system. Autoimmune diseases like celiac disease and IBD (inflammatory bowel disease) have been linked to parasites. Multiple studies show that infections from bacteria, viruses, and parasites can trigger autoimmune diseases.<sup>7</sup>

Many scientists believe that autoimmune diseases can be triggered by viruses, bacteria, and parasites in one of two ways. One is through molecular mimicry. According to PubMed, parasites that are molecular mimics express proteins that resemble host proteins. This resemblance facilitates immune evasion because the immune molecules with the specificity to react with the parasite also cross-react with the host's own proteins.<sup>8</sup>

The second method is through sustained immune activation, where a chronic infection causing long-term inflammation triggers an autoimmune response.<sup>9</sup> Many people are not aware of the prevalence of parasitic infections and so they can go on for years without knowing they have parasites.

## **Pesticides**

There is a strong link between pesticides and autoimmune diseases. Studies have shown that farming with agricultural pesticides has been known to cause rheumatoid arthritis (RA) and systemic lupus erythematosus (SLE).

According to a report published by the World Resources Institute that was conducted by Robert Repetto and Sanjay S. Baliga, there are substantial grounds for concern about the public health risks from pesticide-induced suppression of the immune system.<sup>10</sup>

Additionally, they concluded that chemicals with known acute and chronic toxicity are still widely used, including many that have been banned, severely restricted, or withdrawn from agricultural uses in the United States and Europe.<sup>11</sup>

This is one of the main reasons why our experts recommend going organic whenever possible.

## **Gluten**

Gluten is the protein that can be found in grains, including wheat, rye, spelt, and barley. Gluten acts as a gluey substance in bread dough. Gluten is directly linked to an autoimmune disorder called coeliac disease where the immune system attacks the gut when gluten is present because it sees the gluten as a foreign invader.

This disease is difficult to diagnose and research is saying that 80% of people with celiac disease do not realize it.<sup>12</sup> Other diseases that may be worsened by gluten consumption are irritable bowel syndrome – another autoimmune disease, gluten intolerance, wheat allergies, and gluten sensitivity.



## Genetically Modified Organisms (GMOs)

GMOs are crops that have been genetically altered by scientists by inserting a gene or two into individual cells in a lab. There are a few reasons why GMOs are linked to the development of autoimmune diseases.

Firstly, they contain more pesticides than non-GMOs. This is because GMOs are modified by farmers to use more herbicides without killing the crops.<sup>13</sup> As we know, pesticides can cause toxicity leading to an autoimmune response.

Secondly, many GMOs have been designed to produce their own insecticide. This has negative consequences for those who eat these foods. Evidence shows that this is damaging to the intestines and causes leaky gut, making individuals more susceptible to autoimmune disorders. This is because an unhealthy digestive tract may suppress the immune system.

Lastly, GMOs may contain a herbicide called glyphosate which has been shown to attack the healthy bacteria in the gut.<sup>14</sup> This may lead to leaky gut, bacteria overgrowth, and inflammation – all triggers of autoimmune disease.

The most common genetically modified foods are corn, potato, rapeseed, tomato, and soybeans.

## Meat Products and Dioxins

Dioxins are pollutants found in the environment. They are part of the so-called “dirty dozen”- a cluster of dangerous chemicals identified as persistent organic pollutants (POPs). The highly toxic potential of dioxins makes them a particular concern.

Experiments have shown that they affect a number of bodily organs and systems. According to the World Health Organisation:

“Short-term exposure of humans to high levels of dioxins may result in skin lesions, such as chloracne and patchy darkening of the skin, and altered liver function. Long-term exposure is linked to impairment of the immune system, the developing nervous system, the endocrine system, and reproductive functions.”

They not only have an immunosuppressive action, but they also seem to influence autoimmune diseases. Dioxins can excite the immune system, making it hypersensitive and leading to autoimmune diseases and allergies. Once dioxins gain access to the body, they persist for a very long time (between 7-11 years) due to their chemical stability and absorbability into fatty tissue where the body then stores them.<sup>15</sup>

Dioxins are particularly concentrated in the fatty tissue of animals. Humans come into contact with dioxins mainly through the food they eat that gets contaminated during the farming process. The foods most packed with dioxins are meat, fish, shellfish, and dairy products. Shall we say it again? Plant-based is best!



Animals higher up in the food chain have a higher concentration of dioxins. In many cases, dioxin contamination gets introduced through contaminated animal feed. For example, incidences of increased levels of dioxin in milk traced their roots back to citrus pulp pellets or fat utilized in the making of the animal feed.

A lot of dioxin exposure also occurs through atmospheric pollution via medical waste incineration. Due to this high prevalence, many countries now actively monitor their food channels for dioxin. This has very often stopped widespread contamination in its tracks because of early detection.

## **Factory farming**

Factory farming and mass food production methods are increasingly used to keep up with the growing population and the increasing trend toward more meat and dairy-intensive diets. Research is showing that we need to produce 50 to 100% more food by 2050 to keep up with demand.<sup>16</sup>

Factory farming is the extreme confinement of livestock for commercial use developed by scientists in the 1960s to maximize production to keep up with the growing population and demand for meat. Despite the negative impact that factory farming has on animals' well-being and the environment, it is a continued practice because scientists, economists, and farmers agree that this is the only way to keep up with the growing demand for meat.<sup>17</sup>

An award-winning food journalist, Andrew Wasley as well as photojournalist, Jo-Anne McArthur, has revealed some of the inhumane conditions inside factory farms and the risk they pose to our health. Andrew Wasley went undercover to investigate a factory farm in northwest Poland after locals became increasingly alarmed about the farm's activity relating to the welfare of the animals and the environment. He mentions that the conditions were appalling and the nearby lake was filled with plastic syringe casings, intravenous needles, and white clinical gloves along with barely recognizable pig carcasses. He also highlighted the controversial use of antibiotics in factory farming.<sup>18</sup>

This highlights an issue of concern worldwide where factory farmers are abusing antibiotics leading to one of the biggest causes of antibiotic resistance. In fact, in the EU and the US, over 75% of all antibiotics are used in agriculture. Due to the large crowds of animals, factory farms are not administering antibiotics to individual animals but are spraying the entire flock. This means that the antibiotics aren't effectively ingested by the animals causing resistance.<sup>19</sup>

These antibiotics tamper with the gut microbiome. We already know that upsetting the microbiome leads to an increased risk of chronic disease.

Conventional meat also typically has a lot of added hormones. Additionally, all processed meat contains high levels of advanced glycation end products (AGEs) and other inflammatory compounds. Evidence suggests that AGEs link to the development of autoimmune disease, Alzheimer's, diabetes, heart disease, and kidney failure.

Dairy and Hormones

Just as meat and other staples like grains, fruit, and vegetables are being mass-produced, so is dairy, since the demand for dairy is increasing. The effects that dairy may have on human health lie in the hormones that it contains such as prolactin, and steroids including estrogens, progesterone, corticoids, and androgens.<sup>20</sup> These hormones have been directly linked to autoimmune diseases.

Additionally, cows are injected with a growth hormone called Bovine somatotropin (bST), which increases cows' milk production to keep up with the dairy demands of our population.<sup>21</sup>

A meta-analysis discusses that this growth hormone includes a package insert that lists a range of possible adverse health effects including increased risk of adverse reproductive effects, clinical mastitis, foot and leg problems, injection site reactions, udder edema, and other general health effects.<sup>22</sup>

Another reason why dairy affects the health of so many people is the presence of a protein called casein. An autoimmune response may be triggered in those with allergies because their body doesn't recognize this protein and in response attacks it.

Symptoms of an allergy include hives or rashes, wheezing, severe abdominal pain, poor food absorption, vomiting, breathing problems, and anaphylaxis.



## **Dr. Andy Kaufman, MD:**

What really results in us being ill are things that we can actually control 100%, like what we put in our bodies. When we put synthetic chemicals and toxins in our bodies, it makes us sick. When we don't get proper nutrition, we don't get all the nutrients, of course, we know a lot about things like Vitamin D, but there are many nutrients that we can be deficient in including things like cholesterol and collagen, in addition, to trace minerals, almost everyone is deficient in that. And there are things that we can easily do to correct these things. We can look at what we eat and we can expand to eat more nutritious foods. We can take supplements if we need to. And then, of course, there's trauma.

And we know when we have physical trauma, we have a cut or a broken bone, of course, and we usually can be aware when we have psychological or spiritual trauma, and we know how to address those things to some degree or we know that we can through effort and time. So once you understand that actually, all the real causes of disease are things that we have the ability to influence and change and allow our bodies to either maintain health or restore to full health, then the fear of a mysterious invader from beyond is not present. And this is something that makes me really sleep well at night, not only for my own health and safety, which is really secondary, it's mostly about my children, that I know that if they have an illness, it's very easy to correct and it very seldom occurs because we try to do those things that I described to keep ourselves healthy from the beginning.

**Jonathan Otto:** Awesome. So that really comes with a lot of peace and security because you are in control and there are things that you can proactively do to change that environment. I've actually seen this myself a lot Dr. Kaufman, where we've been telling people for the last four or five years or so, especially over the last two to three years about detox regimes. I know a lot of people don't like the words detox, whatever, you might feel differently about it, but getting out whether it's toxic heavy metals, parasitic infections, dealing with these through natural herbs and supplements, and we've seen really dramatic things recover many, many times and people overcome other issues, like let's say, for example, people had issues with Candida, we find that if we could resolve some of these other deeper underlying issues and those things could just resolve themselves quite easily. What do you think for how we can target this issue of the fact that perhaps people's bodies are under some chronic infection, and we have to work to clear that infection, and so we support the body with tools so that they can't fall prey to opportunistic threats that could come along ... What do you think about these types of concepts? Is there an infection there in the body that can be resolved through natural measures?

**Dr. Andy Kaufman:** Well, I think the term "infection" is really a misnomer, because if we look at ... so let's shift from viruses and maybe talk about bacteria and fungi. So we all know from modern health research that our gut microbiome or our microbiome, or there are some different words to it, but we're really talking about all the bacteria and fungi and other microorganisms that live in our body, that actually, they are critical for our health, and actually on a cell by cell basis, they outnumber our own human cells, about 10 to one, according to many sources. So we have this awareness and it's a relatively new thing for the general population. But it certainly has been accepted and all kinds of people, regular people who take pharmaceuticals and are consumers of the allopathic health care system also take probiotics.



You see mainstream companies talking about pro and prebiotics and things like this. So the commercial industry has really taken this up and it is true. And what terrain theory is, is really a natural extension of that concept. And it posits that the micro organisms' role in our body is at least partially the same as it is in the rest of nature. And that is called the role of a saprophyte. We've all observed this in the forest, or if we have a composting bin in our backyard, that when there is branches that have fallen off the trees or the brush from the end of the season that falls on the forest floor, the microorganisms essentially really from within those plant materials start digesting and they reduce that dead material to its constituent elements, like minerals and amino acids and carbohydrates, and then it rejoins the soil so that new life can spring from it and the same thing happens with animals' flesh when the animals die. And there's a different set of microorganisms that come for animal carcasses versus plants and such. And in our body, the microorganisms do the same renewal saprophytic function.

So let's take a typical type of what's considered a bacterial infection, let's say strep throat. Okay. Now, many people think strep throat is actually caused by the bacteria streptococcus, but let me ask you, if that makes sense, if you heard say that streptococcus is actually in everyone's body normally. So if we took 100 people now, for example, and culture their throat, and I'm talking about people who are not sick, we would find streptococcus in most of the people, if not all, but yet when someone has a sore throat, they do the same test, and they say it has streptococcus, so it must have caused it. Now, why would it cause it in one person, but not in another? That really doesn't make sense. For example, if we take a poison like cyanide, now, if I give you a cyanide tablet and I take a cyanide tablet, we would both be dead. One of us wouldn't be untouched and the other would be dead. we'd both be dead. And I don't think anyone would argue that.





So why would it be this way with a germ? It doesn't make sense. And that's because streptococcus doesn't cause the illness at all. What happens is there is some other insult that damages the throat tissue. And most likely, it's toxicity because if you ever look at your air filter in your heating system, now that is only filtering the air when the heat is turned on, not all the time. And when you change that, you see that it's filled with some pretty gross stuff and that all comes out of the air, and it has to be cleaned out. Well, when you breathe, especially if you're a mouth breather, your throat is filtering out the air, but it's not doing it occasionally, it's doing it 24/7, 365 because you're always breathing.

And so the contaminants and toxins in the air and pollution build-up, stick to those tissues in the throat. Now, this is one possible cause, I'm not saying this is definitive, but essentially, then the tissue can't function appropriately, it's damaged, because of the buildup of too much, the filter is clogged up, essentially, and so your body has to then initiate a program for the filter change. And so to do that, it calls in the cleanup crew, which is the bacteria. So the bacteria get recruited from other parts of your body and they come in and they cause some inflammation and inflammation is like the car wash, it's like spraying the hoses, it opens up the blood vessels to get more blood in the area, and that creates more secretions, so basically the debris and dirt and dead material gets washed away.



Now, these are the symptoms that make us feel uncomfortable and we look at them as an illness, but really, this is the healing phase, because the damage was already done and we didn't really feel that and this is the repair work that we're symptomatic from and if we let this process continue to its natural conclusion, or if we do some things to support this process, help the bacteria clean out the throat tissue, then we're going to recover well and we're not going to have to have that illness for quite a long time if ever again.

But if we interrupt it with antibiotics and the symptoms go away very quickly, because the bacteria, they're eating up dead cells, they secrete waste, and the waste causes inflammation which increases the blood, like I said, that car wash effect. Now, if we kill the bacteria, of course, the inflammation is going to stop as well, because it was from the bacterial waste. So then what we have, the inflammation stops, the bacteria are dead, the healing process stops, you feel better, but your throat tissue is not healed.

And many times what happens is then you get another strep throat and it becomes a recurrent process, and many parents have seen this in their kids with strep throat, they've seen it with ear infections, they've seen it with bronchitis, all these things and if they didn't use antibiotics and instead supported the detoxification of that tissue, things like the old fashioned remedies, like a saltwater rinse for the throat, a saltwater gargle, that actually does facilitate the cleansing because the warmth of the water will open, dilate the blood vessels and allow the toxins to come out and get absorbed, and the salt water is physiologic and it's basically just flushing, it's just like you're rinsing the dirt off something, you're using water to cleanse. So simple measures like that support your body's natural function and help you heal completely. And so that's really what's going on when they call it an infection, but it's not caused by the microorganisms.

## Discovering Food Triggers

When it comes to healing the body holistically, we already know that no two people have the same make-up. That's why they cannot do the same thing and expect it to work the same way. While a protocol may help one person to heal dramatically, it may have very little impact on another.

It's the same when it comes to nutrition. Everybody has different food tolerances and it's important to know what is good for your body and what triggers symptoms of the disease. There are also specific foods to avoid in instances of chronic illnesses. For example, someone with hyperthyroidism should avoid caffeine. According to the Mayo Clinic, caffeine can exacerbate the symptoms of hyperthyroidism and lead to increased anxiety, nervousness, irritability, and rapid heart rate.<sup>23</sup>

## Testing for Delayed Allergies

One of our experts, Dr. Henry Ealy, who is also a highly-esteemed naturopath, emphasizes that each person may have a food intolerance that they don't know about that's impairing their immune functioning. He recommends doing delayed allergy testing to know for sure exactly what these foods are.

### *(Q) What is a delayed allergy?*

#### *(A) Dr. Henry Ealy:*

So, there's immediate, which is going to be like an IgE response where- it's you eat it and within moments, it can even be as extreme as anaphylaxis, the peanut, the shellfish, that kind of stuff. But there's another mechanism, hypersensitivity reaction and that's gonna involve IgG. Now IgG antibodies don't come on the scene for anywhere from really about 2 days after the exposure. It can start a little bit earlier than that, but really it's about 2 days after. But the thing about them is, whereas an immediate reaction, an IgE will last for minutes, maybe up to an hour, it can be intense and it can even be life-threatening in some situations. An IgG doesn't start showing up in terms of symptom presentation for about 2 days and it'll last for about 28 to 56 days from the time of the last exposure.

So we've known for years that antibodies are supposed to go down in the bloodstream over time, but they can only go down if there's no reason for them to stay at high levels. So what we do is we get a delayed food allergy test, so it hones us in on which foods we need to eliminate and swap, and when you have that, it's like having the blueprint for an elimination diet. Rather than guessing and spending 4 days or 7 days, it's to say, "Here, this is what your immune system is saying today. Your immune system doesn't like dairy. Let's take it out, but let's replace it with something. Oh, you do just fine on oat milk. Oh, you do just fine on cashew butter and stuff." Do you see what I mean? It can give you guidance so that what happens is when you get your diet in order and you get nutrients supporting your diet. Now the body and cells start working the way they're supposed to, producing energy, metabolizing, detoxifying, protein, and lipid assembly.

And then if you do take that next great step of at least giving them 16 hours of intermittent fasting a day. What you're doing is now giving the cell the last thing it needs, which most people don't give it, which is a period called autophagocytosis, which is best described as self-healing at the cell level. So if you're eating 3 meals a day, there's no opportunity for your body to get into autophagocytosis. But if you're eating 1 meal a day and you're giving yourself a 16-hour continuous window of zero calories. What you're doing is helping your body get into a state of hunger.

## The Elimination Diet

An elimination diet involves removing foods from your diet that your body may not be tolerated well. After a time without those foods, they are reintroduced, one by one, while watching for any symptoms that show a reaction. The process takes about 5–6 weeks and helps identify which foods are contributing to symptoms of food intolerances, allergy, or a sensitive gut. Once an offending food is identified, it can be removed from your diet to prevent symptoms in the future.

If you suspect you have a food allergy, check with your doctor before starting an elimination diet because reintroducing a food allergen may trigger a dangerous condition called anaphylaxis.

Symptoms of an allergy include rashes, hives, swelling, and difficulty breathing. An elimination diet has two steps, elimination, and reintroduction. There are many types of elimination diets, but basically, the more foods you remove during the elimination step, the more likely you'll be able to discover which foods trigger symptoms.

Foods that are commonly removed during the elimination step include:

- **All dairy:** milk, cheese, yogurt, ice cream, and any foods containing dairy.
- **Grains:** such as wheat, barley, corn, spelt, rye, oats and bread, and any other gluten-containing foods.
- **Nightshade vegetables:** tomatoes, peppers, eggplant, white potatoes, cayenne pepper, and paprika.
- **Meat and fish:** processed meats, cold cuts, beef, chicken, pork, eggs, and shellfish.
- **All nuts and seeds.**
- **All legumes:** beans, lentils, peas, and soy-based products.
- **Fats:** butter, margarine, hydrogenated oils, mayonnaise, and spreads.
- **Citrus fruits:** oranges and grapefruit.
- **Beverages:** alcohol, coffee, black tea, soda, and other sources of caffeine.
- **Spices and condiments:** sauces, relish, and mustard.
- **Sugar and sweets:** sugar (white and brown), honey, maple syrup, corn syrup and high-fructose corn syrup, agave nectar, desserts, and chocolate.

If you suspect that other foods not on this list make you feel uncomfortable (perhaps strawberries), it is highly recommended to remove them as well.

You may also be wondering now what you can eat on this diet. Although an elimination diet is very restrictive, it only lasts a short time, and there is still plenty of variety to make healthy, delicious meals.

Foods you can eat include:

- **Dairy substitutes:** coconut milk and unsweetened rice milk (not nut milk).
- **Grains:** rice, quinoa, buckwheat, millet, amaranth.
- **Vegetables:** other than nightshades.
- **Meat and fish:** turkey, lamb, wild game, and cold-water fish like salmon.
- **Fats:** cold-pressed olive oil, flaxseed oil, and coconut oil.
- **Most fruits:** other than citrus fruits.
- **Beverages:** water and herbal teas.
- **Spices and condiments:** apple cider vinegar, black pepper, fresh herbs, and spices (except cayenne pepper and paprika).

During this step, have fun trying new recipes and foods you haven't tried before and experimenting with herbs and spices that add delicious flavor to your dishes. You might discover some new favorites. Be sure not to eat any of the eliminated foods for 2–3 weeks and take notice of how you feel. If any of your symptoms still remain, you should notify your doctor.

The next step is to slowly reintroduce eliminated foods back into your diet. Add just one food or food group individually, eating what you want of it for a couple of days before adding another food. Be watching for any symptoms, such as:

- Bloating
- Stomach pain or cramps
- Changes in bowel habits
- Rashes and skin changes
- Changes in breathing
- Joint pain
- Headaches or migraines
- Fatigue
- Difficulty sleeping

If you experience any of those symptoms, then you have successfully identified a trigger food and should remove that from your diet. If you experience no symptoms for 48-72 hours after you reintroduce a food or food group, you can assume that it is okay to eat that and then reintroduce another one. The entire process, both steps, takes approximately 5–6 weeks.



## DAILY EXPOSURE TO TOXIC CHEMICALS

Living a healthy lifestyle means addressing all the potential toxic threats in your environment. Some are more obvious than others, for example, it's no secret that processed foods or air pollution have damaging effects.

It is also impossible to totally avoid environmental toxins completely. So it's really important to do your best to cut out the toxins you do have control over. Some of the big ones include personal care products and common household cleaning products.

### Personal Care Products

These products often contain Benzophenone, which is used to protect the products from UV light. This puts you at risk of a number of health concerns, including:<sup>24</sup>

- Cancer,
- Endocrine disruption,
- Developmental and reproductive toxicity,
- Organ system toxicity,
- Irritation,
- Ecotoxicity.

But that's not all, there are at least 12 other harmful chemicals often found in personal care products, including:<sup>25</sup>

- **Triclosan:** An anti-bacterial and antifungal. It is commonly used in soaps, body washes, hand sanitizers, and toothpaste. This chemical is linked to skin sensitivity, liver damage, hormone disruption, and cancer. It has also been shown to disrupt the microbiome essential for gut health.<sup>26</sup>
- **Parabens:** Scientific studies suggest that parabens can disrupt hormones in the body and harm fertility and reproductive organs, affect birth outcomes, and increase the risk of cancer.<sup>27</sup>
- **Phthalates:** Can damage the liver, kidneys, lungs, and reproductive system.<sup>28</sup>
- **Fragrance:** Also listed as "Parfum" or "Aroma", these often contain phthalates, which again are linked to cancer, human reproductive and developmental toxicity, endocrine disruption, birth defects, and respiratory problems.<sup>29</sup>
- **Propylene Glycol:** This chemical is linked to kidney and liver toxicity, neurological symptoms, respiratory issues, and cardiovascular problems.<sup>30</sup>
- **Coal Tar Dye:** This is a mixture of many chemicals, derived from petroleum and is recognized as a human carcinogen.<sup>31</sup>

- **DEA (Diethanolamine), TEA (Triethanolamine), And MEA (Monoethanolamine):** Research shows that products containing MEA, DEA, and TEA have been linked to liver tumors, organ system toxicity, increases the risk for cancer, might even cause developmental abnormalities to an unborn fetus and is a possible hormone disruptor.<sup>32</sup>
- **Formaldehyde:** According to the National Cancer Institute, studies of workers exposed to formaldehyde have found that this chemical causes myeloid leukemia and rare cancers, including cancers of the paranasal sinuses, nasal cavity, and nasopharynx.<sup>33</sup>
- **Mineral Oil:** The main concern is when the mineral oil is not highly refined, this makes it more likely to include polycyclic aromatic hydrocarbons (PAHs), which are carcinogenic.<sup>34</sup>
- **Talc:** Using products that contain talc put you at a higher risk of lung cancer.<sup>35</sup> The inhalation of talc, typically used in baby powders, has been shown to cause wheezing, coughing, chest pain, and difficulty breathing.<sup>36</sup>
- **Aluminum:** When used in cosmetics, these have been shown to pose the potential risk of the development of breast cancer, breast cysts, and Alzheimer's disease.<sup>37</sup>
- **Fluoride (Sodium Fluoride):** This chemical is mainly found in toothpaste and has been shown to cause cancer, brittle bones, dental fluorosis (white spots on the teeth), and neurological impairment.<sup>38</sup>

## Household Cleaning Products

These products often contain various harmful chemicals and substances. Some of the most commonly used cleaning products include:

- **Laundry detergents:** Laundry detergents often contain strong acids, alkalis, or phosphates. [39] There are 2 types of detergents, cationic and anionic detergents. Symptoms of poisoning from laundry detergents include; skin irritation; Necrosis in the skin or tissue; trouble breathing; throat swelling; low blood pressure; Loss of vision; vomiting; abdominal pain; and blood in stools.<sup>40</sup>
- **All-purpose cleaners:** These are often found to include ingredients like ammonia, ethylene glycol monobutyl acetate, sodium hypochlorite, and/or trisodium phosphate. These have been shown to irritate the skin, eyes, nose, and throat. And they can also be highly poisonous to both humans and animals if swallowed.<sup>41</sup>
- **Dishwashing detergents:** These detergents commonly include chemicals such as Triclosan, Sodium Laureth Sulfate (SLES), Disodium EDTA, Phosphates, and Formaldehyde. Which we've discussed under personal care products and are not only damaging to your gut health but cause a range of other health issues too.<sup>42</sup>
- **Antibacterial cleaner:** Antibacterial cleaners usually contain water, a fragrance, a surfactant (to break up dirt), and a pesticide.<sup>43</sup> These often include quaternary ammonium or phenolic chemicals which have been shown to not only add to anti-biotic resistance bacteria but also cause allergic skin reactions even with very limited exposure.<sup>44</sup>

## THE SOLUTIONS (DIET, DETOXING, CLEAN LIVING & FASTING)

There are so many natural solutions to help prevent and reverse disease. The allopathic system largely underplays the extremely important role of natural medicines and nutrition on a scientific level for treating disease. So many people are prescribed tons of pharmaceuticals to “control” their diseases, but these always come with long-term side effects and are completely unnatural.

Our top nutritionists have studied nutrition and natural medicines extensively, just like with western medicine, using natural approaches is also scientific. And when done correctly, it can reverse even serious end-stage disease.



### DIET: WHY A BALANCED, NUTRIENT-DENSE PLANT-BASED DIET MATTERS

A balanced diet is one that provides an abundance of the nutrients that your body needs. This can only be achieved if it includes nutrient-dense foods. You can eat plant-based for example, and still not be completely healthy if you’re not eating the right foods.

While there is a wide range of what a nutrient-dense, plant-based diet should look like, there are some basics that our experts all agree on. We’ll go into detail about these next.

#### What is a balanced diet?

It’s never a good idea to limit yourself to only a few foods. For example, if you’re living off of salad alone, your body will not be getting all the nutrients it needs. Your body needs an abundance of different foods for both nutrients and to create a diverse gut microbial community.

This is achieved by consuming a diet that is rich in various fruits and vegetables, legumes, nuts and seeds, and whole grains. This will help to ensure that you’re getting all the vitamins and minerals that you need.

#### What does nutrient-dense mean?

A nutrient-dense diet is one that is void of empty calories and unhealthy fats and is abundant in high levels of different vitamins and minerals. These foods sustain the body and help it to function optimally. One of our experts, Dr. Joel Fuhrman goes into detail about the power of nutritional excellence.

## **Dr. Joel Fuhrman:**

The power of nutritional excellence is amazing and to allow the body's self-healing, miraculous self-healing powers to fully manifest themselves is an art and a skill. We are also involved with helping people recover from food addiction, obesity, and other diseases related to the standard American diet, enabling people to prefer to eat healthfully and get rid of their emotional and physical addictive drives that make it unable for them to comply with a healthy diet. That's why I aid a lot of people with those kinds of issues.

Well, I want to make it clear that food gives us nutritive substances and those nutritive substances enable the body to function normally. We want to take in somewhat, not take in an excessive amount of calories. Matter of fact, if we take in a moderately lower amount of calories, a mild caloric restriction, it slows the aging process and the body doesn't produce as many free radicals. Now the foods we're choosing to eat help us moderately caloric restrict because when we eat foods that are rich in natural phytochemicals and antioxidants, these things prevent the reactive oxygen species from building up. What I'm saying right now is the digestion of calories, just metabolizing calories, produces free radicals, but the antioxidants and phytochemicals in natural colorful plants, deactivate those free radicals to prevent food from aging us.

We take in foods like donuts and cookies and rice cakes and breakfast bars and chips that just give us calories with no micronutrient load. Then we're aging ourselves with every bite. What I'm saying right now, is that when we construct a diet that's rich in antioxidants, and there are literally more than - There are not just a hundred phytonutrients. There are thousands of different phytonutrients. Getting that full spectrum of phytonutrient exposure from green vegetables and colorful berries and different types of colorful plants, including colorful herbs and spices as well, having the full spectrum of nutrients. The wider that spectrum is, enables the body to more effectively manifest its anti-aging properties.

What the body does is it'll produce, it'll take what it needs out of food and out of our diet, and it'll make it so we can live and reproduce and feel okay, but it'll sacrifice our future health. It won't repair the DNA cross-links. It won't fix methylation defects. It won't start to remove free radicals sufficiently. It won't detoxify the cell. The body won't protect our future. It'll just do what it has to do for the moment so we can survive and feel okay. If we start to take in an excellent amount of nutritional exposure, the body can take out what it needs for its everyday uses and its reproductive needs right now. It can also do that extra degree of repair and healing and build up those longevity proteins that enable us to age slower and live to be 100 years old.

The question is how excellent do you want to eat and do you want to have a very comprehensive array of phytonutrients in your diet? That's where we use both a variety of green vegetables, a variety of colorful orange and black foods, and also herbs and spices. Of course, like dill and parsley and turmeric and things, and all types of beneficial nutrients, parsley, all different nutrients that contribute to the full symphony of nutrients we get from natural foods.

Now as much as we can, we want to use these foods, herbs, and spices that have nutritive qualities, not medicinal qualities. The medicinal qualities that make your heart beat faster or your heart beat slower or make you urinate



more or urinate less, and make you feel like you can take your headache away or make you feel energized, those things are medicinal because of the toxic part of the natural substance, not because of the nutritive substance. We want to live in a manner to avoid the need for medicinal substances, either natural or pharmacologic.

However, when we do have that need for a medicinal substance because we didn't eat healthily, we created some imbalance, so we had some stress. We're disease developed and we need something to soothe the digestive tract lining or we need somebody to help a person come out of depression, or need something to relax a person and let them go to sleep. Then I think it's reasonable that these natural herbal substances used judiciously do not have the toxic side effect profile as medications do. They're more gentle in their approach. They're not as addicting. They don't press down our own body's production of hormones so it throws off the body's balance. It's much more reasonable to use these natural substances instead of avoiding the need to use medication.

### ***Dr. Sruti Lam:***

What is nutrient-dense food? Nutrient-dense food is herbs or plants or whole grains that we're actually consuming that have very high nutrition in them, as opposed to empty calories. Sometimes, we need to ingest foods that have empty calories that actually use up more fiber and roughage in our bodies. One of the herbs for that is lettuce. We eat a lot of lettuce, and it kind of bulks up in our body, and then this actually helps with fiber, and it helps with constipation by increasing the fiber in our body. It has this bulking up of our stool to actually have a clear bowel movement.

But then when we eat something like nutrient-dense food, we're not just getting bulking up or fiber in our body, but we're also ingesting all different kinds of nutrients. And so, coming back to dandelions, dandelions are very, very high in vitamin K and vitamin A, even vitamin C. All of these are really required in all the different detox reactions we have in our body in eliminating food.

### **What are whole foods?**

Whole foods are foods that are as close to their natural form as possible. These are the opposite of processed foods which are stripped of their nutrients to add more flavor or improve their appearance.

Whole foods are vegetables, fruits, whole grains, nuts, and legumes and these foods retain their fiber as well as the whole portfolio of beneficial phytochemicals and nutrients.<sup>45</sup> Less processing also means fewer pesticides and GMO-free. Whole foods are key to establishing optimal health and should always be considered over-processed foods.

For example, swap out white rice for black rice or brown rice and corn for a healthier grain like millet or quinoa. Dr. Sruti Lam talks about whole grains next.

## **Dr. Sruti Lam:**

We keep hearing the word “whole grains.” What does it mean to have whole grains? Whole grains is something that you get straight from the plant, so wheat, whole wheat, rice, buckwheat, amaranth, rye, barley, millet, teff, and I can keep going on. All these are whole grains that grow out of the soil, and then we pluck it and harvest it and eat it.

What is processed food? Now, when we take the same grain, which is wheat, and then we send it through machines, and then we break it down and we grind it up and then we add things to it, we add preservatives to it, we add things that we’ve already pulled out of it, all the different vitamins that are processed and then we try to inject it back, and then we call it, “Oh, this food now has more vitamins than it was processed before.” It’s because we are processing it too much to make breads and tortillas, and different cultures have different kinds of ways that you process your grains.



Eating whole grains by itself helps our body to break it down, to digest it in the right way, and to absorb it in the right way, so that way we’re not going through a whole process of eliminating things, adding things, and adding preservatives to our food. Whole grains could be any kind of things and different cultures talk about different things, and then we also talk about being gluten-sensitive. There are many grains that have the gliadin, which also could be called the gluten in it, that is not really digested or absorbed in our body. We’re not able to absorb or digest that food, so it becomes a toxin in our body and it causes more inflammation in our body.

Some of the grains are rice. There’s different kinds of rice. Growing up, I just heard about white rice, like the basmati rice, being of an Indian origin, so I always just talked about eating rice, cooking it a certain way and eating it a certain way, but then as I learned more and researched more on what food is good for me and I looked up more things, there’s all different kinds of rice.

There is white rice. There is brown rice. It’s not dehusked and still has the brown on it, so it still has all the vitamins that are intact on it, that are not polished to become white rice. There’s red rice. There’s black rice. There’s wild rice. There are so many different kinds of rice, so it depends on how much flavor you really like. Polished white rice has a different flavor as opposed to black rice, which has a more nutty or earthy flavor. That’s one of the grains that we can incorporate into our food. When you eat rice, which is a high carb intake or more of a starchy intake, we also need to have a balanced food, and to have a balanced food, you need to have vegetables and fruits.

A complete protein, as we talked about, is not just protein by itself, which is eggs or steak or chicken. A complete protein is when you’re actually combining a protein with another food, which it could be a carbohydrate, it could be a fat, and you’re combining both of them and now the body’s able to absorb both of them together and digest it well, so that way it actually releases all the different vitamins and minerals that has to be going to our body and then perform the right functions.

## **Why plant-based?**

A plant-based diet has been proven to lower the risk of chronic diseases. That's because it lowers blood sugar, blood pressure, and cholesterol levels and improves overall health dramatically. According to Healthline, a large study of over 200,000 people found that those who followed a healthy plant-based diet rich in vegetables, fruits, whole grains, legumes, and nuts had a significantly lower risk of developing heart disease than those following non-plant-based diets.<sup>46</sup>

Apart from lowering the risk of diseases, a well-balanced plant-based diet has also been shown to reverse disease. That's because it gives your body the nutrients it needs to initiate the natural detox and healing pathways so that the body can start healing itself.

## **HOW NATURAL FOODS HELP TO REDUCE INFLAMMATION**

Turmeric, ginger, garlic, beets, flaxseed, leafy greens, and berries all contain special chemical compounds that decrease inflammation and pain. They use different processes to accomplish this. These are as follows:

### **Down-regulating Anti-apoptotic Genes**

One of the processes used by these foods is to down-regulate anti-apoptotic genes. These genes prevent natural cell death and therefore cause inflammation to persist. The anti-inflammatory foods mentioned above counteract these genes and allow natural cell death to occur, including inflammatory tissue, tumors, and cancer-causing cells.

### **Inhibiting Oxidation**

These foods also inhibit the oxidation of the cell membranes, DNA, and other cellular proteins. By blocking this mechanism, the natural breakdown of the cells is slowed down considerably.

### **Blocking the Production of Cytokine Proteins**

Another way these foods combat inflammation is by blocking the production of cytokine proteins, which are given off by damaged cells. These cytokine proteins send the signals that cause swelling and inflammation to occur. When the production of these cytokines is inhibited it naturally reduces inflammation.

### **Inhibition of Transcription Factors**

Transcription factors are proteins necessary for gene expression. When the action of a genetic transcription factor related to an inflammatory protein is blocked, the protein is never produced, which ultimately reduces inflammation in the body.<sup>47</sup>



## HERBS AND SUPPLEMENTS TO BOOST HEALTH AND SUPPORT HEALING

One of our experts in nutrition, Dr. Sruti Lam, shares the various natural herbs and supplements that help to get rid of inflammation and heal our bodies.

### ***Dr. Sruti Lam:***

I'm here to talk about a few different things that can help with healing our bodies and healing the inflammation in our bodies. One of the things that we could do for that is eating right. Eating right is one of the biggest things.

Let's talk about a few things that I did with ulcerative colitis, and it could be anything ranging from eating whole-grain foods to healthy fruits and vegetables, to drinking water right, to sleeping right, to resting, to exercising, to going out and getting sunlight and sunshine.

A few vegetables that are really high and rich in fiber are what you're looking at when you're looking at autoimmune diseases, because what are we really looking at over here ... Let's talk about the different things that we actually do to treat inflammation. One, obviously, we're going to be trying to decrease inflammation, so we're going to use something that is anti-inflammatory and anti-inflammatory herbs could be, and this is in no particular order, curcumin, that many people are talking about and hear about right now. Ginger, another herb, is good. Boswellia, which is also called frankincense, that we spoke about prior. Silybum, which is milk thistle, which is actually a liver detoxifying herb.

Let me just talk about one herb right now and we will continue on that. Curcumin. Why is curcumin really useful or why has this become the superfood or this rave about everybody talking about turmeric and food doses of turmeric and supplements of turmeric? Curcumin has been found out to inhibit something called COX inhibitors. COX inhibitors are actually produced in our body to fight any kind of inflammation that is happening in our body or to fight any kind of infection that is happening in our body. When our body is now trying to react against itself, it's producing more COX inhibitors against itself instead of a source that is coming from outside.

Curcumin, which is a substance that is found in turmeric, which is a root or a rhizome that's been growing for thousands and thousands of years, and it is an ethnic food or a very staple food in a lot of different countries. It's been present in the Mediterranean for a long time, and all the Asian countries and people have been using it as food doses for all their different meals.

Now science has found out that the substance that is present in turmeric, the curcumin, is able to inhibit any kind of inflammation, and that's why turmeric now has become the superfood that is good for all kinds of body aches, bone pains, muscle pain, inflammation anywhere in our GI, any ulcers in our body, but turmeric by itself, it's a substance that you can actually make different things about.



One of the most common things we talk about... Remember, we talked about ingesting turmeric, if you're not using it in food, is something called golden milk. Golden milk is just pure turmeric in either a dairy or a non-dairy alternative that you could use, almond milk, cashew milk, rice milk, and then you add turmeric, and then you can spice it up or season it with other spices. Some of the ones that I like personally using is black pepper or cardamom or cinnamon, and then you can add coconut oil to it, which is the fat that actually helps in the absorption of all these vitamins that we're actually ingesting into our body.



When we do something like this and when we take this, say, if you have all of these ulcers in our body, what turmeric really does with the milk is as it goes and travels through the digestive system, it is coating the digestive system in a way that it is actually coating all the ulcers, the inflammation.

It's like a soothing balm. When we get hurt and we have this open area and we put a band-aid, so instead of putting a band-aid, if you use an ointment or Vaseline or something like that, you're actually using a soothing balm that will prevent external forces to come and infect it further or to abrade it any further.

It's not something that will just last forever and ever. It's something that you have to keep doing again and again to prevent inflammation and at the same time, it will also cause healing in the body. Another herb that is very commonly used for inflammation is ginger. Ginger, again, has been present for thousands and thousands of years, and this is also another rhizome that grows underground, so when we purchase this, we're not only getting the ginger by itself. It's all the nutrients of the soils that provide with the prebiotics that you're getting with it. All the different nutrients that are present in the soil that are being absorbed with the ginger.

Ginger has also been shown to be anti-inflammatory and ginger is not just used for inflammation, but it is used for all kinds of GI upsets, for gas, for bloating, for constipation, for heartburn, so ginger does the same thing. You can use ginger in several different ways. You can just eat raw ginger. Many of us are familiar with eating sushi and with sushi, we're always just using ginger with it or we're eating it raw with sushi. We're always just using ginger with it, or we're eating raw ginger. This is a very common fruit, or, I mean, not a fruit, sorry, a vegetable that is present in all kinds of Asian ethnicities. You can either eat it raw, you can cook with it, you can make teas out of it, you can make a paste out of it. Even topical ginger, when you have an abrasion or you get hurt, and you have a cut or a scrape, and you just use topical ginger on the place, it actually helps with the healing of that place, so then imagine what it's doing to us internally.

Another different herb that was already talked about, but it was talked about as an essential oil, is frankincense. Frankincense, also called *Boswellia*, has been shown in a lot of different studies to, again, be anti-inflammatory. When we're using frankincense, it is the resin part of it, because it's not really the herb by itself that we're using. We're using the resin part of the herb. Frankincense is now sold in capsules, as extracts. You can make essential oils. Obviously, I bought it. You can ingest it internally, and you can use it externally as an essential oil.

These are some of the inflammatory herbs that we can talk about in autoimmune disease that are more commonly talked about, and more commonly used for treatment. But what about just ingesting raw vegetables? What kind of vegetables do we really use, and why do we use vegetables? When we have an autoimmune disease, it's not just the inflammation in our body that we're worried about. We're worried about different things. We're talking about a body that is hot, on fire, burning with all of these toxins that have nowhere to go, so we need to help our body eliminate and expel these toxins. Our body is designed in such a beautiful way that we can eliminate toxins in so many different things.

One of the most common, the most important detoxifying organ in our body is the liver, and liver helps detoxify a lot of different reactions in our body. All the food that's absorbed, all the foods that digested, it then goes through the liver to be eliminated through the gut. Another way we can detoxify our toxins is through the kidney. That's when we use diuretics, where we're eliminating all of that in our urine. Then, of course, you're detoxifying through your gut when you're actually having a bowel movement. One of the largest organs in our body is the skin. It's present from head to foot, all over. To detoxify toxins from the skin, we use the herbs that are diaphoretic. That means just eliminating it through the skin.

Let me just talk about a few herbs that we can use for, by detoxifying out of the liver. There are plenty of herbs, but one of my favorite herbs is milk thistle, also called *Silybum marianum* in Latin. It's a herb that's been present for centuries. *Silybum* has been used ... because it's called milk thistle, because of the milky fluid you get when you actually extract the herb or the stem. You can use the seeds, you can use the stem, you can use the leaves. *Silybum*, or milk thistle, herbs grow everywhere as a weed, and then you can purchase it at different grocery stores, and actually make greens out of it. Use it to make salads. You can use it in your stews, in your soups, in your cooked vegetables, and you can just add this, but a large quantity of *silybum* is required to actually help detoxify your liver and not just a small quantity, but using it as a health supplement in addition to food is always essential because you're actually also creating enzymes because of the bitterness of milk thistle that actually helps our

enzymes that are produced to absorb or digest food.

When we eat food, or when we salivate, immediately our body is producing all of these enzymes that we need to digest our food, and when we ingest bitters, milk thistle is one of those bitters that we can use. Another bitter we could use is taraxacum or dandelion. When we ingest and we use all of these bitters in our body, we're actually releasing all of these enzymes that help to get hold of the food that we're ingesting, break it down so we're digesting it, and then absorb it into different parts of our body.

Milk thistle is a herb that is actually used very frequently in helping eliminate toxins through the liver, so high quantities of milk thistle is what we talk about ingesting, so milk thistle can be, like I said, used in food as a raw vegetable. You could use the seeds, or you could use the extract as a supplement, or a capsule, or a tincture, and then ingesting high amounts of that will actually boost our liver, or give it a push, and say, "Okay, here, I will help you eliminate the foods."



One other herb that I like is dandelion. Dandelion is a very common herb, and I'm sure you've seen it when you go hiking, you go outside, you walk around. It's an herb that is present anywhere. I mean, if you just google how the dandelion leaves look or the way their roots look, you would know that you've seen this so many places. This is a very peppery and bitter herb that is used, and when I talk about salads, when we talk about salads in general, all the different ... the only things we're thinking about with salad is lettuce and tomatoes and cucumbers, but we can make our salads so much more delicious by adding different kinds of herbs that not just satisfy or fill our bellies, but also help with nutrients dense food.

Also, because it's a dark green leafy vegetable, it has a high iron content, and when you have high iron in our body, that also helps with all the different reactions that are helpful and not only creating blood, but also purifying blood, and then in that same process, eliminating the toxins from the blood into our stool. When we're talking about diabetes, or obesity, one of the first things that come into our minds, we're always thinking about weight gain, weight loss, and decreasing weight. "Oh, I'm eating better," "I'm eating lighter," or, "I'm skipping meals and I'm still putting on all of this weight."

When we're actually trying to help prevent or heal obesity, we're always thinking about increasing the fiber in our diets to actually help with several different things. There is two kinds of fibers. There is the soluble fiber, and there's the insoluble fiber. Both of these fibers that come from plants and animals in different ways, but mostly in plants, and so when we're actually ingesting this fiber, it helps with one, making us feel full, so that's satiety, or it could actually help bind up the toxins that we're actually eating, and help eliminate it.



When we're talking about certain fibers ... I'm going to talk about dark green leafy vegetables. Why do we always talk about eating salads, and being healthy. and eating salads and being healthy? When we talk about salads, the normal salads, the common salads we get at a store or in a restaurant are mostly just lettuce and tomatoes and beans, or they might throw in a few carrots or shred a beet or two, but there's so many other vegetables that we can actually eat. We can eat them either raw, or we can eat them steamed. Broccoli can be a vegetable that we actually eat raw, or we can eat it steamed. Both of those add different flavors to our diet, and also increase satiety and fiber in our diet.

One of the greens, dandelion, actually has ... We can either ingest both the greens, which is the leaf, leafy part of the plant, or the root. The root is usually roasted, and roasted dandelion is actually a bitter, and it's also a coffee substitute for all you coffee users. Dandelion is an excellent substitute for drinking coffee, so you're actually getting the taste, that roasted taste of coffee beans, but now you're getting different nutrients that you won't even expect in having ...

But now we're getting different nutrients that you wouldn't even expect in having just coffee beans that are processed, or coffee powder that is processed. So, that being said, when we're eating the fiber off of a plant, we actually do a lot of different things. One, we increase satiety in our body. We increase the fiber. When you're eating all of this, it actually helps you eliminate toxins through your stool, and this could be done in several different ways, and by doing this, you're not only using it for GI stability, you're actually using it as a liver detoxifier, you're using it as a blood cleanser, you're using it in helping eliminate toxins through your skin at the same time.

Another thing that we could do while eating all of this fiber is to decrease triglycerides, or cholesterol, or the LDL cholesterol, the BLDL cholesterol, the bad cholesterol, as we put it. So, when we're eating all of this fiber, it helps in decreasing cholesterol, and dandelion greens are one of the highest in having fiber that actually helps in decreasing triglycerides.

It's also very rich in antioxidants, which is vitamin A, vitamin C, and all of these antioxidants which actually prevent free radical damage in our body when we're actually ingesting all of these antioxidants in our body. So, it helps in healing the body, it helps in creating new cells, it helps with bone structure, it helps with skin structure, it helps with our vessels, and antioxidants are known for all of these good qualities while we ingest all of these foods.

Another herb or plant that we can talk about that will also increase fiber in our body, and cause satiety in our body, is chicory root. It is of the plant, it is one of the families of cruciferous vegetables, and chicory root is the root that we're actually using. The plant also can be used. When we're using the root, the root has been found out to have a substance called inulin, which is a soluble fiber in our body.

Inulin has several different uses for it. One of it is to decrease cholesterol in our body. Two, it prevents insulin in our body ... Or, sorry, diabetes in our body. Inulin and insulin should not be mixed, they're two different substances. One is a hormone, and one is a soluble fiber. And three, it decreases the triglycerides in our body. So, when you're actually ingesting chicory root in your food, it also tastes like coffee, and this has been used from World War II as a substitute in all the different countries for coffee when people were using a lot of coffee. And now chicory root tea

is actually a very common tea that is used in Louisiana because, I believe, Louisiana was one of the most important importers of coffee during the World War.

When you roast the chicory root and you drink it as a drink, then you have the same feeling, the same satiety, and it increases the same neurotransmitters in your brain that coffee that would do, but here you're eating nutrient-dense food that has other qualities that a coffee bean wouldn't really have.

All right. One of the nutrients I would really like to talk about is magnesium. Magnesium has been ... is present in a lot of different things, but statistics have shown that only 25 percent of the population in the United States is actually getting the required amount of magnesium. According to studies, magnesium requirement for women is between 300 to 320 milligrams per day, and in men, it's between 400 to 420 milligrams a day. But many of us are not even getting 200 milligrams of any from the diet that we're eating.

Magnesium is found in different kinds of plants, and one of the highest sources of magnesium is present in nuts, like almonds, cashews, and walnuts; and in dark green leafy vegetables, like spinach, watercress, and dandelions; and grains, like buckwheat, and millet. And when we ingest our food, we have to make sure that we cook it right, or we eat it raw.

Depending on the cooking procedures that we do, we might kill the nutrients or the minerals that are present in our food, so we have to be very careful in eating either raw food or just soaking it overnight.

So, when we're using beans, it's advised to soak the beans overnight, which will help break a substance called phytic acid. When we actually break the phytic acid and discard it, we're actually helping our beans to be absorbed into our body, and not preventing the absorption of other vitamins and minerals that are present in beans. To eat magnesium, or to be absorbing magnesium, we should try and avoid substances that prevent it from absorption.

Some substances enhance the absorption of magnesium, and some of those are vitamin D, and vitamin K. They help us absorb the vitamin better because of the fat-solubility, or the high vitamin that we're actually absorbing with our vitamins.

Why magnesium? Why are we talking about magnesium? Researchers found out that 3000 different protein binding sites actually use magnesium, and in the different biochemical reactions in our body, we use magnesium to produce 300 different enzymes in our body. When we have deficiency of magnesium, we end up having muscle aches, bone aches, and depression. We have fatigue, we have weakness, because magnesium helps in forming energy in our body, which is the ATP in our body, and if we're not producing energy in the mitochondria of the cell that is present in our body, then we are not having energy, and so that's why we are fatigued and we have weakness.

Magnesium is also used in the cell membranes of our body, and so that's why when we do not have magnesium in our body, we're actually having leaky brain syndrome, where all the nutrients are being absorbed, but they're not being absorbed in the right place, and causing the right reactions to take place to release the right neurotransmitters.

Magnesium is one of the nutrients that is used in producing serotonin, which is the happy hormone, and that's why when we are deficient in magnesium, we end up having depressive symptoms, and anxiety in our body, and that's why magnesium has been found to be a very essential nutrient required for bodily functions.

And magnesium, like I said, has been present in a lot of different vegetables and a lot of different fruit, but you have to be very careful when you ingest it, and you're washing it, and you're consuming it. And sometimes, though we get it, our soil right now, because of all the pesticides we're using, and because of all the excess and mass production of food, does not have enough magnesium left in the soil to actually be absorbed by the plant.

So, many of the plants now, as opposed to 500 or even 1000 years ago, have only half the amount of magnesium that they actually used to have. So, when you ingest a whole cup of spinach, or almonds, or cashews, instead of getting 500 milligrams of magnesium, you're only having 200 milligrams of magnesium. And that's why magnesium now is supplemented in capsule form, or in tincture form, or in different extracts of magnesium that is actually useful and required by our body for all of our bodily functions.

Because there's so many different kinds of magnesium available, what is the magnesium that's right for you? There are different kinds of magnesiums. One of them is magnesium glycinate. There is magnesium oxide. There is magnesium citrate. There is magnesium taurate. What do you choose, and how do you choose what magnesium is right for you?

Now, if you are constipated, or you have a lot of GI issues, or you need to actually expel and have a bowel movement, the magnesium that you need to be taking is a magnesium citrate, or a magnesium oxide. And so, any of these magnesiums help to release the toxins in our body, bulk up our stools, and actually help having a bowel movement.

But when you're looking for a magnesium that is good for neuroinflammation, or for muscle inflammation in your body, then you're looking for a magnesium glycinate. And when you use magnesium glycinate, this is better absorbed. This actually is one of the highest in optimum bioavailable magnesiums, that we can actually supplement our bodies with.

What do I mean by that? As soon as you take the magnesium, it is easily absorbed into our body. All of it that you're taking is absorbed into your body, and it's causing the things that need to be caused in decreasing inflammation. Some of that is magnesium glycinate. Another kind of magnesium called magnesium taurate helps actually to calm and restore your nervous system.

So, there you go. There's different kinds of magnesiums that you can ingest as a supplement, but the plant magnesium, we're still not sure what plant has what magnesium, but eating plants with the different kinds of substances enhances absorption of magnesium, like I mentioned, Vitamin D3 or any fatty substance or oils that you're eating with these dark green leafy vegetables, helps to break down this magnesium and absorb in our body the right way.



## DETOXING: REMOVING TOXINS FROM YOUR BODY, NATURALLY

Earlier, we discussed the most common toxic threats to our health. It is impossible to reach optimal health if you do not address these toxicities. Nature provides us with solutions for everything, including detoxing ingredients. Here, we'll go into detail about the detox process and explain how you can get rid of the toxins that are weighing you down.

### FOLLOW A NATURAL DETOXIFICATION PROGRAM TWICE A YEAR

Even though your body is made to constantly detox itself by using the liver, kidneys, and colon, consider doing a more formal detox program every six months. This will ensure you have a full-body cleanse, reset your body for better functioning, and get back into good habits. These programs include all the essentials required to engage all your detoxifying organs and still ensure there is a healthy balance.

Good digestive health enables your body to readily absorb nutrients and assists your liver in effectively eliminating toxins. A six-monthly cleanse is a powerful way of reinvigorating your body and allowing it to heal. The main thing is to ease into any program gradually so that it is not a sudden shock to your system. There are many programs out there that you can follow, but they mostly follow the same principles. Over a week or two, begin with the following changes:

Stop your intake of the obvious toxins such as smoking (including vaping), refined sugars, and alcohol. Next, over a week, eliminate caffeinated drinks such as coffee and tea. Use herbal teas instead, or hot water with slices of lemon or ginger. Avoid saturated fats and animal products as much as possible. Rather, go for plant-based proteins. By the end of a couple of weeks, you should be drinking water and herbal teas only, and eating fresh vegetables, fruits, grains, and legumes. Make sure you drink plenty of filtered water — at least two liters a day.

### RESTORE GUT HEALTH

Most of us know that our gut contains hundreds of types of good bacteria that keep our immune system healthy and aid our digestion. However, our gut flora suffers and becomes depleted because of toxins, antibiotics, and other medications and chemicals that we are exposed to. The gut flora is where our body does a lot of detoxing.

Of course, the liver is the main detox organ but it relies on the gut flora to do the main job first. When our gut bacteria are depleted, our liver has to work twice as hard. So, it is important to consume probiotic-rich foods to maintain healthy gut flora. Probiotics such as lactobacillus help to filter out heavy metals. If you prefer to use food sources rather than supplements, here are a few of the best:



## Sauerkraut

We can all agree on the fact that sauerkraut is a great addition to sausages, hot dogs, salads, and sandwiches. But besides being delicious, sauerkraut has many health benefits such as being a rich source of immune-boosting nutrients and probiotics.

Probiotics improve the balance of the beneficial bacteria present in your gut, which, in turn, keeps your gut lining healthy and strengthens your immune system. Maintaining a healthy gut flora has been proven to stop the growth of harmful bacteria, and it helps boost the production of natural antibodies. If you regularly consume probiotic foods such as sauerkraut, it will cut down your risk of developing multiple infections; from the dreaded urinary tract infections to the common cold.

### **TIPS:**

- While shopping for sauerkraut, make sure to read the label and get its long-fermented version
- Don't be scared to make your own
- Try adding sauerkraut to soups, salads, and sandwiches.
- Sauerkraut naturally mixes in all recipes that call for olives, pickles, or any other briny ingredients.
- To preserve the beneficial bacteria, store sauerkraut at a temperature less than 115 degrees F.

## Kombucha

Kombucha is made from black tea and natural sugars. It contains a healthy dose of gut-healing probiotics that work to boost the immune system and improve overall health.

Kombucha reduces inflammation, fights off disease-causing bacteria like staph, E. coli, salmonella, and other types, supports gut health including helping to stop Candida overgrowth, manages diabetes, and improves cardiovascular health by naturally lowering triglyceride levels, unclogging arteries, and naturally regulating cholesterol levels.

Kombucha is high in B Vitamins, including Vitamin B12, which plays an important role in increasing energy levels and maintaining mental health. The antioxidants kombucha contains improve the ability to maintain a healthy liver by aiding in the detoxification process. Kombucha helps filter harmful compounds from the liver.

## Tempeh

Tempeh is a soy product from Indonesia that is made through a controlled fermentation process that creates a cake-like product. It is considered a very healthy food and is naturally gluten-free, although some producers may not guarantee gluten-free conditions in the processing plants. This product comes in various types depending on the different main base ingredients.

Being extremely rich in protein, with about 18 grams per 100 grams of product, tempeh is a very nutritious meat replacer.

Tempeh is rich in manganese, phosphorus, magnesium, niacin, copper, iron, and potassium and has no cholesterol or sugar. With such a high level of protein, tempeh promotes muscle health and growth, as well as repairs processes throughout the body.

The probiotic benefits derived from the fermentation process are also impressive, helping to balance gut health and pH levels. Tempeh optimizes digestion and helps eliminate constipation, bloating, and cramping; lowers cholesterol levels; helps manage diabetes by aiding in the regulation of blood sugar; helps prevent osteoporosis with better bone strength due to the high mineral content; and reduces inflammation and helps lower the risk of certain cancers.

## **Kefir**

Kefir, which actually means “feel good” in Turkish, is a fermented beverage and can be made with water, coconut water, coconut milk, goat or sheep milk, or dairy milk. It, too, is very easy to make. Water kefir is made with sweetened water or coconut water and added kefir grains. The term “kefir grains” describes the look of the culture only. Water kefir grains contain no actual “grains” such as wheat, rye, etc. The kefir grains are actually cultures of various strains of healthy bacteria and yeast.

The microbes feed on the sugar in the water. Water kefir contains a wide variety of good bacteria and beneficial yeasts as well as many vitamins, minerals, amino acids, and enzymes. It has antibiotic and antifungal properties and contributes to a healthy immune system, which helps patients suffering from many conditions, including autoimmune diseases, AIDS, chronic fatigue syndrome, herpes, Candida, and cancer. Water kefir is rich in Vitamin B12, B1, and Vitamin K, and has high levels of valuable minerals, including potassium, natural sodium, and chloride. It aids in the digestion of all foods and has a tonifying effect on the intestines, reduces bloating, and flattens the abdominals. It appears to cleanse the liver and can ease aches, joint pains, and vision woes.

Its tranquilizing effect on the nervous system has benefited many who suffer from sleep disorders, depression, ADHD, and autism. Its cleansing effect on the whole body helps to establish a balanced inner ecosystem for optimum health and longevity. Milk kefir can be made with coconut milk, goat or sheep milk, or dairy milk, however, the dairy version could be problematic for some people.

## **Fulvic acid with meals**

Fulvic acid helps us absorb and utilize other nutrients, such as microbiota, antioxidants, fatty acids, and minerals. Known as the ultimate ‘nutrient booster,’ it is well-loved, due to its ability to fight digestion and fight free radical damage, giving it anti-aging properties and nearly every chronic ailment there is.



**TIP:** Choose a fulvic acid that has an acidic pH. This enhances the acid production of the stomach, as well as stimulates the production of enzymes in your gut and pancreas. It also stimulates the activity of the probiotics in your gut. Most fulvic acid producers add alkaline lye and distilled water to their extract, in order to raise the pH, making their fulvic extract an alkali. An alkali supplement can reduce stomach acid production and kill beneficial probiotic microbes in the gut.

## L-Glutamine

L-Glutamine is an amino acid that is most known in the bodybuilding niche for burning fat and building muscle. However, there is new research to prove that the benefits of glutamine are far-reaching, especially when it comes to healing the gut.

According to Science Direct, glutamine has shown to:<sup>48</sup>

1. Have a positive impact on sustaining the balance of the gut microbiome
2. Increases the expression of tight junction proteins and the integrity of the intestinal lining
3. Helps minimize the inflammatory response in situations of gut mucosal irritation



L-glutamine benefits your health if you have any type of digestive issue, such as irritable bowel syndrome (IBS) an inflammatory bowel disease like Crohn's disease, ulcerative colitis, leaky gut, or any type of autoimmune response. This is a vital nutrient for the intestines to rebuild and repair, so you need this amino acid in your diet on a regular basis.

While L-glutamine is synthesized within the body, sometimes it is unable to produce enough. When this is the case, your body needs to get it directly from your diet, whether it be food or supplementation. L-glutamine is most easily digested from plant-based protein sources, such as beans, parsley, raw spinach, asparagus, spirulina, broccoli, and red cabbage.

Try to get at least three servings of glutamine-rich foods into your diet, daily. You can also easily ingest L-glutamine in supplement form.

**TIP 1:** Aim for 2-5 grams, twice daily.

**TIP 2:** Try to buy L-glutamine in its more easily digestible Trans-Alanyl-Glutamine (TAG) or Alanyl- L-Glutamine form. The other form, called 'freeform' glutamine powder, must be taken with meals.

## DETOX AND CLEANSE YOUR LIVER

Formulas that contain milk thistle, artichoke, dandelion, turmeric, and/or beet leaf will help improve the flow of bile and enhance liver function. There are specially formulated supplements on the market to support your liver in the elimination of these toxins. Alternatively, you can use these fresh foods in your diet. For example:

### Artichoke

These delicious vegetables are readily available in most fresh food outlets. Their liver-cleansing properties have been attributed to the phytonutrient cynarin (aids the liver with bile production) and silymarin (protects the liver cells).

According to Healthline, Artichokes have also been shown to improve digestive health. That's because they are a great source of fiber that keeps your digestive system healthy by promoting a healthy gut microbiome. It is also because their fiber acts as a prebiotic.<sup>49</sup>

### Dandelion Root

Dandelion root contains compounds that cause the liver to increase bile production. This, in turn, aids digestion and ensures the fast removal of toxins. The easiest way to use dandelion root is as a tea. Simply boil a cup of water and infuse a dandelion root tea bag. Some people find that it has a mildly laxative effect, but this is all part of the detox process.

A study published by Science Direct concluded that dietary dandelion extract improved growth performance, immunity, intestinal morphology, and microbiota composition.<sup>50</sup> It also showed that dandelion extract in mice provided an abundance of bifidobacteria and lactobacilli in the intestine and reduced the number of enterobacteria and enterococci.<sup>51</sup>

### Turmeric

Turmeric is a popular spice used largely in Indian cooking. When fresh, it looks similar to ginger root, except that it has a distinct golden/orange color. Because commercial turmeric supplements vary widely in the amount of curcumin (the liver-aiding ingredient) they contain, it is better to use the fresh root if you can. Simply peel and grate it as you would ginger.

According to multiple studies, the active compound of turmeric, called curcumin, is not only as effective for patients with depression as the most common antidepressant drugs... But it's actually 100% natural, healthy, and safe.

The 2013 study published in Phytotherapy Research, American Botanical Council, and National Library of Medicine show how “curcumin can have similar efficacy as the leading prescribed anti-depressant drug”

Turmeric antioxidant properties help the body neutralize the free radicals that cause aging and chronic diseases. On the ORAC (antioxidant) scale, curcumin has a score of 127,068... This means its antioxidant property is 200% stronger than cocoa, nuts, berries, and aca, and 300% higher than broccoli.

Additionally, when combined with ginger, turmeric is even more powerful. Studies show that the combination of turmeric (curcumin) and ginger had even more anti-inflammatory effects than when used individually.<sup>52</sup>

Taking both ginger and turmeric increases the benefits- and significantly helps with inflammation, depression, brain health, memory, weight management, joint pain, and many others.

**TIPS:**

- If you are new to using turmeric, add a pinch of turmeric to your favorite omelet or frittata to enjoy its flavor subtly.
- The peppery and slightly warm flavor of turmeric works especially well if you add it while roasting vegetables like root veggies, potatoes, and cauliflower.
- Tinge your bowl of soup with a hint of golden turmeric.
- Enjoy a delicious cup of turmeric and ginger tea.

Try this quick and delicious recipe

***Iced Golden Milk***

This Iced Golden Milk is rich in antioxidants, which help protect cells from damage, fight off disease and infections, and contribute to your overall health. Add the Golden Spice Blend to vegetables, lattes, and grain dishes for added flavor and health benefits. Play with the flavor combinations — ginger for more heat, and cinnamon for more warmth.

**GOLDEN SPICE BLEND**

- 4 tbsp ground turmeric
- 2 tsp ground ginger
- 2 tsp ground cinnamon
- 1/4 tsp of ground cardamom
- 1 tsp ground black pepper

Instructions: Mix in a container with a lid and store in the pantry.



#### ICED GOLDEN MILK

- 1 tsp Golden Spice Blend
- 2 tsp hot water
- 1 cup coconut milk

Instructions: Mix Golden Spice Blend with hot water until well blended. Add non-dairy milk of choice and sweetener (optional). Shake vigorously and pour over ice.

## TRY ALGAE – CHLORELLA AND SPIRULINA

These are perhaps some of the most potent detoxifiers around.<sup>53</sup> Chlorella is a fresh-water alga that contains large amounts of chlorophyll. It helps the body detox by binding to heavy metals such as arsenic. ToxiBinder, by Well of Life, is a safe, natural, and effective supplement that does precisely that.

Spirulina is a blue-green alga found in fresh and seawater. It also contains large amounts of chlorophyll and is high in B-vitamins, minerals, and protein. These are both widely available in supplement form — either powders or capsules.

While a detox routine full of organic fruit and veggies, filtered water, and an exercise regimen are all good ways of eliminating toxins — algae take it to the next level. Spirulina and chlorella both have intensive detox properties and can change toxins into water-soluble molecules that the body can then get rid of by methylation.<sup>54</sup>



To do an algae detox, take 1/4 to 1 teaspoon (start gradually) of powdered organic algae every day along with your regular detox program. We recommend taking spirulina and chlorella together to get the benefits of both.<sup>108</sup> Be sure to stay well hydrated to help flush out the toxins quickly. Alternatively, if you prefer capsules, follow the recommended dose on the package.

## REDUCE INFLAMMATION

Inflammation is the culprit of chronic diseases and needs to be kept in control in order to achieve optimal health and functioning. There are many different herbs, spices, and supplements that help to lower the inflammation levels in your body.

## **Cordyceps Mushrooms**

According to Healthline, research has shown that when human cells are exposed to Cordyceps, special proteins that increase inflammation in the body become suppressed.<sup>55</sup> This is why it has been used in Chinese medicine.

A study published by PubMed also shows that Cordyceps mycelium has beneficial effects on the human body, which include immune, anti-tumor, anti-metastatic, antioxidant, anti-inflammatory, insecticidal, antimicrobial, hypolipidemic, hypoglycemic, anti-aging, neuroprotective, and renoprotective effects.<sup>56</sup>

It has also been shown to have many additional health benefits like aiding heart health and cancer-fighting properties.

## **Curcumin**

This is the bioactive anti-inflammatory compound found in turmeric (2%). It safely and effectively blocks the production of inflammatory cells and proteins. Try to get a curcumin supplement, rather than using powdered turmeric because a supplement is the concentrated version.

Piperine (black pepper extract) helps the body absorb the curcumin, so look for a supplement that combines them.

## **Omega-3 Fatty Acids**

This is a very good anti-inflammatory agent that will also help in hormonal balance. However, omega-3s can be sourced from fish oils or plant oils. There has been concern about those manufactured from fish oil being contaminated with mercury.

To be on the safe side, you may prefer to take ones from vegetable sources such as flax seeds. Increasing the amount of chia and flax seeds in your diet will also go a long way to giving you enough of these beneficial fatty acids. It will also ensure that you have supple skin with the added potential benefit of weight loss. Omega-3s have also been shown to improve the performance of the immune system and help clear toxic build-up.

## **Ginger**

Ginger is another wonderful ancient natural medicine used for healing and restoring body and mind for millennia. The great properties of ginger include:

**Strong Anti-inflammatory & Antioxidant:** Just like turmeric, ginger is a strong anti-inflammatory and antioxidant super-spice, known to reduce oxidative stress that takes a toll on every cell of your body.

**Powerful Against Depression and Anxiety:** Studies show that ginger helps to reduce the symptoms of anxiety and depression, thanks to the significant decrease in inflammation that ginger promotes.

**Helps Improve Overall Brain Health, Memory, and Alzheimer's and Dementia Symptoms:** Other studies report that ginger may improve overall brain health, which translates into better reaction times and memory for people who regularly consume ginger. And thanks to ginger's remarkable potency in reducing chronic inflammation, a growing body of research shows it may help people struggling with memory problems, dementia, and even Alzheimer's.

## Stephania

This plant is not well known in the West, but it is a staple anti-inflammatory in Chinese medicine.<sup>57</sup>

According to an article published by PubMed, a study concluded that it has a potent anti-inflammatory and antifibrosis effect by reducing IL-6 production. [58] It is usually available as a tincture or powder.

## Boswellia

Also known as Indian frankincense, Boswellia is a native Indian tree that is prized for its anti-inflammatory effects. In fact, gum-resin extracts of Boswellia serrata have been traditionally used in folk medicine for centuries to treat various chronic inflammatory diseases.<sup>59</sup> You can get it as a supplement in capsule or tablet form.

## USE GLUTATHIONE

Glutathione is an antioxidant produced in the cells of animals, plants, and fungi. It is made up mainly of three amino acids (glutamine, glycine, and cysteine) and has been shown to help fight against the oxidative stress caused by chronic inflammation.<sup>60</sup> It eliminates free radicals, thereby protecting cell mitochondria. Glutathione supplements are readily available in capsule form. The intake of vitamin C will also boost the body's natural production of glutathione.

Eating sulfur-rich foods as follows helps to improve glutathione's functioning:

- Broccoli, cauliflower, Brussels sprouts
- Garlic, onions
- Nuts
- Legumes





# CLEAN LIVING

## USE NON-TOXIC PERSONAL CARE PRODUCTS

Earlier on, we went into detail about all the toxins commonly found in personal care products and how they're linked to the development of serious diseases. The good news is there are many options when it comes to going natural.

### Buy already made natural products

With more and more awareness being created about the toxic chemicals commonly found in personal care products, numerous companies are dedicated to creating natural products that are safe for both humans and the environment.

Here are a few things to consider when buying natural products:

- Research the brand to make sure that they're legitimate
- Check the ingredients label and research any that you're not familiar with
- Check for labels that say "certified organic," or "made with natural ingredients" and still check the ingredients to be sure
- Only buy as you need because natural products contain fewer additives to extend their shelf-life

### Make your own natural personal care products

Here are some recipes to try out:<sup>61</sup>

- **DIY Honey Facial Mask:** Mix one tablespoon of raw honey or Manuka honey and 1/2 ripe avocado. Apply to face and let sit for 15-20 minutes. Rinse with warm water and a facial cloth.
- **Toner:** Mix 1/2 part vinegar and 1/2 part filtered water. Then add 5 drops each of Lavender and Frankincense oils, or your favorite essential oils for the skin.
- **Shaving Gel:** In a bottle or jar, add 4 tbsp of aloe vera gel, 1 tsp of fractionated coconut oil, 1/2 tsp of vegetable glycerin, 1/2 tsp of vitamin E oil, 3 drops of Cedarwood essential oil, and 3 drops of Orange essential oil. Then shake the bottle to mix the ingredients.
- **DIY Deodorant:** Healthline shares a basic recipe that you can follow to make your own natural deodorant. You can also research other recipes or buy a natural deodorant.<sup>62</sup>

Ingredients

1/3 cup coconut oil

1/4 cup baking soda  
1/4 cup arrowroot starch  
6 to 10 drops of essential oils, if desired

#### Instructions

Mix baking soda and arrowroot.  
Mash in coconut oil until blended. Add essential oils, if desired.  
Place the mixture in an empty glass jar.  
To use, just warm a small amount between your fingers until it turns into liquid. Apply to your armpits.

- **Bodywash:** Nourished Essentials shares a great recipe to use if you'd like to make your own body wash.<sup>63</sup>

#### Ingredients

Castile soap  
Organic jojoba oil (or another carrier oil)  
Glycerin  
Essential oils

#### Instructions

Simply put the ingredients into a bowl and mix them together. They also recommend adding peppermint oil to your natural body wash as it's a natural skin-cleanser with both antiseptic and antibacterial properties.

Note: There are tons of amazing recipes to try online for any of your personal care needs.

## SWITCH TO NATURAL CLEANING PRODUCTS

Making a conscious decision to choose natural cleaning products over commercial cleaning products can minimize your exposure to toxic chemicals.

- **All-purpose cleaner:** Mix equal parts of white vinegar and water. Add some lemon rind and rosemary sprigs plus a few drops of lemon essential oil.
- **Basic kitchen cleaner and deodorizer:** This can be used for the fridge and countertops. Make a solution or paste of baking soda and water. Use the paste for cleaning tile grout with a small brush.
- **Window cleaner:** Mix 1 part rubbing alcohol or vodka, 2 parts vinegar, 4 parts water, and a few drops of your favorite essential oil.
- **Bathroom cleaner:** Fill a bottle with lemon peels and cover with white vinegar. Leave for a couple of weeks then strain. This makes a great kitchen and bathroom surface cleaner or it can be diluted with water for mopping floors.

## FASTING: THE SAFE AND EFFECTIVE WAY

There is an overwhelming amount of evidence that fasting is able to reverse disease and help the body to reach a state of optimal health. Fasting has been proven to:<sup>64</sup>

- Improve brain function and lower the risk of neurodegenerative diseases
- Promote blood sugar control by reducing insulin resistance
- Lower inflammation levels
- Improve blood pressure, triglycerides, and cholesterol levels
- Prevent excessive weight gain
- Increase growth hormone secretion
- Aid cancer prevention
- Boost longevity and slow aging



It's clear to see how fasting is a key tool to use to achieve optimal health. And, many of our top nutritional experts, including Dr. Henry Ealy and Dr. Russell Marz emphasize the importance of fasting in any healing process.

### THE DIFFERENT FASTING METHODS

There are various fasting methods that have been used. For those who have never attempted to fast before, it may be a good idea to try a juice fast before trying water fasting, for example. It is also important to do more intense fasting, such as the water fast under medical supervision.

#### Water fasting - Dr. Henry Ealy's Protocol

This method involves drinking only water for a set period.

Dr. Henry Ealy's 14-day regimen has been shown to reverse serious diseases, including post-vaccine injuries from the COVID jab.

It involves a 72-hour water fasting plus fasting nutrients, followed by 11 days of immune priming to complete a 14-day regimen. The 14-day regimen can be repeated under medical supervision (3 days of water fasting with nutrients followed by 11 days of Immune Priming).





### ***Fasting Nutrients***

- **L-Arginine** - Therapeutic range: 1,000 mg BID (BID = 2x/day)
- **Liposomal Glutathione (or N-Acetyl Cysteine)**- Therapeutic range: 250 mg BID (1200 mg BID)
- **Serrapeptase** - Therapeutic range: 80,000 SPU BID
- **Liquid Iodine** (in the case of those who are not allergic)- Therapeutic range: 600 mcg BID

### ***Immune Priming Protocol***

- **Vitamin D3** - Coordinates immune response and stimulate antimicrobial peptides, cytokines, and immune cell proliferation.

Daily therapeutic range:

10,000 IU (14-Days) 5,000 IU (After) (Age 13 up)

5,000 IU (14-Days) 2,000 IU (After) (Ages 5- 12)

- **Vitamin E**- An antioxidant that protects healthy cells, and enhances B And T cell response.

Daily therapeutic range:

200-600 IU (Age 13 up)

100 IU (Ages 5- 12)

- **Vitamin C** - An antioxidant that protects healthy cells, including activated immune cells. Antiviral. Increases Systemic Interferon Response And Serum Antibody Levels.

Daily therapeutic range:

3,000-5,000 mg (Age 13 up)

2,000-4,000 mg (Ages 5- 12)

- **Vitamin A**- Coordinates cellular immune response, promotes immune cell proliferation and enhances mucosal integrity.

Daily therapeutic range:

5,000 IU (Age 5 up)

- **Zinc**- Essential for binding capacity and optimizing lethality of immune cells, and promotes antiviral enzymes blocking viral replication.



we have a family of four, that's usually what we get. So in that recipe, we have the power greens, but you can use whatever dark greens or cruciferous greens you like, and then you can use flax or chia seeds, but frozen cherries and super ripe bananas for the fruit, I don't know why there's some sort of magic that happens when you put frozen cherries with super ripe bananas. The ones where it's getting brown and spotty on the outside. And you blend that in with the greens. It tastes like chocolate. I don't know why, but it really does. And it's been verified by other people. So that's my favorite. And my kid's favorite as well is the frozen cherries are so good, frozen cherries, banana. And then you use that as a spoonful of sugar to get that medicine down, which is the greens and the omega 3s. You can't, chia seeds, you can't break those down in your gut. So they have to either be ground up or soaked so they can be chewed up.

So I have a very powerful blender. I have a Vitamix blender, so if I put in all my ingredients and my chia seeds, everything's pulverized and it's very well mixed. If you don't have a powerful blender, then I would pulse the seeds in a coffee grinder, and pulsate because you don't want to heat them up. Omega 3s are very sensitive to oxidation by heat or by air. So make sure that you pulse it till they're broken up and then add them to the blender to get blended up the rest of the way. Do that for flax seeds as well. Don't buy them pre-ground because they're going to be more oxidized already and they won't be as active. So different people will find that they need different levels of hyper nourishment in order to get their results. If you, for example, go on a plant-based diet where you've eliminated all the animal products, you've eliminated processed oils and you've eliminated processed foods, all those kinds of things, and you're eating a whole food plant-based diet, meaning that even the cooked food you eat is coming from cooked vegetables, beans, lentils, grains, things like that. That will stop you from getting inflammatory foods, but it's not hyper nourishing yet, so if you have that diet already, for some people, just adding the hyper nourishment from either smoothies or you can eat them in salads and make chia pudding, for example, that that in itself helps them reverse those final symptoms or be able to reverse the symptoms at all. I've had people come to me who've been on a whole foods plant-based diet for decades and then got sick.

Ellen Jaffe Jones wrote the foreword to my book *Goodbye Autoimmune Disease*, and she has been a vegan athlete for decades and has done recipes for a plant-based diet. And she got psoriasis a couple of years ago on a plant-based diet. And when she came to me, we got the psoriasis gone within two weeks by adding hyper nourishment. So for some folks that already are not getting much inflammation from their diet, but they're not getting enough nourishment, adding hyper nourishment solves the problem. So they add the hyper nourishment that includes the water intake as well. Symptoms go away. For other folks it's just not enough. Their disease is so severe that they need to have a much higher level of hyper nourishment with no interference from everything else. So for those folks, they have a choice.

They can go to maybe a 75- 80% raw diet where most of the food they eat all day long is salads and smoothies to get as much hyper nourishment as possible. And then maybe they'll have a little bit of cooked food at dinner, maybe they have a baked potato or some beans and quinoa or something like that. And for many people, that's their answer. I've had people make YouTube videos about me that I never met who read *Goodbye Lupus* or went



to my free classes online. And that's what they did. They did smoothies and salads all day. They had a little bit of potato or beans in the evening and all their lupus symptoms went away. And then there's those folks that even doing that, they get a plateau where they're not getting full reversal.

Or sometimes people come to me who their diseases are so severe that they need to go as rapidly as possible. And for those folks, I put them on something I call rapid recovery, where we basically make the decision that food is medicine only, food is medicine only, which means any time something goes into your mouth, it is specifically to accelerate cellular repair and your anti-inflammatory immune system.

And so those folks will, for a period of time, go on a diet that only consists of those foods where they're doing high levels of the raw vegetables, cruciferous vegetables, a little bit of fruit, high Omega 3 fatty acids, high water intake. And they do that and it's unlimited. There's no hunger. In fact, most people tell me they're really stuffed all day long because fiber fills you up pretty good and then you add all that water. So they're just hyper nourishing with no other interference of even cooked plant foods until the symptoms are gone. And then they start adding cooked plant-based foods back to their diet. It's not a fat-free diet. People can have unlimited avocados. They can have unlimited flaxseeds, chia seeds, flaxseed oil, and cold-pressed flaxseed oil also is anti-inflammatory. It's the only oil I allow. They can have all that and that creates satiety as well.

But they're not adding in the cooked foods. And what's really remarkable is even when someone's on a 75 to 80% raw diet and plant-based, they still will suddenly have a dramatic increase in energy and fluidity of their joints and reversal of their symptoms that they didn't have when they were eating a little bit of cooked food. And we're not even really sure why yet. I published a case series in reversing end-stage kidney failure from lupus nephritis using my nutrition program. And I had one lady, Mary, who had... She had only 15% GFR glomerular filtration rate or that... It's basically an estimate of your kidney function. So it was at 15 and I'm sorry, it was at 14. So she had a 14 per GFR. She was on the transplant list and she told her doctor she wanted to do Rapid Recovery with me. And they said it's nonsense. There's no reason to do it. It's not going to work anyway. She said, great! If it's not going to work, and I'm getting a transplant anyway, might as well try. And so she went completely on only hyper-nourishing foods. And what she found was every week she got her labs drawn, every week her kidney function went up by 2 percentage points and she doubled her kidney function at the end of six weeks, came off the transplant list, and got off three blood pressure medicines dramatically, halved her lupus medication, all in six weeks from doing that program.



## Dr. Goldner's Daily Drinker Green Smoothie

### Ingredients

Power greens (raw kale, spinach & chard)  
Water  
Frozen Bananas (very ripe)  
Frozen mango chunks  
Flaxseeds (whole)

### Instructions

Pack 75% of the blender with power greens. Make sure it's dense. Then toss in a handful of flaxseeds. Add water until the top level of the greens. Then fill the rest of the 25% with frozen banana and frozen mango chunks. Blend for 2-3 minutes with a high-powered blender.

*Note: You can get more of Dr. Goldner's smoothie recipes at [www.smoothieshred.com](http://www.smoothieshred.com)*

## Intermittent fasting

This is another fasting method recommended by Dr. Henry Ealy. He mentions that everyone should allow themselves to experience intense hunger at least once a day as it is a sign that the body is in autophagocytosis. There are different types of intermittent fasting.

Healthline shares 5 different ways to do intermittent fasting:<sup>65</sup>

- **Time-restricted eating:** Fasting every day for 12 hours or longer and eating in the remaining hours. For example, the 16/8 method. It features a daily 16-hour fast and an 8-hour eating window wherein you can fit in 2, 3, or more meals.
- **The 5:2 diet:** The 5:2 diet involves eating as you normally do 5 days of the week and restricting your calorie intake to 500–600 on the remaining 2 days.
- **Eat Stop Eat:** This means fasting for 24 hours once or twice per week.
- **Alternate-day fasting:** This means fasting every other alternate day.
- **The Warrior Diet:** The Warrior Diet was among the first popular diets to include a form of intermittent fasting. It involves eating small amounts of raw fruits and vegetables during the day and eating one large meal at night.



## PRACTICAL ADVICE

In this next section, we'll look at different types of therapeutic approaches that we haven't covered yet. We'll end off by sharing tips on how to go about finding a great naturopath.

### DIFFERENT THERAPEUTIC APPROACHES

#### Sauna

Sweating is how the body cools down but it is also one of the ways it gets rid of cellular waste. There are many different kinds of saunas to achieve this, but the basic principle is to use dry or moist heat to induce sweating. Here are some of the beneficial mechanisms you will experience at a sauna:

- As the body heats up, the pores open to release the sweat and expel waste that the lymphatic system has brought to the surface.
- The body temperature is temporarily raised, creating a “fever”. This stimulates an immune system response, triggering the release of white blood cells that fight pathogens.
- The circulation is boosted. The sauna increases the heart rate and metabolic rate and dilates the blood vessels.

#### Hydrogen water

Hydrogen water is water with hydrogen gas added to it. A recent randomized, double-blind, controlled trial was conducted to study whether Hydrogen-rich water reduces inflammatory responses and prevents apoptosis of peripheral blood cells in healthy adults.<sup>66</sup>

The study concluded that:

- A marker for DNA damage due to oxidative stress (8-Oxo-2'-deoxyguanosine) significantly decreased in both groups ( $\Delta = -0.94 \pm 1.44$  ng/mL,  $P < 0.05$  in the plain water group;  $\Delta = -1.32 \pm 1.05$  ng/mL,  $P < 0.001$  in the hydrogen water group).
- The hydrogen water group had significantly lower expression levels of several cytokines: interleukin 1 beta (IL1B), interleukin 8 (IL8), interleukin 6 receptor (IL6R), and tumor necrosis factor receptor superfamily member 10B (TNFRSF10B) compared to the plain water group.

It also showed that adults in the hydrogen water group experienced an increase in biological antioxidant potential and had a significantly lower percentage of PBMC apoptosis (the process of programmed cell death).

One of our experts, Dr. Paul Barattiero goes into detail about the amazing benefits of hydrogen water.



**Dr. Paul Barattiero:**

So, whether it's bipolar, schizophrenia, Parkinson's, especially so, and you talked about from a claim perspective in the Parkinson's study, it says, "Hydrogen water had disease-modifying effects in Parkinson's disease." So this is huge. Also, Alzheimer's.

All these types of things are tied back to a lack of ghrelin secretions. That's a master hormone that should be secreted from the gut or the stomach when hydrogen is present. So, when drinking the water with hydrogen within 5 minutes, you'll have ghrelin secretions go to the hippocampus, the hypothalamus, and the brainstem to change cognitive function. So any neuroprotective effect, that's what hydrogen's gonna do as well as high neuroprotective effect. And if there is that foggiess in the brain, you're gonna be sharp when you have the hydrogen. And we've done EEG within 5 minutes, you have 32% plasticity change, 58% normalization of the brain. So, it's very rapid that it's changing and balancing the brain. But this is just some of the things that hydrogen does.

You know, when we look at ghrelin secretions, when we look at the gut, when we look at every aspect of the body, heart, that's a big thing that people are talking about with the spike proteins and having cardiovascular issues or heart issues.

Within a very short time of drinking the water with hydrogen, you'll have differences in the plasticity of the veins. You'll have your heart being changed. We have so many people that are drinking the water that are saying, "My blood tests are coming back and I'm normal when I was Stage 3 renal issues. And now I've been drinking it for 60 days and my blood is perfect. My cardiologist is telling me, 'Your issues are gone.'"

Probably our most dramatic story when it comes to heart is a 74-year-old gentleman who had had 34 bypass surgeries and has never had one since he started drinking the water. And the cardiologist told him, "Your veins and vessels are improving. You'll never need another surgery in your life if you keep doing this." So that's huge.

You start looking at what's going on. Well, at the end of the day, you were supposed to have hydrogen in the body. It's critical to the function of the body. If you don't have hydrogen, then you're gonna have system failure. And if we have hydrogen in the body and we put it back in and enable the body to make it, then you will have proper functioning life for body. And so, that's the issue.

Now, with the studies we talked about with COVID, China used hydrogen gas as a treatment in China for COVID and SARS, bird flu. You have multiple studies on several diseases over the years that hydrogen was beneficial.

**Jonathan Otto:** Hydrogen gas in the water?

**Dr. Paul Barattiero:** Hydrogen gas in water and also some people were breathing hydrogen gas. But as long as you get hydrogen gas into the body, then you help with inflammation or what's called cytokine storms. You also help with systemic inflammation, all that, all throughout the body.

## MMS - Chlorine Dioxide

One of our experts, Dr. Lee Merritt discusses the therapeutic benefits of Chlorine Dioxide.

### *Dr. Lee Merritt*

So, MMS for people that don't know, is chlorine dioxide. And I actually believed that this is a miracle chemical. I mean, this really is a good chemical. And it has to do with redox potential. It's just that we know exactly how this works. So unlike chlorine and it's not bleach, no matter what they want to denigrate it as. What this does is it selects out for the bad bugs and it doesn't kill the good bugs. I mean, it doesn't sterilize everything and it's non-toxic if you've done it correctly.

So, people that wanna know more about this, I actually have a whole thing on my website. If you join the podcast, you get all this stuff, but you need to start at 1 drop a day. And one of the problems, I think they call it mineral solution.

One of the problems is that there's different ways of making it. It's very confusing on the internet. I get that. People don't understand how to do it because, you know, I have a chemistry and biology background and I couldn't figure it out. I had to call the guy who really came up with this and wrote the syllabus because I said on the internet, it's all over the place. Some people say this, some people say that and you can't tell what to do. And so you don't know the truth. So, I talked to him and I wrote up a thing that I sent out to my subscribers on how you actually implement this. But the bottom line is no matter how you do it, you have to start slow. You take like 1 drop of the mineral solution. And if you don't have a problem with stomach acid, you actually don't need the activator. Your stomach acid will activate it. It's the same thing.

HCL is the activator. So your stomach acid, HCL. So just let your stomach do it. It avoids that chlorine taste. Okay. It avoids the ta- But, if you're gonna activate it, 1 drop of each and you put it in a big glass of water and you drink it over the course of a period of time. Don't just goof it down, wolf it over time. And then do that daily for 3 days. Make sure you don't have any diarrhea. Then you can go up to 2 drops, for 3 days, and make sure you don't have any diarrhea. If you ever have diarrhea, you just stay there and let it drop back. Let it detoxify yourself slowly. That was our mistake. And then you go to 4 drops now, or I mean, then you go to 3 drops. And 3 drops is where Bishop Grenon.

One of the people that really had researched this and came out with a lot of the human protocols. He goes through this, and he basically says how to do it. And it's the Genesis II Church has been the people, he goes through how to do this. Now other people have shown that if you really get up to like 15 drops you're then anti-aging, it actually reverses a bunch of the bad things about aging. So, I haven't done that for a period of time. I kind of got up to 10 and kind of gave up on it and did other things. But I think it's a real deal. And I tell you, the industry knows it's a real deal. Almost every bit of food you get. Packaged in a grocery store has had chlorine dioxide sanitation. They know it. They know why it works. This is how I learned all the chemistry of it. And they've got these guys in jail for something that they're using every day. It's really evil.

**Jonathan Otto:** Can you talk about redox signaling molecules? Cause that's connected, right? It's the redox signaling that is activated.

**Dr. Lee Merritt:** Right. Well, I'm not this level of a chemist, I should know this, but I'm way far from my chemistry training, but basically when you put fluids into a solution and they dissociate somewhat. You get free radicals and there's a voltage associated with that. So, you can get the same free radical, but if you have a high voltage, it's more of a problem for the surrounding tissue. So for example, hydrogen peroxide also gives you the ability to oxidize and kill bacteria, but it also gets your cells, because of the redox of the voltage when it dissociates.

**Jonathan Otto:** So, it's good or bad?

**Dr. Lee Merritt:** That's bad. I mean, the point is I don't treat wounds that I want to heal with hydrogen peroxide, because it damages the cells that are superficially touched by it, but this stuff would kill the bacteria or whatever it is that you want to clean out of there. And it won't damage the cells because for the same ionic dissociation, you get less voltage. That's how it works.

For example, people that used to use chlorine in your pools or whatever, in a pool it's kind of more necessary because you don't lose so much to off-gassing, but you don't want to do that in pipes. We do that in pipes and it corrodes the pipes. Whereas this doesn't, that's the kind of thing.

I mean, if you look at the industry, they can explain it better on the industrial websites, but they go through it in detail. And it works for malaria. And I've heard from Bob Sisson, who's on Brighteon TV. He's got a TV show about this. And he talks a lot about this. He showed in when they do malaria treatment, which is a higher dose over in Africa. They'll actually do fresh blood smears. They'll show that they can see the trypanosomes swimming around in the blood and then they give them the dose. They have them come back 4 hours later, no trypanosomes. Malaria, the trypanosome of malaria, is gone from their blood in 4 hours.

## GETTING THE RIGHT HELP

It's not uncommon to hear about someone who has been to several doctors about a disease they're experiencing and not getting the help they need. Optimal healing cannot take place without proper nutrition. Many western doctors completely ignore the huge importance of high nutrition. Naturopathic doctors are trained to identify the root causes of disease and remedy this through natural medicines and approaches. Here are a few things to help guide you when choosing the right doctor.

### Ask for referrals

It's always good to start by asking people you know and trust for recommendations. They're likely to give you an honest opinion about the naturopath they saw. If you don't know anyone personally who has gone to a naturopath, it may be helpful to search for reviews from some of their past patients to help you decide.



## **Do some research**

Not all naturopaths are the same. They may choose to specialize in different areas or use different therapeutic approaches. It's good to research which approaches each one focuses on. This is a good way to determine which ND you're likely to be more comfortable with. You can also phone their offices to ask any questions that you may have.

## **Visit a chiropractor**

For most autoimmune diseases, the treatment goals include controlling the body's overactive response and maintaining the ability to fight disease. Chiropractic can help with these goals.<sup>115</sup> The brain stem, which controls immunity, is covered by the upper cervical spine. Adjustments by an experienced chiropractor can relieve any misalignments in this area. This will allow the body to heal itself, by improving the nervous system and immune functioning.

## **Ask the right questions**

You may not always know exactly what you need to ask. Dr. Ealy emphasizes that it is vital to make sure that the naturopath you choose to see has solid training in nutrition. You'll also want to make sure that your naturopath of choice is fully licensed. Additionally, Dr. Ealy emphasizes that any doctor you see should not be recommending the COVID vaccine. A good naturopath also spends a lot of time getting to know your full history and doesn't rush to a diagnosis without doing solid tests.



## CONCLUDING THOUGHTS



This eBook was created to give you all the tools you need to work towards optimizing your health. These are certainly not the only approaches you can use in natural medicine since there are so many therapies available to aid a holistic approach to healing. But, these are the very basics and the starting point according to our top naturopaths. One of the most important foundations is making sure you're getting excellent nutrition.

Once you've established healthy eating habits and are boosting your body with all the amazing nutrients nature has to offer, then your body's natural detoxification systems will be functioning well and your body is in a better position to remove toxic buildup and heal itself.

Part of the healing process also involves removing these toxins from your body, which you can help your body to do more effectively with the right natural medicines. From heavy metals to parasites, removing these is one of the key steps to optimizing your health and reversing disease processes in your body.

Any additional help you can give your body, such as seeing a chiropractor, will all aid your body to heal at a faster rate. This is a process that takes patience, consistency, and therefore commitment. But, the journey is well worth it. These tools have been used to reverse severe end-stage diseases.

But, as you already know, prevention is better than cure. So the sooner you work towards optimizing your health, to be the healthiest version you could possibly imagine, the better!

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## ABOUT JONATHAN OTTO



Jonathan Otto is an investigative journalist, natural health researcher, documentary filmmaker, and humanitarian.

In addition to serving as a producer for *The Truth About Cancer* and *The Truth About Vaccines*, Jonathan has created several highly-acclaimed, groundbreaking docuseries — *Depression, Anxiety & Dementia Secrets*, *Autoimmune Secrets*, *Natural Medicine Secrets*, and *Autoimmune Answers* — covering innovative, effective natural remedies for autoimmune disease, neurodegenerative disease, mental health, cancer, and heart disease.

These docuseries — watched by millions around the world — represent Jonathan’s unceasing quest to discover the root causes of debilitating diseases by interviewing over 120 world-renowned natural medicine doctors, scientists, natural health experts, and patients.

In response to this life-saving knowledge, Jonathan created **Well of Life**, a line of doctor-formulated, 100% natural supplements specially designed to detox and fortify the body.

When the global elite took away the human and medical rights of people around the world — and coerced billions into taking the toxic, experimental COVID “vaccines” — Jonathan was determined to get the truth out, despite being repeatedly censored and deplatformed.

He interviewed the world’s top medical doctors, health experts, and legal experts on vaccine injuries who risked their own careers to expose the lies behind the deadly COVID “vaccines” — which have caused deaths and injuries to millions of people — to create his newest docuseries, **Vaccine Secrets**, **COVID Secrets**, and **Unbreakable: Destined to Thrive**.

Jonathan’s greatest reward has been hearing the testimonials from people whose lives have literally been saved with the protocols he developed.

His work has been featured in international TV broadcasts, print media, national news, and radio broadcasts. He received the awards, **Young Citizen of the Year** and **International Volunteer of the Year**, by the Australian government for international humanitarian contributions, which he continues to support.

Jonathan and his wife, Lori, welcomed their first son, Asher, in January 2019 and their second son, Arthur, in May 2021.