REVERSE DIABETES TODAY

A revolutionary program that WILL reverse Diabetes and produce extraordinary Health, Vitality, and Energy in your body.

MATT TRAVERSO
Disclaimer

The information contained in this book is for informational and educational purposes only. These statements have not been evaluated by the Food and Drug Administration.

This material is written for the express purpose of sharing educational information and scientific research gathered from the studies and experiences of the author, healthcare professionals, scientists, nutritionists and informed health advocates.

None of the information contained in this eBook is intended to diagnose, prevent, treat, or cure any disease, nor is it intended to prescribe any of the techniques, materials or concepts presented as a form of treatment for any illness or medical condition.

Before beginning any practice relating to health, diet or exercise, it is highly recommended that you first obtain the consent and advice of a licensed health care professional.

The information contained herein is not intended to replace a one-on-one relationship with a doctor or qualified health care professional. Therefore, the reader should be made aware that this information is not intended as medical advice, but rather a sharing of knowledge and information from the research and experience of well known physicians, scientists and health care professionals.

Acknowledgements

First of all I want to express my sincerest gratitude to every courageous spirit who has sought out this information and acted upon it. You deserve the highest praise.

As I begin to think of all the great mentors who supported me through this project, I'm reminded of Isaac Newton’s quote when he said: “If I have seen further [than other people] it is by standing on the shoulders of Giants.”

I am eternally grateful for all my mentors and teachers that I’ve had the privilege to learn from, and sometimes work with, through the years. Especially Dr. Robert O. Young, Dr. Gabriel Cousens, Dr. Gary Null, Dr. Otto Warburg, Dr. Alexis Carrel, Dr. Linus Pauling, Dr. Jack Shields, Dr. Caldwell Esselstyn, Dr. T. Colin Campbell, Dr. Dean Ornish, Dr. Joel Fuhrman, Dr. William Ellis, Dr. Frank Oski, Dr. Theodore Baroody, Dr. Bernard Jensen, Dr. Neal Barnard, Dr. Fredrick Vagnini, Dr. Ron Rosedale, Dr. Bruce Lipton, Dr. Andrew Weil, Dr. Julian Whitaker, Dr. Mark Hyman, Dr. Udo Erasmus, Dr. Bruce West, Dr. Richard K. Bernstein, Dr. Sheldon Saul Hendler and Dr. Fereydoon Batmanghelidj.

I give thanks to the groundbreaking work of the pioneering microbiologists; Dr. Antoine Bechamp, Dr. Claude Bernard and Dr. Guenther Enderlein.

I also want to acknowledge a number of World Class Health Pioneers whose “shoulders” I already used. These include the names of Dr. Isaac Jennings, Dr John Tilden, Dr. Norman Walker, Dr. Samuel S. Epstein and Dr. Herbert Shelton. These people are all in connection with the development of the principles and practices contained herein.

Finally, I am grateful for all my clients, friends and family – your love is my life.
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IMPORTANT NOTE:

The number of researchers and medical experts who believe that Type 2 diabetes can be reversed naturally is growing rapidly (please see "Evidence for the reversibility of Type 2 diabetes" at the end of this book). Unfortunately, healthcare professionals receive their formal education from various universities and colleges, and during their education process, they are taught how to treat most diseases with various drugs. Interestingly, most universities and colleges receive funding from the pharmaceutical industry, thus giving this industry the "right" to dictate course curriculum. This is why you probably won't hear about this natural approach at your doctor's office. There's no money in it for him. Insurance companies will not reimburse physicians for educating their patients about diet and lifestyle. So doctors have no financial incentive to learn let alone teach their patients about diet and lifestyle. Yet diet-and-lifestyle modification isn't just the best way of reversing diabetes and returning to a normal, healthy life: It's The Only Way!

As you know Diabetes mellitus is a chronic disease that causes serious health complications including heart disease, strokes, amputation, kidney and nerve disease as well as blindness and dementia, to name a few. This serious disease has seen a drastic increase in the number of Americans who are affected. According to the U.S. Centers for Disease Control and Prevention (CDC), the prevalence of type 2 diabetes has more than tripled in the past 30 years, with over 29 million Americans currently plagued by diabetes. The 2015 report in the Journal of the American Medical Association (JAMA) seems pretty clear—with their estimation that 49%-52% of the US population has either diabetes or pre-diabetes.

Most doctors, dietitians and diabetes specialists claim that type 2 diabetes is a chronic and progressive disease. The American Diabetes Association, for example, almost proudly proclaims this on its website. Once you get the diagnosis, it's a life sentence. But that is a lie!

There is clear and consistent evidence from the scientific literature that diabetes is completely reversible. In fact the amount of evidence showing that it is not only possible, but quite easy to reverse diabetes is overwhelming, as long as you aren't doing it with drugs. You see, the problem of diabetes is not a medication deficiency, but a problem with what we put in our mouths. Diabetes is a dietary disease—a food-borne illness! —and you can't cure dietary disease with drugs. No drug can replace nutrient deficiencies and repair cells suffering from cellular malnutrition and toxic damage.

But besides the fact that drugs utterly fail to cure diabetes, they also worsen the health of patients. Our present dependency on drugs to control diabetes without an emphasis on diet and lifestyle interventions is promoting diabetic complications and premature death in millions of people all over the world.

The situation has gotten so bad that medical authorities are speaking out. The medical journal Lancet lambasted medical professionals for their obsession with controlling blood sugar with medication while ignoring the fact that patients can prevent or reverse the majority of diabetes cases with diet and lifestyle changes. The journal's editors called it a, "public health humiliation," that diabetes, a preventable and reversible disease, has
been allowed to become the single biggest global epidemic in the history of human species.

Therefore, if you are looking for one instant “magic bullet” in Reverse Diabetes Today, then you’re not going to find it because there is no “bullet”! …other than what we are doing with our lifestyles. And by the way, just so you know, lifestyle is the only treatment that has been shown to reverse diabetes. Diabetes has never been cured by prescription drugs or insulin injections.

Lifestyle is the best medicine there is, ever was, and likely ever will be, and it is the only thing that will get us started on the road to reversing this global health crisis.

One hundred years ago, Thomas Edison, one of America’s most prolific inventors, said, “The doctor of the future will give no medicine but will interest his [or her] patients in the care of the human frame, in diet and the cause and prevention of disease.” Sadly, we are still waiting for that physician to arrive.
A Word of Warning

If you are taking any medication (especially if it is a medication that lowers your blood sugar), please talk to your doctor before changing your diet as medication adjustment will be required. If insulin and other medications are not adjusted, there is a high risk for dangerously low blood glucose levels, also known as hypoglycemia.

The effect of this program is so rapid that your blood sugar can drop to dangerously low levels if you are taking medication at the same time. Therefore, if you are taking insulin or diabetes medication, it's important that you work with your doctor to carefully monitor your condition and avoid overmedicating yourself—and safely wean yourself off the drugs.

Bottom Line: You will need to reduce your dosage of diabetes medication or insulin when following this program. Failure to do so may result in dangerously low blood sugar levels.
INTRODUCTION

Dear Friend,

If you are reading these lines right now… you are blessed!

My name is Matt Traverso. My purpose and mission in life is to help create a whole new paradigm of health, happiness and freedom!

I cannot express how excited I am to present this information to you.

I wanted to write this book to you for quite some time, it ended up taking much longer than I anticipated getting it to you, as I kept on refining the way I wanted to write, and deliver it to you. The reason for that is...

The information you will read in this report has the power to ABSOLUTELY TRANSFORM your life in a way you have never imagined, or conceived possible.

It has helped turn terminal patients (people labelled “soon to be dead” with no hope) into lively, thriving, and healthy individuals. It has cured cancer, heart disease, diabetes, cholesterol, arthritis, brittle bone disease, and countless other “chronic” conditions for millions of people around the world.

And it has transformed the energy levels of people to the point where they NEVER get sick, and they’re full of abundant energy on a daily basis. I have used this information myself, and I have NEVER been ill for the last 11 years of my life (not even a cold!).

And right now, as I’m writing these words, I feel immensely grateful for having reached the level of health I have been blessed to experience and for having the opportunity to present this information to you.

In the pages that follow I have presented practical, proven step-by-step methods for seizing (for yourself and your family) optimum health and TOTALLY FREE YOURSELF from disease and from the fear of ever getting ill or getting sick once and for all. Indeed, this information won’t just help you wipe out your diabetes, it will transform your body into a healthy, energetic, example of what life is supposed to be.

A lot of the information I’m about to share with you will fly in the face of what the medical establishment preaches. But understand, just because the majority believes something does not make it true. Everything I have said here is based upon sound scientific studies and well-documented clinical practice showing that people can quickly lower cholesterol, triglycerides, normalize blood glucose, reverse insulin resistance, shed weight, become non-diabetic and reclaim their health, energy, and vitality.

Therefore my goal at this moment is to deliver this information to you in an easy to understand way, but also in a way that will have tremendous impact on you, so you remember it, and USE it to change your life. For what good is inspiration if it’s not backed up by action?

So strap on your seatbelt. “Empty the cup.” And get ready to see your life transform faster than you ever thought possible!
YOUR GREATEST TREASURE

Stop and think for a second about how magnificent the workings of your body truly are…

Without you even having to think about it, and despite your brain being bombarded with over 400 billion (that’s right, BILLION) bits of information every second, your body produces over 300 billions (yes, BILLIONS) of new cells every day (including 2.4 million new red blood cells per second), makes you hear, feel, see, smell, taste… regulates your temperature… operates this incredibly powerful super-computer called your brain…

Your heart beats 100,000 times a day without you having to think about and pumps about 1900 gallons (7200 liters) of blood. If 80 percent of your liver were to be removed, the remaining part would continue to function, and within just a few months the liver would have rebuilt itself to its original size. Your body has 60,000 miles (yes, MILES) of blood vessels (arteries and veins). Stretched end to end, your blood vessels would wrap around the earth — at the equator! — more than TWICE.

Your body is the result of billions of years of evolutionary perfection. It puts any man-made technology to shame.

It is a beautifully created, perfectly and delicately balanced self-healing organism.

And yet most of us take this miracle completely for GRANTED!

Worse, still… we abuse it!

Know this: you ALWAYS end up paying the price (or reaping the rewards) for your life choices.

HONOUR your body. RESPECT it. Your body is your VESSEL OF LIFE.

To NOT take care of your body is to reject LIFE.

IT IS TIME TO CHOOSE

Every moment of your life you have a CHOICE – what you put in your mouth, whether to exercise or not, whether to smoke, take drugs, drink alcohol, eat junk… or not.

Vibrant Health or Pain & Disease, you will discover, is a CHOICE.

What do YOU choose?
THE CURRENT DISEASE EPIDEMIC – REACHING CRISIS POINT

Despite major advances in science and technology, the human race has never been so diseased.

- 1 in 3 Americans will die of Cancer. [National Center for Health Statistics]
- 1 in 2 Americans will die of Heart Disease. [National Center for Health Statistics]
- 26 million Americans are diagnosed with Diabetes (35% of the population has Diabetes, but has not been diagnosed yet). [Center for Disease Control (CDC)]
- 43 million Americans suffer from Arthritis. [Center for Disease Control (CDC)]
- Autoimmune Diseases affect 1 out of 5 people in U.S.A. [American Autoimmune Related Disease Association]
- Osteoporosis affects 28 million Americans. [American Academy of Orthopaedic Surgeons]
- 64% of the American population is overweight. [Center for Disease Control (CDC)]
- 42 million people in the world currently live with AIDS. [World Health Organization (WHO)]
- 121 million people worldwide suffer from Depression. [World Health Organization (WHO)]

95% of Americans will die of either Heart Disease, Cancer, or Diabetes (these are preventable, lifestyle-related and diet-related diseases, by the way).

If you are reading this right now and you lead the same lifestyle as the average person, THAT is your most probable outcome.

In the US—an 18 trillion-dollar economy—the cost of treating patients has reached an astronomical $3.1 trillion as of 2016(CNN), and is the fastest growing sector of the economy.

Despite billions of dollars being spent on discovering drugs for Cancer, Cancer has gone from being the #8 cause of death in 1970 in the US to the #2 cause currently. A child under the age of three has a 1 in 2 chance of developing Cancer in its lifetime.

And at the same time the cost of health care is getting bigger and we as a society continue to get sicker.

This situation is quite simply horrific, and utterly unsustainable.

One hundred years ago heart disease, cancer, and diabetes were virtually non-existent, except in rare cases. Now they’re rampant.
Despite spending more on health care, per capita, than any other country in the world, the United States are rated only 37th in the world in "overall health system performance" by the World Health Organization.

**WHAT’S GOING ON?**

WE HAVE AN EPIDEMIC ON OUR HANDS!
WHY ISN'T ANYONE SAYING ANYTHING ABOUT THIS??!
WHY DON'T WE HEAR ABOUT THIS EVERY DAY ON THE NEWS???

**THE BIGGER PICTURE**

As I mentioned previously, your body is the result of billions of years of evolutionary perfection. It is a beautifully created, perfectly and delicately balanced self-healing organism.

**OUR BODY : THE “2-MILLION YEAR-OLD CAR” METAPHOR**

Imagine if you will, that you are driving a 2-million year old car. An all-natural, organic, living, breathing car…

For 2 million years, this car has been using fuel such as:
water / seeds / nuts / grasses / herbs / roots / fruits / vegetables / cereals
(uncooked, by the way – not processed until all their natural goodness is totally and utterly destroyed…)

THAT'S the fuel it is used to.

MOREOVER, THAT'S the fuel its entire system is based upon. It was MADE from that stuff.

Then, suddenly, after 2,000,000 years… that car switches over to – for the last 100 years – a new, modern mixture of:
sugar / sweets / biscuits / crisps / chocolate / coffee, tea, coca-cola / fats & oils / cigarettes / alcohol / vinegar / pharmaceutical drugs / caffeine / chemicals, pesticides, and preservatives (loads of them) / meat (loads of it) / milk, cheese, ice-cream / refined carbohydrates with ZERO nutritional value (white rice, white flour, white sugar, pasta, bread…) etc.

What do you think would happen to this ‘vehicle’?

THAT’S RIGHT – IT WOULD BREAK DOWN.

So you bring it to the mechanic, right?
Now, is it in the mechanic's interest to resolve the SOURCE of the problem (your choice of fuel)?

… or does he give you the instant fix that you want to get the car going again for a little bit?

After all, you are a busy person, you've got places to go, you're experiencing pain and are 'immobilized', you need this problem **fixed** as soon as possible… You even ask for a 'fix'.

So… that's what the mechanic offers you.

A 'fix'.

Better yet: an INSTANT 'fix'.

(It's not going to last, mind you…)

Think about this carefully. **WHAT SHOULD YOU DO?**

What is the INTELLIGENT thing to do?

Keep taking the car to the mechanic, or clean the fuel tank and use a cleaner fuel?

For every health challenge out there, all you ever hear in the media or from doctors (the 'mechanic') is: *take this drug or that drug.*

Simply go to Dr. FeelGood & pop a pill to make yourself feel all better again… Sure… take drugs to make the symptom go away…

But what about the SOURCE of the problem?

**THE "MOSQUITO & STALE POND" METAPHOR**

If you kill all the mosquitoes around a stale pond with DDT chemicals, you won't have mosquitoes for a little while.

But since the **SOURCE** of the problem is still there – the stale, disgusting pond where mosquitoes can find food and a propitious ground for laying their eggs – *mosquitoes will come back!*

It's the same with your body!

You need to eradicate THE SOURCE, THE ROOT of your health problems.

You see, ultimately, any ailment you experience comes from a breakdown within your body.

Diseases are just warning signs of something very fundamental happening inside of you – something is out of kilter. Something is unbalanced.
Deepak Chopra refers to this as "The violation of simple laws of nature that make our body function."

The richest — read: most industrialized, modern, far-from-natural — societies have the highest incidence of Cancer, Diabetes, Heart Disease, Arthritis, Osteoporosis, Multiple Sclerosis, Chronic Fatigue, Fibromyalgia… despite the billions spent on so-called 'cures' by the pharmaceutical industry.

So… the most 'modern' societies are the sickliest on the planet.

Hmm. Interesting.

I wonder why.

THE TRUTH IS… YOU ARE OUT OF BALANCE

We now live a 'far-from-natural' lifestyle.

There are on average over 1500 synthetic industrial chemicals present in our bodies that did not exist 50 years ago… We are filled with toxins from the food, water, air, personal care products, and medication we ingest and use.

In as simple a language as possible, if the delicate balance of our body's systems is taken 'out of whack' because of our modern, unnatural lifestyle, we experience DISEASE.

Our diseases are nothing but a SYMPTOM of this imbalance.

If you adopt a healthy lifestyle (healthy diet & mindset, rest, exercise, cleanse & detoxify, etc.) you will put your body back into balance.

Lead a healthy lifestyle and there is practically no chance you'll ever suffer any of the ailments mentioned above.

What you will soon discover through these pages is that those ailments are ALL lifestyle and nutrition-related.

And yet you'll rarely hear this in the media. How come?

Here’s the SHOCKING ANSWER…
BEWARE OF THE CULTURAL HYPNOSIS

"Let us first understand the facts, and then we may seek the cause"
— Aristotle

We live in a cultural hypnosis that has taught us that we are fragile.

We have been conditioned to believe that things are happening to us.

We have been conditioned to feel "in danger".

We have been conditioned to believe that drugs are the answer to disease.

I'm here to remind you of the truth... YOU ARE NOT FRAGILE.

The truth is that our natural state is one of Strength, Health, and Energy.

We are genetically programmed to be utterly HEALTHY and to THRIVE.

You are the end result of tens of thousands of generations of human beings, the pinnacle of evolutionary perfection... You are a 'genetic champion'!

Most of us believe that our bodies are constantly under attack by bugs, germs, viruses...

Our society as a whole has been led to believe that most sickness and disease comes from external agents "attacking" our body.

This is simply not true.

The truth is that health comes from within, and is also lost from within.

The truth has been with us for thousands of years. It has been swept under the carpet, however, in the name of profit — it is in certain people's interest that we feel vulnerable.

You see, fear will make us buy and consume just about anything.

Keeping people afraid SELLS! It sells medicine. It sells newspapers. It increases TV news' ratings...

Television stations, radio stations, newspapers and magazines are paid billions in advertising to condition us a certain way.

For example, every other week it seems that I hear on the news how this drug company or that drug company is just about to discover a cure for cancer.

Yup, the cure for cancer is just around the corner...

This charade has been going on for over 50 years! It is total manipulation.
“The beginning of wisdom is to call things by the right names.”

—Chinese Proverb

The root cause. That's where it all happens.

Remember: your 'dis-ease' is a symptom of something very fundamental happening within you.

Drugs deal with the short-term effect, the surface cause of your discomfort, the symptom.

Make no mistake, the real source of the problem is the way you live your life.

It is a sad fact, but 99% of people out there are completely asleep. Ignorant. Oblivious to what is really going on.

Have you seen the film "The Matrix"? Millions of human beings that THINK they are experiencing reality, when in fact they are living an illusion whilst locked up, 'harvested', and exploited.

I am about to give you the red pill/blue pill choice…

"This is your last chance. After this there is no turning back. If you take the blue pill, the story ends, you wake up in your bed and believe whatever you want to believe. If you take the red pill, you stay in Wonderland and I'll show you how deep the rabbit hole goes."

– Morpheus, in 'The Matrix'.

Conventional Medicine (also known as Orthodox or Allopathic Medicine) utilizes poisonous substances (drugs) in non-lethal dosages in order to suppress symptoms. This approach neither addresses the cause of the disease condition, nor is it responsible for healing the patient. Rather, the use of drugs will temporarily mask the manifestations of the disease, while at the same time, drive the disease deeper into the body...only to reappear at a later date, as a more serious, and chronic health threat.

Do not assume that the only difference between allopathic and alternative medicine, however, is an honest difference of opinion in the philosophies on the origin of disease states. Hardly! There is, in truth, a concerted agenda organized by the international pharmaceutical companies to suppress any and every alternative, non-drug therapy that WORKS.

Why?

Because they want people to keep on coming back for more treatments and more drugs.
A cured patient is a lost source of income (CURES KILL PROFITS!). A sick patient who is marginally "improved" is a manageable patient.

Managing patients means routine office visits and renewing of drug prescriptions.

Therefore, a manageable patient is a continuing source of income; a cash cow if you will. Multiply that by a few hundred million people and you get an idea why this deceit is being put upon you. The profits from the so called "health-care" industry are staggering!

Before we continue I want to make it clear that while I support and believe in medical science, I do not agree with the medical establishment and the pharmaceutical industry operating it that value profit and protection of status quo over the health and wellness of the people.

Mainstream medicine is not going to the source of health problems. But please understand, it’s not that physicians are bad or uncaring, the system is trying to treat diseases of lifestyle with medications which just doesn’t make any sense. Listen: as hard working and caring as they are, doctors tend to do what they get paid to do, and they get trained to do what they get paid to do. So the problem is not the people; it’s the system that’s broken. We don't have a Health Care system, we have a Sick Care system – a Disease Management or Symptom Management system. Doctors are well-intentioned and hard-working people, and everyone in the system is doing their job efficiently, we just designed the jobs wrong. We pay doctors for how many patients they manage to see and for the quantity of medical care provided to each patient (dispensing more drugs, more tests, more labs, more procedures), but not for succeeding in healing people or keeping them healthy. And certainly they are NOT reimbursed for patient education about diet and lifestyle.

The thrust of the orthodox pharmaceutical agenda is to provide temporary relief, while never addressing the cause of the disease. This agenda insures regular visits to the doctor’s office and requires the patient to routinely return to the pharmacy to refill his prescriptions.

This is what the game is all about folks, plain and simple.

There are a number of alternative approaches to health that work so well and cost so little (compared to conventional treatment), that The Medical Industry, the Food & Drug Administration, and the Pharmaceutical Industry (The Big Three) are fighting tooth and nail to keep suppressed. The reason is obvious: Alternative, non-toxic therapies represent a potential loss of billions of dollars to the medical and drug companies.

"The individual is handicapped by coming face to face with a conspiracy so monstrous he cannot believe it exists."

―J. Edgar Hoover, FBI Director

Through continuous marketing and advertising the public has been brainwashed into equating MEDICAL CARE with HEALTH, whereas in fact exactly the opposite applies: modern medicine has become the principal cause of disease today. The U.S. uses the most medicine but is one of the most unhealthy countries — WHY?
Some History…

How the Chemical Companies came to control the media and people

Source: http://www.safe2use.com/lawsuit/about_chemical_companies/medical-fraud.htm

Here’s a sensational exposé that uncovers the truth behind this conspiracy.

How the pharmaceutical industry took control of the hospitals, universities, research and other institutions in the early part of this century is amply demonstrated by world-famous medical historian and author, Hans Ruesch, in his devastating exposé: *Naked Empress or The Great Medical Fraud* (1992). The book is an absolute must to read. *Naked Empress* exposes massive corruption and fraud in medicine, science, industries, governments, media and various organisations. The importance of this book cannot be over-stated.

In *Naked Empress*, Ruesch cited another important exposé titled *The Drug Story* (1949) by American investigative reporter, Morris A. Bealle. According to Bealle: "America's largest and most ruthless industrial combine, the Rockefeller Empire" (which was built on Standard Oil Company) in the early part of this century became interested in the drug trade after making breath-taking profits from palming off bottled petroleum called Nujol as a supposed cure for cancer and later constipation.

In 1939 the Drug Trust was formed by an alliance of the world's two greatest cartels in world history - the Rockefeller Empire and the German chemical company I.G. Farben industrie (I.G.Farben). Drug profits from that time onwards curved upwards into gigantic proportions and by 1948 it became a 10-billion-dollar-a-year industry.

I.G. Farben's unsavoury past is highlighted by the fact that during the Second World War it built and operated a massive chemical plant at Auschwitz using slave labour. Approximately 300,000 concentration-camp workers passed through I.G. Farben's facilities at Auschwitz and at least 25,000 of them were worked to death. Also, others were brutally killed in I.G. Farben's drug testing programs. Twelve of I.G. Farben's top executives were sentenced to terms of imprisonment for slavery and mistreatment offences at the Nuremberg war crime trials.

Hoechst and Bayer, the largest and third largest companies in world pharmaceutical sales respectively, are descended from I.G. Farben. In September 1955, Hoechst appointed Friedrich Jaehne, a convicted war criminal from the Nuremberg trials, as chairman of its supervisory board. Also, a year later, Bayer appointed Fitz ter Meer, another convicted war criminal, as chairman of its board.

On the Rockefellers' moves towards "influencing" medical colleges and public agencies in the United States, Bealle writes:

"The last annual report of the Rockefeller Foundation itemises the gifts it has made to colleges and public agencies in the past 44 years (from 1948), and they total somewhat over half a billion dollars. These colleges, of course, teach their students all the drug lore the Rockefeller pharmaceutical houses want taught. Otherwise there would be no more gifts, just as there are no gifts to any of the 30 odd drugless colleges in the United States."

The Rockefellers did not restrict their "educational" activities to the US alone. In 1927 they formed the International Education Board which "donated" millions of dollars to foreign universities and politicos, with all the usual strings attached.
As these huge amounts of money were being "donated" to drug-propagandising colleges, the Rockefeller interests were expanding world-wide. It was large enough 40 years ago for Bealle to state:

"It has long been demonstrated that the Rockefeller interests have created, built up and developed the most far reaching industrial empire ever conceived in the mind of man. Standard Oil is of course the foundation industry upon which all of the other industries have been built.

The keystone of this mammoth industrial empire is the Chase National Bank with 27 branches in New York City and 21 in foreign countries (now renamed the Chase Manhattan Bank with over 200 branches in the US and abroad). Not the least of its holdings are in the drug business. The Rockefellers own the largest drug manufacturing combine in the world, and use all of their other interests to bring pressure to increase the sale of drugs."

The Not-So-Independent Media

Instrumental in Rockefellers' moves towards making the world drug-dependent is their enormous influence on the media. Commenting on this, Ruesch explains:

"So the stage was set for the 'education' of the American public, with a view to turning them into a population of drug dependants with early help of the schools, then with the direct advertising and, last but not least, the influence the advertising revenues had on the media."

A compilation of the magazine Advertising Age showed that as far back as 1948 the larger companies spent for newspapers, radio and magazine advertising the sum total of $1,104,224,374, when the dollar was still worth a dollar. Of this staggering sum the interlocking Rockefeller-Morgan interests (gone over entirely to Rockefeller after Morgan's death) controlled about 80%, and utilised it to manipulate public information on health and drug matters - then as now.

Anybody who tries to get into the mass media independent news, contrary to the interests of the Drug Trust, will sooner or later run into an unbreakable wall.

For big advertisers it is easy not only to plant into the media any news they wish to disseminate, but also to keep out the news they don't want to get around. A survey in 1978 by the Columbia Journalism Review failed to find a single comprehensive article about the dangers of smoking in the previous seven years in any major magazine accepting cigarette advertising.

Even the most independent newspapers are dependent on their press associations for their national news. And there is no reason for a news editor to suspect that a story coming over the wires of Associated Press, United Press International or the International News Service is censored when it concerns health matters.

Yet this is what happens constantly. [Emphasis added]

Ruesch showed how the above-mentioned international media were taken over by the Drug Trust and he further explains:
"So this sews up the press associations of the Rockefeller Drug Trust, and accounts for the many fake stories of serums and medical cures and just-around-the-corner-breakthrough-to-cancer, which go out brazenly over its wires to all daily newspapers in America and abroad."

Thus newspapers continue to be fed constantly with propaganda about drugs and their alleged value, although 1.5 million people landed in hospitals in 1978 because of medication side-effects in the US alone, and despite recurrent statements by intelligent and courageous medical men that most pharmaceutical items on sale are useless and/or harmful.

Among the many publications owned by the Rockefeller Drug Trust, are: *Fortune*, *Life*, *Time*, *Readers Digest* and *Newsweek* magazines, and the *Encyclopedia Britannica*. These publications are constantly pushing drugs.

**Food and Drug Administration - serving who?**

Leaving no stone unturned, Ruesch shows how the Drug Trust, in securing their drug interests, planted stooges into senior positions of colleges, universities, and government bodies. About the Food and Drug Administration, Ruesch charges:

"When a good law was enacted many years ago for protecting the American public from spoiled food and poisonous drugs, the Drug Trust lost little time to get its hooks into the government bureau that was charged with enforcing the law."

Ruesch cited Morris Bealle who wrote that the FDA "is used primarily for the perversion of justice by cracking down on all who endanger the profits of the Drug Trust." Ruesch further states:

"Apparently, the FDA doesn't only wink at the violations of the Drug Trust whose servant it is (such as the mass deaths in the ginger jake and sulfathiazole cases), but it is particularly assiduous in putting out of business all competitors of the Drug Trust, like the vendors of natural therapeutic devices that improve the health of the public and thus decrease the profits of the Drug Trust..."

And the situation is practically identical in all other industrialised countries, notably Great Britain, France and West Germany."

**The Undeclared War on Natural Medicine**

The *Civil Abolitionist* carried an article rightly titled "FDA: The American Gestapo Prosecutor or Persecutor?", which reported that on May 6, 1992, the clinic of Jonathan Wright MD, a highly regarded nutrition specialist, was assailed by 22 armed men because the doctor had been treating his patients with safe natural substances that didn't meet the FDA's approval. During the SWAT type attack the front door was kicked open, guns were pointed directly at staff and the shocked patients were herded into a room. Also, patient records, equipment, business records and vitamin supplies were confiscated. At the time of the article, the FDA has not yet filed charges against Dr Wright.

During the last year, similar actions have taken place against three manufacturers of vitamin supplements [Allergy Research, Thorne Research and Highland Laboratories].
In Australia, a repeal of Schedule 1, Exemptions of the Therapeutic Goods Act, scheduled for January 1994, would minimise access to natural therapy remedies by natural therapists and would threaten the existence of the natural therapy profession and manufacturers of natural therapy remedies.

**Corrupt FDA Officials**

In their August-September 1992 issue, *NEXUS Magazine* reported that it is a matter of public record that the FDA indulges in the following practices:

* Many of the so-called 'research grants' that the FDA receives are `donated' by the very drug companies they were supposed to be regulating.

* Mid- and upper-level FDA officials enjoy `revolving door’ status when they leave the FDA, wherein they go to cushy, well-paying jobs in those very same drug companies they were supposed to have been regulating.

* Currently, 150 top FDA officials hold significant amounts of stock in the pharmaceutical companies they were supposed to be regulating.

**American 'Murder' Association**

The AMA, once openly declared by Dr. Richard Kunnes at an AMA convention that it shouldn't be the acronym for American Medical Association but for American ‘Murder’ Association, is, according to Morris Bealle, the front for the Drug Trust. When the FDA has to put an independent operator out of business, they get the AMA to furnish quack doctors to testify that while often knowing nothing about the product involved, it is their considered opinion that it has no therapeutic value.

Bealle cited an example in which the AMA furnished ten medicos to testify in court that "vitamins are not necessary to the human body", in order to close down an independent distributor of natural vitamins.

The medico-drug cartel was summed up by J.W Hodge, M.D., of Niagara Falls, N.Y., in these words:

“The medical monopoly or medical trust, euphemistically called the American Medical Association, is not merely the meanest monopoly ever organized, but the most arrogant, dangerous and despotic organization which ever managed a free people in this or any other age. Any and all methods of healing the sick by means of safe, simple and natural remedies are sure to be assailed and denounced by the arrogant leaders of the AMA doctors' trust as fakes, frauds and humbugs. Every practitioner of the healing art who does not ally himself with the medical trust is denounced as a 'dangerous quack' and impostor by the predatory trust doctors. Every sanitarian who attempts to restore the sick to a state of health by natural means without resort to the knife or poisonous drugs, disease imparting serums, deadly toxins or vaccines, is at once pounced upon by these medical tyrants and fanatics, bitterly denounced, vilified and persecuted to the fullest extent.” (For more revelations [http://www.afn.org/~govern/rockefeller.html](http://www.afn.org/~govern/rockefeller.html))
Shocking isn’t it.

Folks, if this doesn’t make you fighting mad, what will?

In an unusually candid comment for a senior government official, Dr. Herbert Ley, former FDA commissioner, remarked:

“The thing that bugs me is that the people think the FDA is protecting them. It isn’t. What the FDA is doing and what the public thinks it’s doing are as different as night and day.”

—Dr. Herbert Ley, former FDA commissioner

I'm not going to start FDA bashing but you do not have to dig very deep to see where their loyalties rest, and it is not with you.

You see, America's medical/industrial complex was organized around the American Medical Association, formed by drug interests for the purpose of manipulating the legal system.

Controlled by pharmaceutical companies, this complex has become a trillion-dollar-a-year business. It also includes many insurance companies, the Food and Drug Administration (FDA), hospitals, and university research facilities. All driven by drug companies.

Here’s some interesting statistics about drug companies: The COMBINED PROFITS for the TEN most profitable drug companies in the Fortune 500 ($35.9 billion) are GREATER than the profits for all the other 490 companies put together ($33.7 billion)!!

Did you get that? I repeat: The top ten pharmaceutical companies make more in profits than the rest of the Fortune 500 companies combined! And these Fortune 500 even
include companies like Apple and Microsoft! (By the way, the ‘Fortune 500’ is a ranking of the top most *profitable* American corporations.)

One could hope drug companies would decide to make some RADICAL changes, but that is not what is happening. Instead, drug companies are doing more of what got them into this situation. *They are marketing their drugs even more relentlessly.* They are pushing even harder to extend their monopolies on top-selling drugs (prescription drug sales are *consistently rising well over 18% a year from previous years*). And they are pouring more money into lobbying and political campaigns.

"Over the past two decades the pharmaceutical industry has moved very far from its original high purpose of discovering and producing useful new drugs. Now primarily a marketing machine to sell drugs of dubious benefit, this industry uses its wealth and power to co-opt every institution that might stand in its way, including the US Congress, the FDA, academic medical centers, and the medical profession itself."

—Dr. Marcia Angell, former Editor in Chief of The New England Journal of Medicine and a nationally recognised authority in the field of health policy and medical ethics.

Please understand: Big Pharma (the pharmaceutical industry) isn’t interested in finding cures for Cancer, AIDS, or Diabetes; to them, people who buy drugs are not patients...they are consumers (customers).

Customers make them profit. These huge pharmaceutical corporations are legally responsible for the increase in profit for them and their shareholders. Period.

*If cancer is cured, they don’t make profit.* The drug companies would be out of business and the doctors would be out of jobs. Corporations and other entities like the FDA know that *curing* means the end of business. *They can’t make a living if you don’t get sick.*

*Big Pharma doesn’t want a cure,* they will *never* discover a cure. “Curing” people doesn’t make any money. “Treatment” does. “Treatment” meaning treatment with drugs.

“Treatment” masks the symptoms of a problem. “Cure” means finding the cause of the problem and removing it. And drugs are designed to “treat”, not cure or prevent illnesses, where the patient becomes dependent upon them for life. With this “treatment” idea forced upon us, as the only option we have available, we are being ripped off, and it’s time we *woke up* and made better choices. Let’s face it, long-term diseases – ones which sometimes mean a lifetime dependence on drugs, devices, medical interventions and treatments of all sorts – are among the most profitable revenue sources on the planet. For example, Type II Diabetes is the quintessential disease that engenders lifelong dependency. More than many diseases, it illustrates the corporate model of modern sickness care that is keen on having you take products over and over and Over again.

"This is the world that has been pulled over your eyes to blind you to the truth."

—Morpheus, in 'The Matrix'.

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WAKE UP!

The noted economist Paul Zane Pilzer, in his excellent book The Next Trillion Dollar Economy (www.paulzanepilzer.com), exposes and blames the processed food and pharmaceutical companies for the current sad state of affairs when it comes to America's health problems.

Do you want to play into their hands, ingest foodstuffs that are killing you, and then make pharmaceutical companies richer by having them treat symptoms of the diseases you've created through your lifestyle or do you want to take responsibility, live the truth, and be free from all disease?

EVERYTHING YOU KNOW ABOUT HEALTH IS WRONG

Please wipe your slate clean of what you think you know about health. Most of what you know and think you know is misinformation. Let us together dismantle the myths of health that are killing us as a society.

We are lead to believe that germs and viruses cause disease.

And what should we do?

We should avoid or ‘kill’ the germs and maybe we can avoid the disease.

We are taught that illnesses like cancer and diabetes can just show up, for no good reason and that the only solution is medicine and surgery, if we’re lucky that is.

We don’t feel empowered about our health and we place it in the hands of experts and hope that when we get ill, they will be able to help us get healthy again and live for longer.

After all we don’t know what to do, so isn’t it a good thing that we have all these experts and drugs researchers out there to tell us what to do?

Well let me ask you a question: How many ‘wonder drugs’ that we’ve been taught were supposed to make us healthier – have not worked? How many of these have been promoted to us by the so called “experts”?

Listen, the ultimate expert on your life is YOU by testing what works; not by looking around and being like everybody else.

If you do what everybody else does, you’ll have what everybody else has – and do you know what that’s like for the general population? It’s not a pretty sight! One in two people dies of heart disease or diabetes! One in three dies of cancer!
We must think uniquely, we must think differently, we can’t just accept what’s being fed to everybody. We must become CRITICAL in our thinking!

And by the way, this is NOT an attack on the medical profession. **Doctors care so much!** They care immensely about human beings and they will give their heart and soul at the expense of their own health, emotions, or families to help other people recover from disease in the only way they know how.

We should feel compassion for doctors. Go and watch what a doctor has to do to make it through medical school. What a dehumanising process! It is unbelievable what they go through out of their desire to help others.

Medical school training is also an intentionally gruelling process, designed to physically push the weaker students over the edge.

They do this to make sure that as a doctor you will be able to take the pressure in a real life-or-death situation and that you won’t trip up. Perhaps the intentions are good, but its hardly a wholesome learning environment for the doctors!

Doctors in training are given more work than they could possibly do, and they learn early on to rely on all kinds of stimulants (ie, chemicals) to stay up late to study.

Medical School is an abusive, destructive, dehumanising process. Students have zero time to stop and say: Hey, does this make ANY sense?

On top of all that, the half-life of the current medical education is 4 years. This means that a doctor leaving school today knows 50% more about medicine than someone who left 4 years ago. With so many patients to see, doctors rarely have time to further their education.

**How do doctors keep ‘up to date’?**

So many new drugs come out every year – there’s no way for doctors to keep up. Hence doctors are primarily educated about new advances in medicine by the drug companies’ salesmen!

Of course, 70% of all drugs on the market today weren’t even around 15 years ago. Someone has to educate them, and the pace at which all this is happening is amazing!

Dr. Jerry Avorn, a professor of medicine at the Harvard Medical School, states:

"**Too often doctors get industry-sponsored sources of information that look like they are from unbiased, scientifically driven public-interest groups when in fact they are thickly veiled marketing activities.**"

The Washington Post reports that a University of Washington study published in the Journal of the American Medical Association confirms the insidious influence drug
advertising brings to bear on perverting American medicine. For many doctors, drug industry marketing is their prime source of information.

A series of studies have confirmed beyond a shadow of a doubt that doctors are influenced more by the advertising for the drug than by the scientific literature. However when doctors are confronted, they are usually unaware or unwilling to admit that they've been influenced by non-scientific sources.

**Drug Companies Bribing Doctors**

A major reason why health care is in such a shambles is that the medical establishment has allowed itself to be bought off by the pharmaceutical industry.

The medical establishment works closely with the drug multinationals whose main objective is PROFITS, and whose worst nightmare would be an epidemic of good health.

Lots of drugs MUST be sold. In order to achieve this, anything goes: lies, fraud, and kickbacks.

To a pharmaceutical marketer, the doctor is the “first link in the chain of getting medication from manufacturer to consumer.” Any physician can LEGALLY prescribe ANY medication for ANY use.

Obviously 100% of prescription drugs costs originate with a doctor's orders.

Doctors are rewarded with research grants, gifts, and lavish perks. The principal buyers are the public – from infants to the elderly – who MUST be thoroughly medicated...at any cost!

It was in 1850 that the first “detail man,” as pharmaceutical sales representatives are informally called, knocked on a door of an American doctor.

In the century and a half since, pharma representatives have become the “stealth bombers” of medicine.

They swoop in, change physicians’ prescribing habits (better than any research article) and disappear again.

There are approximately 100,000 drug representatives in the United States today (almost triple the amount of just ten years ago) that visit thousands of doctors every day to “educate” them about new or existing products.

Physicians’ choices profoundly impact sales of a drug company's products. So pharmaceutical manufacturers focus their marketing budgets to influence those choices.
Drug companies spend annually 10 to 15 billion dollars to promote their drugs. This number includes, among other things, gifts for physicians and generous salaries (most drug representatives make six figures).

**Something to think about…**

Doctors get many incentives for attending a lecture, watching a video or just giving a pharmaceutical sales representative 10 minutes of their time.

A national survey of doctors recently published in the New England Journal of Medicine found that physicians received drug samples, free travel, and sometimes payments for consulting with a drug company or enrolling patients in trials.

The drug industry says the attention paid to physicians is a way for doctors to be educated on new products in a cluttered market, products that doctors otherwise would not take time to look into, according to the Pharmaceutical Research Manufacturers of America, the lobbying arm of the brand-name drug makers.

See, if doctors are working around the clock to try to help everyone, they’ve got to make decisions QUICKLY. But to rely upon the drug companies for unbiased evaluations of their products makes about as much sense as relying on beer companies to teach us about alcoholism.

Still, doctors care deeply, they’re doing everything they can to help people.

Yet these decisions are a matter of LIFE AND DEATH. So we must make sure that WE are part of the decision making process. We got to be aware of the consequences and where this information is coming from.

So if the primary source of education for our doctors is often the drug advertising, do you think there might be a “slight” chance of “dissonance” on the side of the drug company?

Have any drugs been declared safe and massively promoted and later on we found out those drugs should not have been put out on the market?

Did you ever wonder why drug ads always say, "ask your doctor about this new drug"?

Did you ever wonder why lethal drugs made it to blockbuster sellers?

Have any drug companies been fined for this?

You know the answer to all the above is YES.

A classic example is the drug DES.

DES is a drug that was given to millions of pregnant mothers. This synthetic hormone was touted as a “wonder drug” and widely prescribed to prevent miscarriage.
In America alone there were hundreds of drug companies that made and distributed DES because it was unpatented and easily produced. From the start, studies showed that DES promoted cancer in lab animals.

Despite the evidence from animal studies, the FDA approved the use of DES for medical use in human beings.

In the 1960s and 70s, all the leading medical textbooks stated that DES had no effect in preventing miscarriage in any group of patients. However DES was still being prescribed to pregnant women and touted as a "wonder drug."

Even after being banned in 1971, DES was still being sold overseas and in much of the rest of the world. By the way there are companies that keep selling DES in developing countries to this day!

Today, there are millions of women who are terribly angry because their doctors are telling them that they’re suffering from cancer, miscarriages or other reproductive difficulties simply because their pregnant mothers took DES to ironically prevent miscarriage.

Unfortunately doctors gave this drug to a staggering number of people — more than 3 million people in fact! Now there are 300 companies that are being sued by millions of women all over the United States, but suing is not going to give them their life back or their ability to have children.

Unfortunately that’s only one of many examples of drugs that injured and killed. Here’s a list of some of the most well known cases:

- Paracetamol (painkiller) - 1,500 people had to be hospitalised in Great Britain in 1971.
- Orabilix - caused kidney damages with fatal outcome. MEL/29 (anti-hypertensive) - caused cataracts. bsp.
- Methaqualone (hypnotic) - caused severe psychic disturbances leading to at least 366 deaths, mainly through murder or suicide.
- Thalidomide (tranquilliser) - caused 10,000 malformed children.
- Isoproterenol (asthma) - caused 3,500 deaths in the sixties.
- Stillboestrol (cancer) - caused cancer in young women.
- Trilergan (anti-allergic) - caused viral hepatitis.
- Flamamil (rheumatism) - caused loss of consciousness.
- Eraldin (heart medication) - caused severe eye and digestive tract damage, and many deaths.
- Phenformin (diabetes) - caused 1,000 deaths annually until withdrawn.
- Atromids (cholesterol) - caused deaths from cancer, liver, gallbladder and intestinal disease.
- Valium (tranquilliser) - addictive in moderate doses.
- Preludin & Maxiton (diet pills) - caused serious damage to the heart and the nervous system.
- Pronap & Plaxin (tranquilliser) - killed many babies.
- Phenacetin (painkiller) - caused severe damages to kidneys and red blood corpuscles.
- Amydopyrine (painkiller) - caused blood disease.
- Marzine (nausea) - damaged children.
- Reserpine (anti-hypertensive) - increased risks of cancer of the brain, pancreas, uterus, ovaries, skin and women's breasts.
- Methotrexate (leukaemia) - caused intestinal haemorrhage, severe anaemia and tumours.
• Urethane (leukaemia) - caused cancer of liver, lungs and bone marrow.
• Mitotane (leukaemia) - caused kidney damage.
• Cyclophosphamide (cancer) - caused liver and lung damage.
• Isoniazid (tuberculosis) - caused liver destruction.
• Kanamycin (tuberculosis) - caused deafness and kidney destruction.
• Chloromycetin (typhoid) - caused leukaemia, cardiovascular collapse and death.
• Phenolphthalein (laxative) - caused kidney damage, delirium and death.
• Clioquinol (diarrhoea) - caused blindness, paralysis and death.
• DES (prevent miscarriage) - caused birth defects and cancer.
• Debendox (nausea) - caused birth defects.
• Accutane (acne) - caused deafness and kidney destruction.

The preceding list, taken from *Vivisection: Science or Sham* (by Dr. Roy Kupsinel), is just a very small sample of a far greater number of therapeutic disasters that have taken place. (By the way, more recently there were the cases of Premarin, Vioxx and Avandia (which alone was responsible for 200,000 excess cardiac deaths since it was introduced in 1999).

And, many drug reactions go unnoticed. In *Controversies in Therapeutics*, Dr. Leighton Cluff comments: “National Health statistics do not reflect the magnitude of the problem of drug-induced diseases. A death certificate may indicate that a person died of renal failure, but it may not state that the disease was caused by a drug.”

So those are very conservative estimates; only a fraction of medical errors are reported. Actual medical mistakes are likely to be 20 times higher than the reported number because doctors fear retaliation for those mistakes.

AND BEWARE!! — Having a diagnostic or medical procedure performed on you by the medical establishment is now a LEADING CAUSE OF DEATH in the U.S. (Check this out! Please click here)

Download a complete report HERE on this by Gary Null, M.D.

Not only does the medical industry have a long black history of providing misinformation but they go out of their way to SUPPRESS any kind of natural substance that may provide a cure.

Just why is it that the medical industry is so opposed to natural readily available remedies?
Again, the primary goal of the pharmaceutical companies is to make money "treating" diseases and NOT find a cure for them.

Simply put, Big Pharma profits by keeping you sick. They deliberately defined the human body as their market place in order to generate further wealth.

Hard to believe? Watch this movie...

The sick part is there are no laws to prevent this type of thing from happening.

But it gets worse: Big Pharma actually controls health care policy by buying influence at the highest level of government.

Hard to believe? Watch this movie...

“In a time of universal deceit, telling the truth is a revolutionary act.”
—George Orwell

AN EPIDEMIC CAUSED BY PHARMACEUTICAL DRUGS

So, even when doctors and drug companies are NOT making blatant mistakes, we are still being medically treated in a way that endangers our health.

A series of studies found that pharmaceutical drugs kill more people every year than are killed in traffic accidents.
Sadly the average 65 year old person in the United States takes an average of 11 medications a day! More people taking more drugs today than ever before!

The Journal of the American Medical Association (the most prestigious of the American conventional medical journals and one of the most conservative) reported that an estimated 106,000 people die EACH YEAR from drugs which, by medical standards, are properly prescribed and properly administered. (JAMA, 1994, 272:23, p 1851. Also: JAMA. 1998;279(15):1215-1216. Also: JAMA. 2000 Jul 5;284(1):95-7. Also: JAMA. 2000;284(4):483-485.) Again: these 106,000 deaths are NOT the result of physician errors; these are the result of correctly prescribed and correctly taken medical drugs.

And, Dr. Gary Null et al have published the most comprehensive and well-documented study reporting that "The total number of iatrogenic deaths (i.e. induced by medical treatment) is 783,936. It is evident that the American medical system is the leading cause of death and injury in the United States."

The bottom line is the drug industry does NOT want people to get healthy. Because if everyone was healthy, they wouldn't need to buy drugs. The drug industry wants people to buy more drugs. Healthy people don't need drugs. If everyone was healthy, the drug industry would be out of business.

Remember, pharmaceutical companies have a fiduciary responsibility to their shareholders; AND THEIR LEGAL RESPONSIBILITY IS TO INCREASE PROFITS. And, of course, drug companies earn profits from the expansion and continuation of disease (where patients are put on drugs for life).

THE FACTS:

There are about 700,000 doctors in the US.

In the US alone, $3.1 trillion were spent on health care in 2016!!(CNN) – that is MORE than the total Gross National Product in 124 out of the world's 130 industrial countries.

What’s the result for all this spending? The US leads the developed world in deaths from heart disease, prostate cancer, breast cancer, colorectal cancer, and diabetes.

The countries that use the most medicine are the most unhealthy. For example, American medical system is the leading cause of death in the US (please read this article for more information http://ourcivilisation.com/medicine/usamed.htm).

In 1968, America declared war on cancer. By February 1996, the Journal of the American Medical Association declared the war on cancer a failure. In all age groups, cancer incidence is increasing.

And on top of all that, adverse drug reactions are the # 4 cause of death in the United States.

SO PLEASE when it comes to your health, don't just accept the experts' opinion, make sure you think it through yourself.

Get second and third opinion and then ultimately decide what you believe is right because this is your life! And how it turns out is based on your decisions – please, for your benefit, make them consciously.
WE MUST GET OUT OF THE “TRANCE”

Similarly, we ‘The Consumers’ if you like, are CONSTANTLY being told what to believe—usually through advertising (such as television spots) by the pharmaceutical companies interested in selling their drugs!

As doctors and patients, we allow these salespeople to become our Health Gurus even though they really have other interests other than our wellbeing!

So the very industry that is here to tell you, "We are providing your health," is causing an EPIDEMIC. That’s the leading cause of death in America. And this is not Matt Traverso saying it. This is the American Medical Association Journal, 1994, 1998, 2000, and 2009.

In summary,

- The PHARMACEUTICAL INDUSTRY is the largest investment industry on earth, maintaining and promoting one of the largest deception schemes in the history of mankind.
- As with other segments of the economy, the pharmaceutical industry wants to expand its market—patients as well as diseases.
- While the advertisements promise “health”, the very marketplace of this investment industry is the existence and expansion of diseases.
- Root cause treatment and eradication of diseases are bad for the pharmaceutical industry and thus must be attacked.
- As a direct result, the ills of civilization, such as heart and circulatory diseases, high blood pressure, cancer, diabetes, osteoporosis and others are spreading.
- The leading cause of death in our society today is modern medicine—the healthcare system—causing a total number of 783,936 deaths. PER YEAR. JUST IN THE USA. (Starfield, B. JAMA. 2000 (July 26): 284, 4. Also: Death by Medicine - Gary Null, PhD; Carolyn Dean MD, ND; Martin Feldman, MD; Debora Rasio, MD; and Dorothy Smith, PhD).

"I firmly believe that if all the medicine in the world were thrown into the sea, it would be all the better for mankind—and all the worse for the fishes."
— Oliver Wendell Holmes, M. D.
Professor Emeritus of Medicine at Harvard

The good news is that the SOLUTION is in YOUR hands. It involves claiming your right to make your own decisions about your health.
THE ONE TRUE CAUSE OF DISEASE

"We don't need medication; we need education."
—Dr. Robert O. Young

In the early 1800s Isaac Jennings, M.D. quietly started a revolution in health care when he noticed that changes in lifestyle produced EXCELLENT RESULTS.

Dr. Jennings, after practicing as a traditional medical doctor for 20 years without getting any significant results, one day he faced a shortage of drugs during a fever outbreak in the summer of 1815, so people in town came to see him with all kinds of symptoms. But he didn’t treat them because there weren’t any drugs available.

All he could tell them was to go home, rest, and drink lots of fluids.

And what happened? Surprise, surprise… these people got well, WITHOUT ANY MEDICINE!

Based on this, he decided to carry out an experiment: he was going to treat people using only placebos (dummy pills) and some common sense instructions – that is, he would advise his patients to correct their lifestyle and diet to a more natural approach.

The results were excellent: his patients recovered in absolute record time compared to patients who had been medicated.

In 1822 he gave up medical pills, plasters, powders and potions and treated patients with pills made from bread and coloured water.

He then practised for a further 20 years the "do nothing mode of treating disease." Yale University conferred an honorary degree upon him in recognition of his great success substituting pills with placebos.

OUR BODY IS INHERENTLY SELF-HEALING AND ALWAYS STRIVES TO MAINTAIN OR RE-ESTABLISH OPTIMAL HEALTHFUL CONDITIONS.

There is no healing force outside the body.
—Dr. Isaac Jennings

Dr. Jennings is also the founder of the Natural Hygiene Philosophy. Natural Hygiene is a set of principles that people throughout human history have practiced to achieve and MAINTAIN optimum health. Natural Hygiene principles are based upon meeting the body's inherent, natural needs.

Remember, you can never poison your body into being healthy.

“Twenty-five years in which I used prescribed drugs, and 33 years in which I have not used prescribed drugs, should make my belief that drugs are unnecessary and in most cases injurious, worth something to those who care to know the truth.”
—John H. Tilden, M.D.
Here’s How Disease Occurs:

In a nutshell, disease occurs when people allow themselves to become “enervated”, that is, low in nerve energy. As a consequence, the organs of elimination fail to function normally and waste material accumulates in the body. When this waste continues to build up, exceeding the body’s toleration point, a crisis arises. The body, to offset this overabundance of poisonous matter, begins to react. The result of this reaction is what we call disease.

The human body is a marvellous creation, constantly burning fuel, eliminating waste material of combustion, and constantly rebuilding tissue by replacing dead cells with new ones.

Every seven years virtually every cell in your body is replaced, which means that over a seven year period several hundred pounds of dead cells must be eliminated. All by itself this would be a lot of waste which would require a lot of energy for your body to handle.

In addition, due to lack of rest, or lack of water, or just trying to digest the “IMPOSSIBLE” (i.e., junk food) – not to mention the damaging effects of just plain overeating – you create an enormous amount of waste products for your body to deal with.

As your body becomes overloaded with more than it can handle, there will be more toxins coming in than leaving.

The accumulation of toxins that occurs as your body can no longer remove them properly compromises your body’s integrity. This because your body lacks the energy (“enervation”) to properly eliminate toxins. Remember, energy is required to eliminate toxins.

Disease is due to a ‘deficiency of force’ (that is, loss of nerve energy).

—Dr Isaac Jennings

But no matter what happens, your body must preserve its vital organs (your brain and your heart) so one of the first things it shuts down is the process of elimination — but unfortunately toxins begin to build up (“toxaemia”).

When your body becomes oversaturated with toxins, a safety valve opens to release toxins — which may come out of any of the four elimination channels: 1. the skin; 2. the lungs and respiratory tract; 3. the bowels & colon; and 4. the urinary tract — this safety valve is called disease (your body’s attempts to throw off its toxins).

In fact all diseases are “healing crises”, i.e. an attempt on the part of the body to rid itself of toxin overload.
Disease is the manifestation of the body trying to heal itself. It is the action of the body in eliminating poison. The resulting sickness or even death is an attempt of the body to expel the toxin.

Now let’s use our common sense — If you took a poison and put it into your bloodstream, your body would respond by doing whatever it could to get it out of the body in the fastest way possible through any elimination channel available, to preserve the integrity of your system — coughing, throwing up, fever, acne, sweat, diarrhoea, etc.

Your body will use up every ounce of energy in its effort to get this poison out of the system. You might experience headaches, low energy, joint pains, inability to sleep, fatigue, kidney problems, convulsions, burping, irritations, etc. Question: Do you know of any disease that does not have these as symptoms?

“Disease, in my opinion, how prejudicial whatsoever its causes may be to the body, is no more than a vigorous effort of nature to throw off morbidic matter and thus recover the patient.” —Thomas Shydenham, M.D

But instead of allowing the body to expel its toxins, we try to stop the process by taking some medicine, pushing the toxins back in. So, rather than supporting the process of cleansing, we call it a DISEASE and stop it as fast as possible! By suppressing the symptom, we actually interfere with the body’s natural ability to heal itself.

Not only is the body struggling with an increasing load of the “normal” toxins, but now the body is being injured with even more toxins: the medicines that your pharmacist has in his arsenal of symptom-suppressive weapons.

PLEASE UNDERSTAND THIS, WHAT WE CALL “DISEASE” IS ACTUALLY “THE CURE”!

We have all been so conditioned to think in terms of the dominant allopathic paradigm, that it is very difficult to wrap our brains around the idea that disease symptoms are actually the body’s attempt to heal itself.
In summary

- The human body contains the power to heal itself (without medicine).
- The basis of any state of disease is a build-up of retained toxins that the body didn’t manage to excrete through its 4 channels of elimination.
- The reason the body isn’t able to properly detoxify itself is a lack of vital energy (“enervation”) due to stress, unhealthy diet & lifestyle and/or wrong treatment of the body (particularly through wrong food choices, overeating, lack of exercise, toxin intake including prescription and nonprescription drugs).
- What we call disease is actually the body trying to purge itself of toxins — your body’s attempts to right itself (the most common actions being fever, mucus, eruptions, coughing, vomiting, inflammation among others).
- To give drugs is adding to the causes of disease; for drugs always produce disease because medicines are poisons (acids) to the human body.

The ultimate cause of mankind's many so-called diseases begins in those activities that drain our body of life force — the enervating habits of mind and body. Consequently the ultimate solution for our diseases is a correction of the habits of life.

There are no “magic bullets” (drugs) when it comes to achieving good health. Optimum health is the result of observing a series of simple natural laws — making right decisions day after beautiful day.
THE GERM THEORY
The false foundations of modern medicine

"My people are destroyed for lack of knowledge."
—The Bible

Ideas about the cause of disease have changed down through the ages. Disease used to be blamed on angry gods, or on the spells and curses of powerful enemies.

Modern western medicine looks at disease as a foreign invader to be fought to the death.

Each disease is seen as being caused by the invasion of specific germs.

This understanding of disease dates from the mid-1800s when Louis Pasteur claimed that a particular germ uniquely caused each disease; this was the Germ Theory of disease. The entire approach and foundation of modern medicine is based on this germ theory, a flawed concept.

Under this theory, disease is therefore best treated by finding the right cure (drug) for each germ. As you can imagine this has of course been exploited by the pharmaceutical giants who now influence modern medicine.

The quick fix with a prescription for drugs to smother the symptoms is the typical 'answer'.

**If a germ does not cause disease, what does?**

At the time Pasteur was promoting his "germ theory of disease", two other men were investigating the causes of illness and coming to different conclusions.

They were Claude Bernard and Antoine Bechamp, who believed that organisms already in the body caused illness ONLY when the body became unbalanced (toxic). In other words, it was not a bug, but the physical weakness of the individual ("deficiency of force") that put them in jeopardy of disease.

Specifically, Bechamp pointed out that certain organisms (which he called "microzymas") became alive and active only in the presence of decay. Bechamp concluded that disease originates from within the body, not from outside of the body.

"The primary cause of disease is in us, always in us."
—Antoine Bechamp

Similarly, Bernard believed that the body's ability to heal was dependent on its internal environment. Thus disease occurred only when the terrain or internal environment of the body became favourable to germs.
Here’s a good example: If we were to seal the door to our freezer and then unplug it, come back and open the door in two weeks, what would we find? Mold, bacteria, germs. Things will be growing and multiplying. Where did they all come from? They did not sneak in — remember the door was sealed. The answer is . . . "they were always there". It is simply that the environment changed to a more inviting one for the "critters" to live in.

The bottom line is that germs are not enough to cause disease.

For example, 10 people can be exposed to the same germ, BUT NOT ALL OF THEM BECOME ILL. Why? Because germs are not the cause of disease. Several other factors are involved:

- The amount of stress or negative emotion in your life
- The things you do to keep your body in balance (more on this later)

Germs can live in our bodies indefinitely, and do not cause disease, but rather perform an important function. Germs consume dead matter. That is their function.

No germ has ever been known to proliferate in normal tissues or normal secretions in the laboratory. Germs cannot live in living tissue. It is only when the tissue becomes dead that they move in to do their job.

Do mosquitoes make the water stagnant; or does stagnant water attract the mosquitoes?

Let me give you a graphic example that Anthony Robbins relates in his Living Health seminar.

Have you ever been in New York, or have seen pictures of New York during a Trash Strike?

If you haven’t, to give you an idea, every single street looks a little like this:

Trash piles up on every road, the smell is disgusting, and what you’ll notice is that there’s UGLY, giant RATS, EVERYWHERE!

Let me ask you a question, at this point how smart would it be of you to come to the city and say “Wow! Look at all this trash these RATS brought! KILL THE RATS TO GET RID OF THE TRASH!”

You’re right, it probably wouldn’t be smart at all! But this is how almost everyone approaches their health these days! We’re all looking for the germs, the “rats” which are the cause of disease and sickness.

The reality of it is, the only reason why those germs ever invade your body is because you created the trash necessary in your body first, to allow the germs to feed on and multiply.

In order to get rid of the rats, you must clean the trash first. In order to be completely healthy, you must clean the trash in your body, and create an environment which can sustain total health!
So germs do not cause disease. It is the individual himself who makes disease possible in his own body because of poor living habits...

Germs are your best friends — they are scavengers attracted by disease, rather than enemies causing disease. Germs are there to consume degenerative matter to properly restore health. That is their function.

When cells become weak and sick, it is the germs’ function to consume and dissolve dead tissue and organic waste. Germs are VITAL for waste elimination.

Germs live in perfect harmony within the cells of our bodies to keep us in good health.

“If I could live my life over again, I would devote it to proving that germs seek their natural habitat — diseased tissue — rather than being the cause of diseased tissue; in other words mosquitoes seek the stagnant water, but they do not cause the pool to become stagnant.”

—Dr. Rudolf Virchow, the father of modern pathology

There you have it: The theory that germs cause disease makes just as much sense as the idea that flies cause garbage.

The germ exists because the CONDITIONS within the host are suitable for its growth and proliferation — and those conditions are, to say it succinctly — putrid.

Ironically and perhaps tragically, Pasteur himself, on his deathbed, recanted: he confessed his belief when he said: “Bernard was right. The microbe is nothing. The terrain is everything.” (Hume, Ed. Pasteur exposed: the false foundations of modern medicine. Australia: Bookreal, 1989)

This admission, unfortunately, fell on deaf ears… and this change of history never took place.

Now ask yourself, Why the creator of the Germ Theory’s ultimate belief that the health of the body is the most important factor in avoiding disease has been kept quiet?

That’s right: Money!

Today more than ever the money is in the medicine, not in keeping you disease-free via having a body that’s healthy and vibrant! Today, as we’ve already talked about, PROFITS are enormous from drugs that claim to destroy “disease-causing” organisms.

Please understand, there is more money in keeping you on pharmaceuticals to treat symptoms rather than fixing the root problem.

However there is also another reason that has kept people resistant to considering the fallacy of the germ theory to eliminate disease. Think about it, isn’t it much easier to blame
germs for your sickness than to take personal responsibility for how you have been treating your health?

Of course!

With the germ theory, you don’t have to take responsibility for sickness caused by your own transgressions of the laws of health. Instead you blame germs for invading your body.

The germ theory effectively shifts personal responsibility for health and well-being onto the shoulders of the medical profession which supposedly know how to kill off the offending germs. It also implies that anyone who is sick is a victim – you were attacked by a 'bad' organism. And your own health slips from your control.

“I do not question the existence of micro-organisms, but they are the result, not the cause, of disease. They are scavengers, their legitimate work is to clean out the sewers of our bodies. Whenever there is decay, pus or decomposing matter these little life-scavengers are doing their work of neutralisation, sanitation and purification. They feast upon effete decaying animal matter. They are beneficial helpers to an important end."

—Dr. Alexander Ross

So you see, whether or not you get sick has very little to do with what germ you catch, but has EVERYTHING TO DO with whether YOU keep your body free of the toxic matter which these germs feed on.

The only problem is that if you create an environment that is polluted, germs will proliferate like crazy. And then they’ll create their own wastes thus creating more and more problems, but that only happens if you create a “supportive” environment.

If you are healthy, if your terrain is balanced, you will not develop disease, even if you are exposed to, or even hold within, the associated germs. In fact, healthy individuals usually have many if not most of these “causative” germs constantly residing in their bodies, and yet continue to be healthy.

It doesn’t happen TO YOU, instead, "you" make it happen...

So don’t worry about germs, what you should be afraid of is an unhealthy lifestyle!
In summary:

- We’re subconsciously taught that symptoms are the cause of disease, and that the world is an evil place full of germs out there to ruin our lives.
- Germs are NOT the primary cause of disease.
- Germs do NOT have any action on LIVE cells; only DEAD cells.
- The germ theory has taken responsibility away from the individual and given it over to the medical community where health care has grown into corporate business, with emphasis on PROFITS, not health.

Soon everyone will learn that it is the individual's way of life that produces disease and not the germs, which are actually beneficial to us. Without them we couldn't even survive.

That’s right, the presence of germs does not constitute the presence of a disease. Bacteria are scavengers of nature...they reduce dead tissue to its smallest element. Germs or bacteria have no influence, whatsoever, on live cells.

Germs or microbes flourish as scavengers at the site of decay. They are not the cause of the disease, any more than flies and maggots cause garbage. Flies, maggots, and rats do not cause garbage but rather feed on it. Mosquitoes do not cause a pond to become stagnant! You always see firemen at burning buildings, but that doesn't mean they caused the fire...

To learn more about the “embarrassing” research of Pasteur, read the following:

- Pearson, RB. *The Dream and Lie of Louis Pasteur*, Collingwood, Australia; Sumeria Press, 1994 (This book is online: [http://www.whale.to/a/b/pearson.html](http://www.whale.to/a/b/pearson.html))

The information in this programme is vital to your life.

Perhaps one day modern medicine can turn back to what Bernard and Bechamp taught us, and realize the enormous cost to humanity from an opportunity lost 100 years ago.

As Pasteur said on his death-bed, “Bernard was right”.

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THE NEW BIOLOGY

CELLULAR HEALTH

A NEW PERSPECTIVE

“The medicine of the future will not be based on drugs but on lifestyle.”

—Matt Traverso

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AN INVITATION

I really want you to get everything you can out of this program. To do that, you'll have to change the way you think about health. Specifically, you must embrace the concept of taking full responsibility for your own health.

Please understand: Your health is not some highly complex thing which you can’t gain FULL CONTROL over. You don’t have to hand over your health to an “expert” who will know what to do with it. All you need is the right information.

The absolute best person to take charge of your health is you.

A lot of the information I’m about to share with you will seem RADICALLY different to what you’ve been taught in the past. That’s fine, I totally respect that. You will have to decide what you’re going to believe (though everything I’m sharing is backed up by some of the top scientists in the world and by thousands and thousands of studies and researches).

But ultimately the best way to decide whether or not something is true is to try it for 10 days and judge by the RESULTS in your own body.

If you do, I promise you a TOTAL TRANSFORMATION in your health and in the quality of your life beyond anything you ever thought possible.

Therefore my goal for this second part of this program is to 1) Empower you to take charge of your health and to take responsibility for the choices you make, and 2) Free yourself of ANY disease and create extraordinary energy in your life.

Because when you choose to take charge of your own health, you WILL be free of all the plagues of the 21st centuries.

I believe that wellness is your birthright, and my mission is to wipe out the B.S. and contradicting health information that’s plaguing the mainstream media. You’re about to discover exactly how to transform your body into a healthy, energetic example of what life is supposed to be.

Because the answers are always within us; found in our own immune systems and our own biology. We are living, breathing healing machines, and my task is to simply remind you of your true healing nature – and to show you how to take back your health power NOW!

I predict that in just 20 years from now the fallacy of the germ theory of disease will be public knowledge (how costly this will be for the pharmaceutical industry!) and the public will recognize the inability of standard medicine to “cure” people with "miracle drugs" and will awaken to find truths that have long been denied them.
The most important thing for you to understand about the "New Biology" is the fact that THE QUALITY OF OUR LIFE IS DETERMINED BY THE QUALITY OF OUR CELLS

**WHY?**

Think about it. What is health? HEALTH IS ENERGY, AND ENERGY IS LIFE.

Where does energy come from?

Energy is made in our cells.

All life is energy. And cells are the building blocks of all life.

The state of our cellular health DICTATES our energy levels and overall health and well-being. If our cells are sick, we become sick.

Cells are like miniature factories that create their amazing product which is none other than life itself.

All living things including plants and animals are made up of cells.

Since cells are the bricks and mortar from which all living tissue and organs are made, to understand and eliminate disease you must become familiar with these basic building blocks – your cells!

**WHAT ARE CELLS?**

Cells are the structural and functional units of all living matter. We are nothing but cells. We have over 75 trillion cells in our body.

These biological blocks compose our organs of sight, sound, smell and taste, every nerve in our bodies, and our brains. They make up the lungs that we breathe with, our beating hearts, our muscles, our skin… even our blood.

A healthy body is determined by the health of each of its single cells. All disease originates at the cellular level.

So if the health of our cells is THE ANSWER, we better take very good care of these amazing electro-biochemical factories.

**WHAT DO CELLS DO?**

As you quietly read these words, a whirl of activity is taking place in every cell of your body.
Cells are multifaceted and have many different functions. For example, nerve cells carry electrical impulses, muscle cells contract when excited, intestinal cells absorb nutrients from the digestive tract, and red blood cells carry oxygen to cells throughout the body.

They all respire like a lung to bring in nutrients and remove toxic waste products.

Cells are also manufacturing plants that synthesize hormones, neurotransmitters, proteins and life force. These cellular engines also communicate like a wireless fiber-optic network 24 hours a day.

If your health is in a less than optimal state, then you need to look at your cellular health.

So now the big question is:

“What do my cells need to ensure optimum health and energy?”

In leading a life full of health and vitality you must follow certain guiding principles.

Essentially, there are five things your cells need in order to really thrive (which we’re now going to explore one by one):

1. **OXYGEN**
2. **WATER**
3. **NUTRIENTS**
4. **MINDSET**
5. **ALKALINITY (pH balance)**

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1. **OXYGEN**

The most important element of cellular health is Oxygen.

Health — life and death — happens at the cellular level.

Health is energy, and energy is built at the cellular level. Cells need oxygen to convert glucose into ATP (adenosine triphosphate), our body’s fuel. Therefore cells must have oxygen.

*We’ve learned that illness is the result of improper removal of toxins from the body. And oxygen is CRUCIAL to the process of removing these toxins from the body; because it takes energy to release toxins and energy comes from oxygen.*

Oxygen is the **most powerful** and the **most important** source of energy.

Most people forget to realise that it is oxygen that drives our bodies. The way in which you utilise oxygen impacts directly on how your body functions.
Oxygen is absolutely essential for the existence of all living matter. We can survive weeks without food, days without water, but only minutes without oxygen! There is no other substance on earth that we are as dependent on as oxygen.

You will find a lack of oxygen in all disease conditions.

Research studies clearly show a direct correlation between a person’s health and the level of oxygen in their bloodstream. Anything that deprives your cells of oxygen is disease producing and lowers your nerve energy (‘deficiency of force’). Anything that can increase the amount of oxygen that gets to your cells is going to make you more healthy. Period.

Dr. Otto Warburg, twice Nobel Laureate, awarded the Nobel Prize in Medicine for his research on cellular respiration, discovered that unlike all other cells in the human body, cancer cells do not breathe oxygen. Cancer cells are anaerobic, which means that they derive their energy without needing oxygen. He explains: “The growth of cancer cells is initiated by a relative lack of oxygen. Cancer cannot live in an oxygen-rich environment.”

Dr Warburg goes on to talk about how this anaerobic environment creates a whole host of other degenerative diseases such as:

- Diabetes
- Heart Disease
- Arthritis

The link between oxygen depletion and disease has been firmly established — and the evidence is OVERWHELMING — although the medical establishment chooses to discredit because it runs amok to their agenda…

Top scientists, including Warburg, Goldblatt, and Cameron, have done studies on cells taken from mice in the laboratory where the amount of oxygen the cells received was lowered. Every time the oxygen level was reduced by just 35% in healthy cells, they became cancerous. The cells were then injected back into the mice and all the mice developed cancer.

Similar cells were given full oxygen during the same period of time and were then injected back into the other set of mice. None of these mice developed cancer.

The only way the disease-causing pollution can ever leave our bodies is to first be combined with oxygen. Without enough oxygen the body simply can’t take the inner garbage out, so that means the pollution and toxin build up stay within us which is what causes all the problems.

LACK OF OXYGEN LEADS to an accumulation of toxins which LEADS to DISEASE.

The more oxygen we have in our system, the more energy we have available to eliminate toxins and keep ourselves healthy. Insufficient oxygen means insufficient energy that can result in anything from mild fatigue to life threatening disease.
Oxygen is taken for granted by almost everyone. But it’s about time that you started to realise how crucial this precious gift really is.

A body that has a high oxygen count has a far better army at fighting away disease and infection.

A body that is oxygen rich will NOT support the likes of anaerobic bacteria, fungus and viruses.

We are not getting enough oxygen into the body and that is one of the reasons that we are getting so ill.

The best way to optimize our health therefore is to be sure that we oxygenate every cell in our body.

**OPTIMAL BREATHING**

Clinical studies including thousands of participants spanning a 30-year period offer conclusive evidence that the most significant factor in health and longevity is how well you breathe ([The Framingham Heart Study](http://www.breathing.com/articles/clinical-studies.htm); The Breathe Well Be Well Study; The von Ardenne studies; and many others).

Optimal breathing is VITAL.

In your lungs there are a billion tiny air sacs, where your blood is purified, supplied with oxygen and sent to the rest of your body. As you breathe out, you expel carbon dioxide and other toxic substances. **Proper breathing eliminates as much as 75% of your body’s wastes!**

Breath is life. It gives us most of our energy. **But few breathe more than 20% of what they could.**

As simplistic as this may sound, we must learn to breathe effectively! If your cells don’t get enough oxygen, they won’t have the energy to function properly.

Therefore breathing right is unquestionably the single most important thing you can do to improve your health IMMEDIATELY.

**Nothing creates more lymph stimulation than DEEP DIAPHRAGMIC BREATHING!**

An interesting breakthrough is from lymphologist Dr. Jack Shields who put cameras inside people’s bodies to **actually observe** what it was that stimulated the cleansing of the lymph system. He found that a **deep diaphragmatic breath** is by far the most effective way to accomplish this. This kind of breathing creates something like a vacuum that sucks the lymph through the bloodstream and increases the rate at which your body eliminates toxins.

*Deep diaphragmatic breathing is the equivalent of having a vacuum cleaner in your immune system pulling the poisons out at a rapid pace.*

— Dr. Jack Shields
This kind of breathing can accelerate the cleansing process by as much as 15 times the normal rate!

Remember: The body is hugely dependent upon the lymph system.

**So how exactly do I do that?**

Before you start with some simple breathing exercises, realise that the heart is the pump for your blood, but the lymph system doesn’t have a pump. It must rely on your movement and breathing for its circulation.

LYMPH CIRCULATION allows your body to carry away and excrete toxins, thus providing you with a clean, nurturing environment for healthy cells.

The thing to remember is that the **richest blood flow** is in the **lower lungs**.

The lower third of your lungs is the most oxygen-rich part of your lungs and it’s bigger.

Unfortunately most people are shallow breathers. You see, with every complete breath you take, there is a very important exchange taking place inside your lungs.

**When you inhale, you infuse the blood running through your lungs with life giving oxygen. And when you exhale, toxins that where in your blood like carbon dioxide are expelled through your breath.**

Most people only use the top 1/3 section of their lungs when they breathe which is where only about 20% or so of the blood is actually circulating!!

Shallow breathers don’t fully complete the exchange at the bottom sections of their lungs where a majority of the blood is circulating which means your blood returns to your cells full of toxins and lacking the fresh oxygen your cells need to thrive.

Slow and deep breaths ARE the foundation for a healthy body, mind and spirit!

So to get the maximum benefit from the air you take in daily, learn to BREATHE FROM THE BOTTOM UP!

The best pattern for deep diaphragmic breathing is the following ratio:

\[
1 : 4 : 2
\]

**Inhale** (through the nose) for a multiple of 1 counts.

**Hold that breath** for a multiple of 4 counts.

**Exhale** (through the mouth) for a multiple of 2 counts.

An example of this breathing ratio:

**Inhale** for 6 seconds.

**Hold that breath** for 24 seconds.

**Exhale** for 12 seconds.
Do this 3 times a day for 10 days and notice how your energy levels go up dramatically. You will also notice more clarity and an ability to ward off illnesses.

So next time you’re worried about your health or want to strengthen your immune system, before you do anything else, take a couple of deep diaphragmic breaths. It will cleanse and fully oxygenate your cells – giving your cells the life-giving energy they need to work optimally!

**AEROBIC EXERCISE**

Aerobic exercise is vital to your health as it refers to your body’s ability to maximally use OXYGEN — it helps oxygen flow and circulate through your blood vessels.

This is so critical because, even if you eat healthy foods and take the most powerful supplements in the world, but if that nutrition can’t reach some parts of your body because the circulation is restricted, then those parts will suffer and eventually become diseased.

New England Journal of Medicine has published that women who exercise regularly reduce their risk of breast cancer by 72%!

Aerobic exercise refers to moderate, continuous exercise lasting at least 15-20 minutes (by the way, aerobic means “with oxygen”). The key is to exercise longer not harder. It should have a comfortable pace.

If you’re exercising with pain, and you do not have an aerobic base, you’re making a huge mistake.

The proper way to exercise aerobically is as follows. You want to spend 5-10 minutes warming up. 15-20 minutes in exercise and than another 5-10 minutes cooling down. These three states represent the following: The warming up phase is where you raise your heart beat to 60% of capacity. During the aerobic workout phase you raise your heartbeat to 70% of capacity (IT IS DURING THIS PHASE THAT YOU BURN FAT). Then during the cool down phase you lower your heartbeat to 55% of capacity.

Regardless of your age, weight or athletic ability, aerobic exercise is GREAT for you.

It does wonders for your heart. Aerobic training develops your heart into a strong and healthy muscle to support you during moments of peak physical activity or emotional intensity. By doing so, you maintain large reserves of power to handle whatever physical or emotional stress you come across.

Also, training aerobically increases your blood supply (especially the red blood cells and hemoglobin), boosts your immune system, widens your blood vessels and capillaries to deliver more oxygen, assists in both the oxygenation of your cells and the elimination of their wastes, and reduces the risk of many conditions including heart disease, high blood pressure, diabetes, stroke and cancer.

In addition, aerobic exercise produces happy bio-chemicals called endorphins which drive away stress and depression and stimulate the immune system. And, it also increases your levels of growth hormones — the youth hormone!
Most types of exercise can be either aerobic or anaerobic ("without oxygen"). The level of intensity determines whether you are exercising aerobically or anaerobically.

At lower heart rates, the following are good examples of aerobic exercise: swimming, dancing, running, bicycling, rowing, hiking, spinning, etc. Just to give you an idea, if you’re training aerobically, you should be able to easily carry on a conversation while you’re exercising.

Bottom line: you must exercise aerobically so that you have a healthier body full of energy.

‘Health’ by the way does not mean having a spectacular physique full of muscles. Health is having all the systems in your body – your muscular, nervous, circulatory, digestive, lymphatic, and hormonal systems – working optimally. You want to be not just fit, but healthy – having tons of energy and vitality!

Take a test and judge by results. Schedule a specific time that you will exercise for at least six out of the next ten days! And have fun while you exercise: Add elements to your routine (music, friends, a change of environment, a personal trainer, etc.) to motivate you to follow through.

2. WATER – THE STUFF OF LIFE

How much water do you drink everyday?

Water is the second most important thing that your body needs.

We can live without food for months, but we can only survive for a few days without water.

Every function in your body takes place in water. Water must be available to carry the nutrients and oxygen to all parts of the body.

Water is also essential to carry toxic waste away from the cells.

More than 70 percent of our bodies is actually made of water. We are more water than anything else.

Water is used by your body to regulate body temperature through sweating. Sweating keeps you from overheating, especially during exercise and hot weather. Also remember that your body needs as much water in cold weather as it does in hot weather.

The human body is a bio-electrical water machine that requires a continuous supply of water.

Blood, which carries nutrients and oxygen throughout the body, is about 85% water. Lymph fluids, which transport nutrition to the cells and take away waste products, are made from the water we consume.
Water carries life energy — water is your lifeline! Every cell that makes us who we are literally owes its life to an adequate supply of water.

Water is necessary to move the waste out of your body. If you are not drinking enough water, your body has to recycle dirty water and every function in your body does not work as efficiently.

Consider the following conditions:

Heartburn, arthritis, lupus, asthma, 'high cholesterol', high blood pressure, heart disease, cancer formation, hot flushes and menstrual problems, obesity, allergies, bulimia, chronic fatigue syndrome, ME, angina, lower back pain, gout, kidney stones, skin disorders, diabetes, fungal/yeast overgrowths, multiple sclerosis, allergies, migraine headaches, general aches and pains, morning sickness, depression, heavy/burdensome periods, colitis, dyspepsia, peptic ulcers...

Do you think they have anything to do with lack of water?

World-renowned water expert Dr. Fereydoon Batmanghelidj (aka “Dr. Batman”), in his revolutionary book, *Your Body’s Many Cries for Water*, maintains that the above conditions are the body's many cries for water. Dr. Batman's work has helped thousands of people overturn health problems effortlessly and inexpensively.

I've heard Dr. Batman speak at a Health Conference a few years ago in Hawaii, and he shared with us that he has successfully treated with water more than three thousand people with symptoms of those types of disease.

The problem is that most people don't drink enough water. And their body responds to this water deficiency in ways which we often see as illnesses.

So dehydration can cause serious disease as your body struggles to maintain itself with insufficient water.

The brain is about 80% water. Although the brain is only 1/50th of the body weight, it uses 1/20th of the blood supply.

With dehydration, the level of energy in the brain goes down – leading to depression & chronic syndrome.

'I drink coffee, diet sodas and beer. They contain water, don't they?'

No. These kinds of drinks act as diuretics—they actually cause you to lose water.

Here’s the challenge. Since we decided water was too “boring” to drink and ignored it in favour of coffee, beer, wine, and addictive sodas, most people have become dangerously dehydrated (a problem compounded further by the fact that most doctors today cannot readily identify the many water-deficient diseases).
So the underlying dehydration continues to cause problems while the inevitable drugs given will switch off the WARNING symptoms.

**How much water do I need?**

Every day you lose water through your breath, sweat, urine and elimination of toxins and wastes. For your body to function properly, you should be drinking half of your body weight in ounces. For example, if you weigh 150 pounds, you should drink 75 ounces of water per day.

Your intake should be spread throughout the day and evening. You may wonder: If I drink this much, won’t I constantly be running to the bathroom? Yes. But after a few weeks, your bladder tends to adjust so you urinate less frequently but in larger amounts.

And by consuming this amount of water throughout the day, you’ll be on your way to a healthier body.

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### 3. NUTRIENTS

"Why must we accept as normal what we find in a race of sick and weakened beings?"

—Herbert M. Shelton

*If I told you that one out of every two people you know is going to be murdered or killed before their time, would you consider that a national epidemic? What if all you had to do to prevent these deaths was get the people you know to eat differently?*

The National Academy of Sciences (NAS) reports that one in two people will die of heart disease and one in three from cancer, and that these deaths are preventable because they are diet and lifestyle related.

Similarly, the American Medical Association (AMA) has published that 85% of all major diseases—including diabetes, heart disease, stroke, cancer, high blood pressure, obesity, osteoporosis, liver disease, etc.—are diet related.

Before we look at what we should eat, let’s keep in mind that we are continually led to believe that disease is a mystery, or beyond our control.

In today’s world of medicine monopoly, scientific proof comes under the titles of who wants it most and *how much can you pay for it*. Scientists findings are based upon *who is signing their pay-check*, rather than on truly scientific verifiable fact.

In the United States, the animal food and junk food industries financially support and influence most nutritional research in major universities and institutions. Over the last 50 years, the largest contributors to Harvard for nutritional research have been the sugar, meat and dairy industries (such as the American Meat Institute, Coca Cola, Hershey..."
Foods, McDonald’s, General Foods, and the Sugar Research Foundation just to name a few).

The American Society of Clinical Nutrition who publishes the American Journal of Clinical Nutrition, is supported by CocaCola, NutraSweet, Nabisco, Borden, and numerous pharmaceutical companies.

Hello??

Do we have a conflict of interest here?

Industrial food giants control diet recommendations in the United States. The animal and dairy industries have used false nutritional dogma for decades to promote their products.

Schools and advertisements teach that meat and dairy foods are essential for wellness. This is the result of billions of dollars spent to influence public opinion, public information, and public curriculum.

Big industry is driven by economics, not science.

We are being brainwashed by the advertising that we see every minute of every day. We are being told how to eat, how to live, what to buy, etc. People’s lives are being destroyed.

The results of eating highly refined, processed foods that lack essential nutrients has made the most technologically advanced and wealthy countries in the world suffer from all forms of malnutrition and degenerative diseases.

Former Surgeon General C. Everett Koop said the following concerning the American diet: “One personal choice seems to influence long-term health prospects more than any other—What We Eat.”

Today’s highly commercialized greedy corporate machine PROFITS TWICE by creating an unhealthy population feeding them junk foods and then treating them with pharmaceuticals!

Here’s the rub: The establishment convinces the public that it doesn't matter what they eat. Any processed, denatured, devitalized, chemical-filled “food” will meet the body's needs as long as we take vitamins, minerals, antacids, allergy remedies, and other drugs.

That’s crazy! The reality is that true health and wellbeing can only be achieved by living in accordance with the innate dictates of our human physiology.

Living healthfully means observing our natural mandate. The body is fully self-operating and self-sufficient if its needs are met. Basically, these needs are pure water and fresh air, foods to which we are biologically adapted, adequate rest & sleep, physical exercise, sunlight, recreation & play, love, and self-mastery.
Your Health Destiny is in Your Hands:
The Causes of Disease are Within Your Control

The real cause of most degenerative diseases is the lack of nutrients and the presence of toxic substances in our modern food.

There is no known cure for even the common cold. The immune system is literally our only defence against disease but it is ineffective if it does not have ammunition; and the ammunition the immune system needs is proper nutrition.

Our immune system is stronger than any medicine will ever be. The immune system prevents and cures disease and illnesses; it is not surprising that most degenerative disease is caused by failure of the immune system.

This happens through poor diet and nutrition and basically not looking after yourself. Disease and illness are the result of many years of malnutrition.

It is estimated that 90% of Americans are malnourished to some degree. This is not from the lack of food, but from the lack of nutrition in our food.

In other words, 'WE ARE OVERFED BUT NUTRITIONALLY STARVING.'

This is seen all around the world with the rise of the disease epidemic. The rise in degenerative disease rates is directly proportional to the decline of the quality of our foods!

Almost all types of disease and health problems are the direct result of not eating the right food and balancing out your body!

Eating the wrong food is now being cited as the number one cause for illnesses and degenerative diseases.

Eventually, the immune system can no longer fight, and a degenerative disease begins to grow. It is only in recent years, that degenerative diseases such as Diabetes, Cancer, Heart Disease, Cholesterol and many others have begun to multiply in amazing numbers!

The key to a strong immune system is through nutrition – supplying your bodies with the needed nutrients, especially those that can’t be produced by our bodies.

The closer the food is eaten as yielded by the field, the more it strengthens the immune system and supports cellular health.

So the question is, do you consume people food or cell food?

In order for your cells to operate at peak efficiency, they need nutrient-rich foods to provide the energy, vitamins, minerals, proteins, fats, and antioxidants that they need. This is why we should be CONSCIOUS of what we eat.
If we eat unhealthy foods, we generate unhealthy and toxic cells, which means that we become unhealthy and toxic.

With the right nutrients your cells can heal the body faster, delay the aging process, grow and repair, and remain disease free... not to mention the energy throughout the day!

Are YOU helping your cells perform their functions well (...or not).

YOU ARE WHAT YOU EAT. IF YOU WANT TO BE LIVE, EAT LIVE FOODS.

"Nothing will benefit human health and increase chances of survival for life on earth as much as the evolution to a vegetarian diet."
— Albert Einstein

It is not a mystery which foods we’re supposed to be eating. This has been determined with as much certainty as whether we should drink water instead of Kool-Aid or breathe oxygen instead of smoke.

Just think about it...Your body is over 70% water. Your brain is 84% water. Doesn’t it make sense that a large percentage of your diet should be made of high water-content foods.

‘Live’ means that the food is still high in vitality and naturally occurring enzymes. These are destroyed when food is heated above 104 degrees F (40 degrees C).

Live foods are plant-foods that have not been cooked, processed, or refined in any way.

Live foods include uncooked, organic vegetables and fruits, raw nuts and seeds, grasses, and sprouted grains and beans and seeds of all kinds (alfalfa, mung beans, flax, hemp, chia, pumpkin, sesame, sunflower, etc). These foods are LOADED with nutrients and healing properties and should make up about 70% of your diet.

All food has an electrical energy. If we are constantly eating foods that don’t give energy back, we will become toxic and acidic. The substances that increase our ENERGY, include oxygen, water, sunlight, and LIVE FOODS.

Sprouted seeds, nuts, grains, and grasses, have the HIGHEST ENERGY of any foods.

A dry seed is alive but “dormant”. During soaking and sprouting the seed awakens to full life with an abundance of enzyme activity.

The process of sprouting (germination) INCREASES EXPONENTIALLY the nutritional value of seeds and grains so they become a rich source of chlorophyll and proteins — which help regenerate your cells and boost your immune system.

The more we include these high-energy foods in our diet, the more we improve our health and energy. If you want more energy, eat more live foods.
"If we as a society switched to a plant-based diet, atherosclerotic coronary artery disease, which accounts for most heart disease, would vanish."

—William Roberts, M.D., Editor-in-Chief of the American Journal of Cardiology

**Why does live food heal?**

Live foods contain loads of **minerals, vitamins, and phyto-nutrients (natural plant medicines)** that boost your immune system, increase your energy, and help **cleanse rather than clog your body**—preventing or treating most degenerative diseases.

Also, live foods contain myriads of **live enzymes**, ensuring optimal digestion, optimal functioning and optimal health.

Nutritional deficiencies actually create a multi-billion dollar disease treatment industry that exploits your health for profit.

**WATER RICH-FOODS: YOUR FUEL OF CHOICE**

High-water content of fresh **live** foods is what your body uses to maintain a clean **terrain**.

Water is the medium which forms the fluids that bathe every single cell of the trillions in your body. The less toxic your choices of food and drinks, the less energy is wasted in trying to eliminate poisonous substances. As a result, you will have more energy without any illnesses.

**How do cooked and processed foods create disease?**

We’ve all been conditioned since infancy to eat cooked food.

The problem with cooked food is that it produces a lot of toxicity. Cooking destroys living tissue including nutrients, turning them into toxic substances — there are a lot of chemical changes that occur to our food as we cook it.

Make sure you eat at least 70% of your diet as raw, whole, live uncooked food. At this level, your body can eliminate the toxins in cooked food as fast as you eat them. **More cooked food results in a build-up of toxins that creates “dis-ease”**.

Live food is replete with nutrients especially in **ENZYMES** that help digestion. Digestion is one of the most energy expending functions — it takes an enormous amount of energy.
Cooked food puts a lot of stress on digestion, wastes energy, and adds toxins to your system. The less energy is drained out of your system, the more you have available for building health.

Nutrients within live foods are pre-digested—making it easy for your body to assimilate. Fruit sugar for instance, is readily absorbed into your bloodstream within minutes.

Eating processed or excessively cooked foods forces the body to leach enzymes from its own supply to digest whatever is eaten. Enzymes are not the only nutrients that are leached. Your body leaches vitamins, minerals, protein and hormones from its own constitution — resulting in weakened cells, toxin build up, deterioration and disease.

“The source of most health problems is what we eat. Whoever started cooking food 40,000 years ago didn’t realize that we are not designed to eat cooked food. We’re designed like other species to eat food in the raw form.”

—Ed Douglas, director of the American Living Foods Institute

The greater the percentage of live food in your diet, the greater the health benefits. Live food prevents and heals many chronic diseases.

Vegetable juices are a great source of easily absorbed vitamins, minerals, antioxidants, phytonutrients, water and chlorophyll — healing the toxicity from years of eating cooked food, and boosting your health and energy.

From the first moment of eating live foods the blood begins to cleanse and regenerate.

Fresh vegetable juices also provide live enzymes that are easily absorbed and reach down to cellular levels within 15 minutes to nourish and enhance growth of healthy cells. To obtain live enzymes for building healthy cells, start drinking fresh vegetable juice (most vegetables including bean sprouts) and eat some fresh vegetables 2 or 3 times a day.

Live foods have an extraordinary power to heal and are central to building extraordinary health and energy. The most anti-oxidant, nutritious, and healthiest foods on the planet include dark green leafy vegetables, avocados, broccoli, spinach, cucumbers, artichokes, asparagus, kale, swiss chard, parsley, collard greens, celery, cauliflower, dandelion, cabbage, brussels sprouts, watercress, lemon, lime, tomatoes, pomegranate, goji berries, acai berries, noni fruit, black raspberries, blueberries, almonds, chia seeds, flax seeds, sunflower seeds, pumpkin seeds, sea vegetables, chlorella, and cereal grasses such as wheatgrass and barley grass. These super high nutrient foods, consumed regularly, will contribute directly to your health and longevity.

By making these antioxidant nutrient foods the major portion of your diet, you can protect yourself against cancer, diabetes, heart disease and other serious diseases.
DESTRUCTIVE ADDICTIONS

Before we go any further, let's get something straight here: We learned that the basis of all disease is a build-up of toxins — also known as “auto-intoxication”. In other words, we literally poison ourselves by our lifestyle! Consuming toxic food, drink, and abnormal substances including pharmaceutical and recreational drugs, makes ZERO sense.

Poisonous habits (including sugar, alcohol, caffeine, nicotine, and drugs) all contribute to disease and destruction of health.

SUGAR
Sugar is an addictive drug, in fact, research shows it is far more addictive than cocaine! What is very sad and devastating is that sugar addiction is an acceptable addiction. It’s not seen as a serious matter, when in reality it is very serious indeed. Sugar suppresses the immune system, feeds cancer, triggers weight gain, promotes premature aging and destroys a person’s health over time, directly causing diabetes, obesity, heart disease, tooth and gum decay, varicose veins and, indirectly, mental disturbances.

ALCOHOL
Alcohol is a depressant—it depresses the human cell—and causes damage and destruction to brain cells. Alcohol breaks the body down and can lead to inflammation of the pancreas—a potentially fatal condition. Enough said.

CAFFEINE
The caffeine industry knows caffeine saps your natural sense of vitality, leaving you dependent on their products to get through the day. They know that you actually crave their products and that you suffer when you don’t consume them.

Coffee is not a food, it is not a drink — it’s a poison. It’s a drug containing lots of toxic substances and more than 200 acids. Caffeine does not provide energy. The perceived energy comes from the body’s struggle and effort in neutralizing this poison. In other words, the stimulation people get from drinking coffee is an expenditure of vital forces that weakens the body. Possible consequences: high blood pressure, high cholesterol levels, digestive problems (stomach upset, ulcers, reduced nutrient absorption), insomnia, restlessness, anxiety, depression, chronic fatigue, and headaches.

NICOTINE
Two thousand Americans stop smoking every day — by dying. Please listen carefully: You CANNOT smoke and be healthy. Period.

Smoking is the No 1 cause of lung cancer — it accounts for more than 90 percent of all lung cancer cases. It’s responsible for about a quarter of heart attack deaths. About 75% of deaths from chronic bronchitis and emphysema are caused by smoking.

If you’re one of those people still injuring themselves and their loved ones with smoking, PLEASE STOP IMMEDIATELY! Do whatever it takes to quit. If you need some help, check out the work of Allen Carr or Dr John Grosboll — or just do it NOW: Associate yourself to the negative consequences of smoking, make a new congruent and committed decision and break your pattern!

DRUGS
As you well know, the effects of drugs, both prescription and illegal, are HIGHLY TOXIC AND DESTRUCTIVE.
THERE ARE 3 POISONS YOU MUST ELIMINATE IF YOU TRULY WANT TO BE HEALTHY

POISON No. 1:
PROCESSED FATS (“FATS THAT KILL”)  

With all the confusion about fats, let’s set the record straight. If you are eating HYDROGENATED OR PARTIALLY HYDROGENATED FATS OR OIL you are asking for trouble!

If the label contains the words hydrogenated or partially hydrogenated, DO NOT EAT IT.

The stuff is called trans fat, created when ordinary vegetable oil is processed into partially hydrogenated oil. This stuff (also known as shortening) has been identified as one of the most dangerous food additives and it’s in most commercially prepared foods (such as margarine, crackers, cakes, doughnuts, fast food and even bread.). Food manufacturers put this stuff in their processed foods to prolong their products’ shelf life.

Dr. Jeffrey Aron, MD, professor of medicine at the University of California, San Francisco, and one of the nation's leading experts on fatty acids and their effects on the body, states:

"There should be a warning on food made with this stuff like there is on nicotine products. It's that bad for you."

Why are They So Bad for You?

Cardiovascular diseases are the major killers worldwide. The BAD fats (such as “trans fats” or “trans fatty acids” or “hydrogenated fats”) are the key factor in heart disease because they not only increase LDL (“bad”) cholesterol, they also deplete HDL (“good”) cholesterol – which helps protect against heart disease. They also inhibit insulin from binding to the cells, which creates blood sugar problems that lead to diabetes and obesity.

Trans fats are in fact known to increase the chances of developing heart disease, strokes, insulin resistance, Type 2 diabetes, liver dysfunction, Alzheimer’s.

In other words, these bad fats clog up your arteries. Over time, they "clog the pipes" that feed the heart and brain, leading to heart attack or stroke.
NATURAL FATS (“FATS THAT HEAL”)

Fats in our society are terribly misunderstood yet essential to our diet. Our bodies need fat — but good fat. Essential fatty acids like omega-3 and omega-6 oils benefit every cell, tissue, gland and organ in the body. They are essential to normal functioning and optimum health.

These good fats strengthen and cleanse our bodies. They build cell membranes and provide lubrication to the body so that the cells can do their jobs. They also bind with toxins, helping to eliminate them from your body. In addition, good fat is a major source of energy for your body.

My friend and mentor Dr Udo Erasmus, the world’s expert on fats and oils in human health, states that a diet deficient in essential fatty acids can lead to heart attack, stroke, arthritis, autoimmune problems, weak bones, low energy, dry skin, overweight, obesity, type II diabetes, depression, and symptoms of mental illness (including schizophrenia, bipolar, obsessive-compulsive, anxiety) and Alzheimer’s. However, he says that all of these conditions quickly improve when people increase their intake of essential fats.

Dr Erasmus has developed his own oil blend (Udo's Choice Oil Blend) which I highly recommend for it has all the good fats your body needs. By the way, at our health programs that we do with Anthony Robbins around the world, we always use Udo’s Oil to help our clients cleanse and energise their bodies.

But you can also get all the good fats you need from fish oils or plant sources such as avocados, almonds, walnuts, flax, coconut, pumpkin, hemp, sesame, and sunflower seeds.

The problem in our society is that we’re taking refined, cooked fats (bad fats) on a regular basis. These clog up our blood vessels to such an extent that we can’t even get the oxygen to flow through our system, much less get the nutrients! That’s why one in two people dies of heart disease! It’s the No 1 killer of both men and women worldwide!

What can I do?

- Avoid fried foods and stop cooking with oils! Erasmus puts it this way: "If you want to fry, the only oil to fry with is water". So, no frying, no deep frying, no sauteeing. You see, it doesn't matter what fat you use, if you heat it, you change the chemistry and that changed chemistry does not work (it causes hardening of the arteries, cancer and inflammatory diseases).
- Use olive oil and garlic — or avocado! — in place of butter or margarine.
- Limit commercial baked goods (cookies, pastry, crackers).
- Limit packaged, convenient foods.
POISON No. 2: MEAT

“It is regrettable that the world moves so slowly in accepting truth.”

—Le Grand Richards

We know that diet plays a key role in determining our level of health. But with all the conflicting information in the media, it’s easy to get confused about what we should and shouldn’t eat.

But the overwhelming evidence makes it quite simple: **study after study has shown that the more plant-based foods we eat, and the less animal-based foods we eat, the healthier we will be.**

Please understand, you can easily protect yourself from disease! Just stop digging your grave with your teeth!

“Choosing meals built on whole grains, legumes, fruits and vegetables is the best way to stay healthy.”

(American Dietetic Association)

Research studies have established consistent relationships between a vegetarian diet and reduced risk for…obesity, diabetes, coronary artery disease, hypertension, and cancer.

After more than 40 YEARS OF RESEARCH on the impact of nutrition on health, Dr. T. Colin Campbell concluded:

“**People who ate the most animal-based foods got the most chronic disease. People who ate the most plant-based foods were the healthiest and tended to avoid chronic disease.**”

"Even small intakes of animal foods — particularly meat and milk — are associated with significant increases of chronic degenerative diseases."

—Dr. T. Colin Campbell, PhD
Professor Emeritus of Nutritional Biochemistry at Cornell University

Walter Willett, Chair of the Department of Nutrition at the Harvard School of Public Health, maintains that a diet rich in fruits and vegetables plays a key role in reducing the risk of all the major causes of illness and death.

Think about this. Every 35 seconds, 24 hours a day, someone dies from heart disease, and its treatment has become a huge business in the United States. Operations cost thousands of dollars, while people are taking more and more pills every day for the joy of the immensely profitable drug companies.
Meanwhile, study after study after study has shown that a plant-based diet, rich in whole grains, fruits, and vegetables, can stop and even reverse heart disease!

Dr. Dean Ornish has consistently proven and demonstrated that heart disease can easily be reversed with simple lifestyle (including dietary) changes – and without medicines or surgery. His program is the first scientifically proven system to reverse heart disease. It combines a very low-fat plant-based diet, moderate aerobic exercise, and stress management.

Similarly, Dr. Caldwell Esselstyn’s powerful program scientifically proves that a plant-based diet alone can not only prevent but again, reverse heart disease. Drawing on the groundbreaking results of a 21-year study, Dr Esselstyn shows that we CAN, in fact, abolish the heart disease epidemic by changing our diets.

Eating meat is not only linked to heart disease, but it is also strongly linked to the risk of developing cancer.

Sadly, people just are not informed about the POWER of their food choices.

Simply put, the countries with the highest consumption of meat have the highest rates of prostate cancer, while those countries that consume the lowest amount of meat have the lowest rates.

Similarly, the countries with the highest consumption of meat have the highest rates of prostate cancer, while those countries that consume the lowest amount of meat have the lowest rates.

The Journal of the American Medical Association found that those who ate the most meat had twice the risk of colon cancer as those who ate the least.

The American Cancer Society makes two fundamental recommendations for preventing cancer through diet – here they are:

• No 1: Eat more plant-based foods.
• No 2: Eat fewer animal-based foods.

Most cancers can be prevented simply by eating a healthy plant-based diet, avoiding most processed foods, and staying committed to a smoke-free and physically active lifestyle.

If animal foods are the centre of your diet, it’s impossible to live in accord with the overwhelming scientific evidence regarding true human health.

The problem is that meat protein is very difficult to digest and requires a lot of digestive enzymes. Undigested meat remaining in the intestines putrifies — which means it creates poisons that are toxic to humans — leading to more toxic build-up. And cancer cells thrive in a toxic environment.

In other words you cannot eat animal flesh without causing damage to your body.
Dr. T. Colin Campbell, a key researcher involved with The China Study, says “In the next 10 to 15 years, one of the things you're bound to hear is that animal protein is one of the most toxic nutrients of all that can be considered.”

Meat also contains antibiotics such as penicillin and tetracycline (used to prevent disease in farm animals), growth hormones, fertilizers, tranquilizers, anti-parasite drugs and many other medicines. These drugs are passed directly onto the consumers of their dairy or meat, which contribute to meat related diseases like coronaries and high blood pressure.

But, Where am I going to get my PROTEIN!?

The story on protein has been made deliberately so confused by commercial propaganda that it's always the first question that is asked about diets that include no animal products. It is surprising for most people to learn that our protein needs are actually very small.

Overconsumption of protein presents a far greater threat to our health than not getting enough.

In fact, a major culprit in many human degenerative diseases is a protein overdose.

Your concern should not be how to get more protein but that you are getting too much. Our Western society is protein poisoning itself!

The truth is, it's practically impossible to not get enough, and actual cases of protein deficiency are almost nonexistent in our culture.

Our true protein needs can be easily determined quite definitively by examining the protein content of human mother's milk.

Sure!

Use your common sense! When in life are your protein needs the greatest?

The time in our lives when we are growing the most and therefore need our highest level of protein is in the first six months of life. Yes, when we are infants we grow faster than at any other time in our lives, consequently our protein needs are the greatest. HOWEVER mother's milk contains less than 2% protein!!! By the way, fruit contains roughly the same percentage of protein.

The reality about proteins is that you needn't concern AT ALL with getting enough of them. And understand this: 70% of your protein is created within your body. In other words, your body reuses and recycles your protein, and the more efficient your body is, the less protein it needs!

All the aminos you need for proteins are found in plant sources. If you eat a variety of fruits, vegetables, whole grains and legumes, you will get more than enough protein. For example, lettuce is made up of 34% protein, broccoli is 48% and spinach 49%!

The strongest animals in the world — horses, gorillas, elephants — are plant eaters. And they sure aren’t eating steak or having protein shakes for breakfast!
Don’t I need to eat meat for energy?

No. Protein is the last thing the body burns for energy. The first thing your body uses is sugar, the second is carbohydrates. Then it uses fat. The last thing it ever uses for energy is protein. Moreover, excess protein creates nitrogen in the body. Nitrogen causes fatigue — it makes you feel tired.

But if I don’t eat meat, won’t my bones get weak?

Meat contains a lot of uric acid which leaches calcium from the system. People who eat meat have the weakest bones. Osteoporosis, is caused by an OVER-ABUNDANCE of protein, NOT a lack of calcium.

Now, let me tell you what gives meat its taste. Meat gets its flavor from uric acid. This is the acid from the urine of the animal, which is flooded through its body when it dies. (By the way, kosher has no urine, or taste.)

But that’s not all; when an animal dies its natural osmotic pressure disappears and putrefactive germs contained in the colon flood its system. That’s right, putrefactive germs are colon germs; and they saturate all the cells of the meat. It is these putrefactive germs that tenderize meat during the aging process. Now you know what you’re actually eating!

Now, the body can only deal with about 6 grains of uric acid in one day. An average piece of meat however contains 16 grains. Uric acid in our bloodstream directly causes gout and arthritis.

Don’t athletes need to consume lots of meat?

The world record-holder in the 24-hour triathlon is Sixto Lenares who cycled 185 miles, swam 4.8 miles and ran 52.4 miles in a single day without dairy products, meat or eggs.

The Canadian tennis player, Peter Burwash, decided to try living on a vegetarian diet. One year later, he was given the highest physical index of any athlete in Canada.

Dave Scott, another vegetarian athlete, won the Ironman triathlon (2.4-mile swim, 112-mile bike ride, 26.2-mile run) six times.

A FEW IMPORTANT POINTS ON ECOLOGY

- The world's livestock consume increasing quantities of land, energy, and water.
- While it takes 25 gallons of water to produce a pound of wheat, it requires an astonishing 2,500 gallons (11,250 litres) of water to produce a pound of meat.
- If Americans reduced meat consumption by just 10%, it would free 12 million tons of grain annually for human consumption — an amount that would entirely feed the 60 million people who will starve to death each year.
- A child dies of starvation every 3 seconds.

“If anyone wants to save the planet, all they have to do is just stop eating meat. That’s the single most important thing you could do.”

—Paul McCartney
POISON No. 3: MILK (The Deadly Poison)

Cow's Milk is the "Perfect Food" for Baby Calves!!!

People who have been taught that cow's milk is the "perfect food" are usually shocked to hear that dairy consumption is a major contributor in nearly two dozen diseases of children and adults.

Nature created human mother’s milk for baby humans, cow mother's milk for baby cows, and so on.

 Asked what single change in the American diet would produce the greatest health benefit, Washington DC based pediatrician Russell Bunai, says “Eliminating dairy products out of the diet.”

Drinking milk is promoted as essential to good health. Milk is said to be the “perfect food.” Subtle advertising messages like “Milk Does a Body Good” are imprinted in our minds from an early age. There’s a multibillion dollar industry whose very survival depends on their ability to keep promoting and brainwashing people into this idea that milk is essential to build strong bones.

Well, one thing’s for sure: Drinking milk builds dairy producers' profits.

Despite what the dairy industry has led us to believe, the wealth of research available on milk and calcium shows a completely different story.

Dr William Ellis, who has studied the effects of dairy foods for more than four decades, states: "Thousands upon thousands of blood tests I've conducted show that people who drink three or four glasses of milk a day invariably had the lowest levels of blood calcium.”

Dr Ellis says that these tests showed conclusively THAT ADULTS WHO USE MILK PRODUCTS DO NOT ABSORB NUTRIENTS AS WELL AS ADULTS WHO DON'T.

Furthermore, he outlines how milk drinking causes malabsorption.

The first reason is that milk and milk products have a great ability to neutralize hydrochloric acid (this acid aids in the digestion of your food). This forces your stomach to work harder to produce enough hydrochloric acid to digest your food.

The second reason and most revealing is that MILK AND MILK PRODUCTS TEND TO GENERATE EXCESSIVE MUCUS IN THE INTESTINES, SINUS AND LUNGS. The extra mucus in the intestines hardens and forms a coating on the inner lining that is relatively impermeable to nutrients. This, of course, means poor absorption, which results in chronic fatigue.

In full agreement, Dr. Kurt Esselbacher (Chairman of Medicine of the Harvard Medical School) writes: “Tests on more than 25,000 blood samples show adults using milk do not absorb nutrients as well as those who don’t. Milk forms a mucous coating inside the intestines, resulting in poor absorption and assimilation.”
They also found that milk is a cause, rather than a prevention, of osteoporosis. America being one of the largest consumers of dairy as a country, has one of the highest rates of osteoporosis. Scientists have found that there is a direct correlation between dairy intake and osteoporosis.

Researchers at the Harvard School of Public Health looked at all of the studies of dairy consumption in human beings and wrote, in 2005: “The recommendation to drink three glasses of low-fat milk or eat three servings of other dairy products per day to prevent osteoporosis is another step in the wrong direction.”

The problem is that cow's milk is very high in protein. The excessive protein in milk causes the blood to become very acidic. To buffer this rise in acid, the body pulls off the calcium right out of your bones, a process known as calcium leaching.

And the greater your protein intake, the higher your calcium losses will be, and this calcium leaching will continue unless you reduce your protein consumption (in other words drinking more and more milk won't stop the calcium leaching from your bones but increase it).

According to Susan Stockton, Author of ‘The Book of Health’:

“A major reason that we become calcium deficient is that we take in too much protein (including dairy product) which causes an over-acid condition, necessitating the robbing of body’s storehouse (bones and other tissue) to buffer the acidity with an alkaline mineral, calcium.”

Furthermore the calcium in milk is not absorbed because it does not contain the appropriate ratios of other minerals such as magnesium and manganese as well as vitamin B 12 which our bodies require in order to properly assimilate calcium. These substances are not present in milk in a way that our bodies can absorb; cow milk is for calves, not for human adults.

The great Dr Frank Oski, the leading pediatrician in the US and former Chairman of Pediatrics at Johns Hopkins, says, ‘There's no reason to drink cow's milk at any time in your life. It was designed for calves, it was not designed for humans, and we should all stop drinking it today.”

Milk and other dairy products weaken the bones and accelerate osteoporosis. That's right, consumption of milk causes the very condition it's advertised to prevent. If you want strong bones, don't drink milk.

Harvard University's landmark Nurses Health Study, which followed 78,000 women over a 12-year period, found that the women who consumed the most calcium from dairy foods broke more bones than those who rarely drank milk.

“The association between the intake of animal protein and fracture rates appears to be as strong as the association between cigarette smoking and lung cancer.”

—Dr. T. Colin Campbell, PhD
Professor Emeritus of Nutritional Biochemistry at Cornell University
Dr. Ellis conclusively states: “Dairy products are "simply no good for humans... There is overwhelming evidence that milk and milk products are harmful to both adults and infants.”

So what can I do to prevent osteoporosis and build strong bones?

- **Get plenty of exercise.** Studies have concluded that physical exercise is the key to building strong bones (it's more important than any other factor).

- **Eliminate animal protein.** Animal protein causes severe bone deterioration.

- **Eat plenty of fruits and vegetables.** The healthiest and highly absorbable sources of calcium are dark green vegetables (such as broccoli, bok choy, kale and parsley), fruits, legumes, sesame seeds, almonds, figs, and seaweed.

**So how come you didn’t know about the harmful impact of milk and how it can actually give you weak bones rather than strong ones?**

Remember, the dairy industry spends hundreds of millions of dollars every year on advertising to convince us that their products are absolutely essential for your health, to push the message of strong bones and osteoporosis prevention inside almost every popular magazine, in as many strategically placed television commercials, into the posters of celebrities with “milk mustaches” hanging inside classrooms or on your own room’s walls. Never mind the truth. Never mind the increased risks in heart disease, diabetes, osteoporosis, and four kinds of cancer (colon, breast, ovarian and prostate).

**The dairy industry is a very powerful force, controlling the USDA’s nutritional guidelines and influencing people’s thoughts about milk.**

The advertisers' power to dictate the content of what we see as news and entertainment keeps growing every year. And we’ve seen that corporations will serve their own interest before they serve the public interest and have historically demonstrated to also serve their own interest at the expense of the public’s welfare.
Key Organizing Principles For Effective Nourishment

In a nutshell, the most important rule is to eat your food as much as possible whole, live, organic and free of added chemicals. Other important rules are to chew well, enjoy what you eat, combine the food correctly and eat comfortable amounts of foods.

No matter how many times we’re told that certain foods are bad for our bodies, we continue to indulge in them. Why is that? Not only have we become victims of commercial brainwashing, we’ve lost the REAL REASON we’re meant to consume food — for maximum nourishment.

My purpose now is to tell you the truth about your body's biochemistry — how your body actually works, unlike what you’ve been taught culturally — so that you have control over your health.

For maximum nourishment and energy, you must properly combine your foods.

What happens is that you improve your digestion and the energy you save goes into cleansing your body and improving every aspect of your health.

If foods are not properly combined, our digestive systems have to work overtime and our energy levels become greatly reduced as our digestive systems require this extra energy to digest the food. This means that our digestive systems sometimes work 12-14 hours to digest our food; which is often the reason why some people wake up tired the next day even after 7-8 hours sleep as their digestive systems are forced to work through the night to digest the food.

The discomforts of indigestion are so common in today’s society that indigestion is almost considered normal. The fact that over 2 billion dollars are spent each year on antacids is proof of this.

But instead of using drugs to suppress symptoms, wouldn’t it be wiser to remove the causes of indigestion?

The principles of food combining are dictated by digestive chemistry. The most important rule about food combining is simply this: DO NOT EAT STARCH (CARBOHYDRATES) AND PROTEINS TOGETHER. Why not?

Different foods require different digestive enzymes to aid in the digestive process — some acid, some alkaline. Protein foods require highly acidic juices for digestion while carbohydrates require alkaline juices. As any student of chemistry will assure you, when acids and alkalines come in contact, they neutralize each other and this retards digestion.
Also, when starches and proteins are combined, the digestive process is compromised. This situation leads to indigestion, bloating, gas, and poor absorption of nutrients.

Here are other key principles to ensure efficient digestion.

- **Eat fruit on an empty stomach.** That’s because fruit doesn’t digest in the stomach; it quickly passes through to be digested in the small intestine. If it is eaten after your meal, it will ferment, possibly causing upset stomach and definitely causing ineffective digestion – that’s why some people say they “don’t agree with fruit”!
- **Eat slowly and chew your food thoroughly.** Saliva contains powerful digestive enzymes, which should be well-mixed with your food. It’s the first crucial step in digestion, which in turn is crucial for optimum health!
- **Do not eat while you are stressed.** Eating when stressed inhibits digestion and creates fermentation. It also increases the chances of eating too much, hurrying your meal, not chewing properly and therefore poor digestion. Eating should be enjoyed slowly and in a relaxed frame of mind. Your body will thank you for it.
- **Do not eat if you are not hungry.**
- **Eat comfortable amounts of food.** The stomach is equipped to digest a meal the size of two cupped hands together.
- **Eat organic foods whenever possible.** While still being priced slightly more expensively in the supermarkets, the benefits of organic food far outweigh the financial costs.
- **When you drink fresh juice, allow it to remain in your mouth a few seconds before drinking.** This enables it to be broken down by your salivary enzymes, a crucial step in optimum digestion.
- **Have a mixed vegetable salad with a protein, carbohydrate or fat.**
- **Avoid vinegar.** It contains acetic acid which has a deteriorating effect on the liver as does alcohol. Vinegar also interferes with digestion. Replace vinegar with lemon juice and olive oil. Or make your own salad dressing with recipes you find in your local health food store.
- **Avoid drinking liquids with or immediately following a meal.** Drinking during meals hinders digestion and it interferes with nutrient absorption.
- **Eat at least a couple of hours before the time you retire.**

One Note on Nutritional Supplementation

Due to increasing levels of nutritional soil depletion, today’s typical diet generally fails to provide sufficient amounts of nutrients.

As a result, we sometimes utilize supplements to compensate for our diet’s deficiencies — thus supporting you in creating and maintaining a lifestyle of optimal health and abundant energy.

Remember though that supplements should **complement** the fruits, vegetables, beans and other legumes, and whole grains in your diet, and **NOT** supplant them.

Anti-oxidants, enzymes, multivitamins, and minerals should fortify the solid base you already have in place, facilitating your maximum nourishment.
4. A DIRECTED MIND

Your MINDSET about health will affect you more in your life than any pill, any disease or any doctor you see, and my goal now is to help you develop a new, empowering and confident belief system about your health and well being.

We used to believe that the body was influenced solely by physical and biological events. The mind might be important for emotions and beliefs but had little to do with the reality of the body.

But today there’s an immense amount of research showing that PHYSICAL HEALTH is strongly impacted by the MIND. The way you think influences your susceptibility and resistance to disease. Now there’s even a new field of research called psychoneuroimmunology which is dedicated to unlocking the connection between our thoughts and our immune system.

However, it has yet to be accepted by the majority of medical practitioners. In part, this is simply the result of resistance to change: it is contrary to what doctors were taught in medical school.

But also, most doctors don't want to believe that health is dependent on the mind. Because if they believed that it is, they would have to admit that there is not a lot they can do to eliminate chronic illness. They would be forced to recognize that much of what they do is at best ineffective and at worst, harmful.

This is a serious problem, and it's going to get worse as the evidence for the mind's influence on health builds up.

As a matter of fact all the research now clearly shows that the mind has tremendous power over the body. For example, the placebo effect provides dramatic evidence for the power of the mind. We talked earlier about the placebo effect, that's when researchers mislead patients by treating them with placebos (dummy pills). The simple thought that one took a real drug causes reactions consistent with their expectations.

Your thoughts create a direct physical effect on your body.

There is in fact a direct correlation between thoughts, emotions, and illness. What has been discovered is that our thoughts and emotions play a powerful role in the development of disease. We can make ourselves healthy or sick through our thoughts and our emotional reactions to those thoughts.
It’s been scientifically proven that fear compromises your immune system. People who are fearful experience a drop in their immune system’s T-cells. Fear, anger, guilt, and resentment are physical POISONS to the body — they have a chemical effect — they wear down the immune system, leaving you more susceptible to disease.

“Every cell in the body has a mind. Every cell creates messenger chemicals. These chemicals are secreted in response to feelings, emotions, beliefs, and intentions. Whenever we have a feeling, it’s happening throughout the body — at the same instant in time.”

—Dr. Deepak Chopra

Worry, resentment, fear, anxiety, grief, depression, hate, anger, jealousy, self-pity and similar destructive emotions are great annihilators of nerve energy. And this loss of nerve energy, like we saw earlier, is the precursor of all disease.

Fear is a killer. It ruins the quality of both your health and your life.

Realize that fear and stress are entirely a function of your perception — how you interpret events!

One extreme example of the power of perception — that is, the meaning we give to things — is the power of the witchcraft rituals. Voodoo deaths come from the great anxiety and loss of hope in the cursed person caused by one overwhelming thought, the belief that death inevitably awaits. (By the way, that’s why it is a great crime for physicians to frighten people by telling them about their disease.)

For example in the Haitian culture people believe in the deadly power of the witch doctor; whose ritual (usually referred to as “pointing the bone”) can indeed cause death. But the real killer of course is the BELIEF that the witch doctor has total power over our body. And when we have that level of certainty, our body responds accordingly.

How you deal with events can mean the difference between health and sickness.

A DIRECTED MIND is a mind that thinks positive thoughts, that has learned to find an empowering meaning in every situation, and that tunes in and expresses all great emotions. A directed mind also leads you to surround yourself with positive energies, with people who are happy, healthy, and energized!

This is why laughter keeps being confirmed as one of the most effective methods to heal disease, and even cancer. Laugher has been shown to release happy chemicals — such as serotonin and endorphins — that produce a sense of well-being and positively influence our body in ways that sustain health.

Specifically: When you laugh, natural killer (NK) cells which destroy tumors and viruses increase, along with Gamma-interferon (a disease-fighting protein), T-cells (important for our immune system) and B-cells (which produce disease-destroying antibodies). As well as lowering blood pressure and reducing stress hormones, laughter increases oxygen in the blood, which also promotes healing.
The most famous example of “laughter therapy” comes from the life of Norman Cousins who wrote a book about his experience called ‘Anatomy of an Illness’. Suffering from a degenerative disease, doctors told him that he had only one chance in 500 for recovery. He was immersed into the world of gross medication and had to cope with their excessive side effects. He got totally miserable. This state of affairs continued day after day until he got sick and tired of being sick and tired. He stopped all conventional medication, checked himself out of hospital and booked into a hotel room. There he spent up to 8 hours a day watching funny movies. Cousins had a complete recovery – he literally laughed himself back to health!

Laughter is so miraculous because it works as a prescription drug, but is entirely NATURAL — it’s FREE — and has NO NEGATIVE SIDE EFFECTS! And, as shown with Norman Cousin, it can save your life.

The use of laughter as a natural healing therapy is spreading fast... That's why I urge you to laugh. Tap into your source of joy and learn to laugh for no good reason at all — except that it feels good and does your health a huge amount of good.

Watch this short 5 minute video that takes us to India where an Indian Doctor prescribes laughter for health. As funny as this may sound studies in the United States are actually confirming that laughing may just really be the best medicine after all.

THE CREATIVE POWER OF YOUR THOUGHTS

Many Nobel Prize winning physicists have recently proven beyond doubt that the physical world is one large sea of energy. Nothing is solid. Everything is fluid and ever-changing.

The science of quantum physics has proven that the entire universe is a vast expanse of energy vibrating at different rates and that thoughts are what put together this ever-changing energy into the "objects" that we see.

The physical world is a sea of ENERGY— dancing, fluid, ever-changing ENERGY – and it is through our thoughts that we transform this ever-changing ENERGY into subjective reality.
We have been conditioned to believe that the external world is more real than the internal world. Quantum physics says just the opposite. It says that what's happening on the inside determines what's happening on the outside. It says that our world is shaped by our thoughts.

Look around you right now. Whatever you see started with a thought (including you!). Your life is the product of YOUR PAST THINKING. The good news, the phenomenal news is that, if you don't like what you see, YOU can change it by changing the way you use your mind. It really is that simple.

You literally become what you think about most.

The human mind and body are fundamentally packets of vibrating energy constantly interacting with this vast energy sea.

THINK ABOUT THIS – What is our body made of?

On the surface you could say we are made of tissues and organs. But what are tissues and organs made of?

**Cells.** What are cells made of?

**Molecules.** What are molecules made of?

**Atoms.** What are atoms made of?

**Sub-atomic particles.** What are subatomic particles made of?

Energy? No. They are not made of energy; THEY ARE ENERGY.

You are one big "chunk" of energy. And so is everything else.

So the physical world, the world of objects and matter, is made up of nothing but information contained in energy vibrating at different frequencies.

And energy vibrating at a certain frequency is attracted to other energy vibrating at the same frequency. This is the essence of the Law of Attraction.

The Law of Attraction is one of the universal or natural laws of this universe. Like gravity or electricity, it works with mathematical certainty. It is energy in motion. Whatever you are consciously or unconsciously focusing on in your life, you will attract more of, to you. Your inner world defines your outer physical experience.

This Law has gained special attention and is transforming humanity through movies such as “The Secret” and “What the Bleep” and popularized to the world on The Oprah Show and Larry King Live.

The important thing here is that the law of attraction is at work on a continual basis both consciously and unconsciously. Every one on this earth is subject to this law. There are no exceptions. WHATEVER YOU FOCUS ON BY MEANS OF YOUR THOUGHTS, YOU WILL ATTRACT INTO YOUR LIFE.
Thoughts are energy and energy attracts like energy, that’s the reason why ‘THOUGHTS BECOME THINGS’. *What you think about you bring about.*

Through your own thoughts and emotions, you influence your physiology and create your state of health.

**You Are The One Who Creates Your Reality.**

The way YOU THINK AND FEEL about your health has a profound effect on how healthy you actually are.

The ultimate responsibility lies with YOU to realize that if you want to have optimum health then you really need to change the way you THINK about your body and your health.

> “The world we have created is a product of our thinking. It cannot be changed without changing our thinking.”
> —Albert Einstein

**Life is all about choices – choosing your thoughts**

Yes, the solution begins from within: change your mind and you change everything.

And you DO have control over your vibration by *consciously choosing* your thoughts and your focus.

**WHERE YOUR FOCUS GOES, ENERGY FLOWS**

Your thoughts send out an energy or vibration. The energy that you put out with your thinking affects your own well-being and the internal environment of your body.

Everything is vibration and you attract those things that you are in vibrational resonance with. Your vibration is your feeling. The more positive feelings you can experience, the easier and faster you will manifest health into your life.

**High vibrations (positive emotions) are consistent with health, low vibrations (negative emotions) are consistent with disease.**

For example, when people are emotionally depressed, their immune system becomes weak. Conversely, someone feeling happy has his or her immune system stimulated!
To regenerate your body you must **raise the frequency of your energy vibration.** Your thoughts and emotions determine how fast or how slow it vibrates.

**Always be aware of how you are feeling.** Never allow your emotions to be too low for too long.

The truth is; if a person has a disease and they talk about it, feel sorry for themselves, believe they are the “victim”, and expect everyone else to feel sorry for them too, they are providing the perfect vibration for the disease to become worse and escalate.

**Therefore one of the major secrets to healing is your attitude and emotions.**

If you want proof of what is possible by using your MIND alone, please visit: [http://www.themiracleman.org/](http://www.themiracleman.org/) *(The Miracle Man)*

And please watch the videos (including the one by my friend and mentor Zig Ziglar).

> “In order to change the print out of the body, we must learn to rewrite the software of the mind.”
> —Deepak Chopra, M.D.

**So what should I do?**

Be aware and mindful of the thoughts that you allow yourself or find yourself thinking.

**Purposefully focus on thoughts that you like and that make you feel good.** The better you feel about yourself, the easier it is to treat yourself like your own best friend, feeding yourself healthy foods and engaging in regular exercise.

Disease cannot survive in the presence of the vibrations of high emotions—such as joy, gratitude, happiness, strength, appreciation, freedom, passion, admiration, certainty, confidence, faith, and above all Love—so think and do whatever necessary to maintain these feeling states. If you ever feel “sad” or “low”, then immediately recall times of joy, happiness and Love.

**Emotion is energy and energy attracts like energy. Your feelings create your reality.**

Again, you can control your **feeling** with your thought. Positive feeling is high vibration. You can choose to be happy by **choosing** to think positive thoughts.

Be like the good gardener, who waters the plants and not the weeds.

Finally, use the power of language: **Speak that which you wish to become.** Language is extremely powerful and **every word is accompanied by a feeling that either lowers or raises your vibration.** Here’s an example of an affirmation that by repeating it you will start feeling the RIGHT emotions and doing the RIGHT thing:

**Nothing tastes as good as absolute health and energy feels!**
Before we continue let's recap for a moment.

So far we've learned of the disease epidemic raging across the Western world.

Then we've learned that THE CONVENTIONAL APPROACH TO HEALTH DOES NOT WORK. But unfortunately over the last 100 years, conventional medicine has become the largest and most powerful establishment on the planet. It's a very well organised Medical-Pharmaceutical Industrial Complex that has corrupted the legal system and crushed Natural Doctors, Natural Medicine, and Self-Care.

Hence we pulled back the curtain on this multi-billion dollar industry to expose the insidious ways that illness is used, manipulated, and sometimes even created, for capital gain.

Pharmaceutical companies "treat" diseases, not cure them. It's a profit making business! They defined the human body as their market place, they profit by keeping your sick. You stay sick; they stay rich.

Then we learned that the TRUE SOURCE of health and disease can only be found in the TERRAIN: “The microbe is nothing, the terrain is everything.” The battle for our health is won and lost from within and not from the outside.

If we find germs in our bodies (the terrain), they are there because we have created an environment that supports them. Germs do not produce a disease condition any more than a vulture produces a dead rabbit or rats produce garbage.

Winning the game of health is all about removing from our bodies the accumulated toxins (acid wastes) over our lifetimes, including the toxins we take in each day. It is these toxins that are creating disease and killing us as a society.

Then I presented you with THE ONLY TRUE SOLUTION FOR BEING HEALTHY: CELLULAR HEALTH. The quality of your life is the quality of the life of your cells. And the quality of the life of your cells is ultimately shaped and influenced by the ENVIRONMENT in which they live – ie, the environment you create within.

In order to function optimally and create vibrant health, your cells need:

1. Oxygen – Anything that deprives them of oxygen is potentially disease-producing.
4. A directed MIND – Think and speak only that which you like and which makes you feel great!

Now we look at the final piece of CELLULAR HEALTH: The Power of Alkalinity
Now I want to introduce you to one of the most significant medical research breakthroughs in the last century: The power of alkalizing.

To fully appreciate this power, you first must understand the concept of acidity and alkalinity in your body — a concept so PROFOUND and SIMPLE that will put everything you’ve learned so far in this report into a crystal clear perspective.

Most people don’t know that your body is basically a huge “Bio Electrical Engine”, this engine runs on an electromagnetic current.

All the cells in your body communicate through a very sophisticated system of nerve signals which are really ELECTRICAL signals driven by electricity in your body.

Think about it this way, we said that to be alive and healthy we must have HEALTHY CELLS. In order for your cells to be healthy they must be totally energetic. And to be totally energetic they have to have ELECTRICAL POWER.

When you eat food, your body breaks down the food particles into micro particles called colloidal. These colloidal are moved through your body by ELECTRICITY. So food actually gets to your cells through these electrical charges.

But where the heck do we get electricity from?!

Here is one of the most important parts of this program, so listen closely:

In order for you to LIVE, there is a delicate chemical balance in your blood which produces this life giving electric force in your body. This pH balance is between two primary forces—ACID and ALKALINE.

Acidity and alkalinity is measured by a pH scale (pH is the acronym for "Potential Hydrogen"): 0 pH being completely acid, 14 pH being completely ALKALINE. The balance point being at 7 pH.

In fact I encourage you to go to your local pharmacy to buy some pH strips. Put one on your tongue or in your urine for a few seconds and it shows you how acid or alkaline you are. It’s best to test first thing in the morning and best to test urine as saliva is too variable.

In order for your body to stay at a functional level to produce this electric life giving current in your body, your pH level must stay at a constant 7.36 pH (which is slightly more alkaline).

Your pH balance is actually formed in your blood. Your blood is the river of life.

YOUR HEALTH IS IN YOUR BLOOD
Your red blood cells have an electrical charge of their own, that enables them to travel freely through your body. The centre of a red blood cell has a POSITIVE (⁺) electrical charge. The outside of a red blood cell has a NEGATIVE (⁻) electrical charge. Can you guess why?

That’s right; when your red blood cells have a negative charge on the outside they repel each other (two negative charges repel each other). This allows them to carry oxygen to the rest of your body, which is what red blood cells are supposed to do. And in order to do that they travel through little, and I mean little, capillaries that lead to important organs in your body.

Now, this negative charge allows your cells to remain separate from each other, so they can pass through the capillaries smoothly and easily.

**Acid: The Hidden Cause of All Sickness and Disease**

When the pH balance in your blood shifts out of balance, it turns more acid, the acid level in your blood literally STRIPS away the negative charge from your blood cells, resulting in cells that stick, bump, and clump together. You can imagine how difficult it is for these guys to pass through the small capillaries like this. This results in something we are all familiar with – poor blood circulation and the ever-dreaded blood clots.

Poor blood circulation also means less oxygen to the point where you’re fatigued all the time, your energy levels drop super low and the probability of getting ill becomes super high.

Not only will excessive acid result in clumping blood cells, but it also weakens them… causing them to die. And what happens when they die? Yep, they release more acid into your system.

At this rate you begin to COMPOUND ACID into your blood stream as more and more blood cells begin to break down from the lack of oxygen and increased acid level in your blood.

Clearly, this type of environment in your blood makes it EASIER for germs to grow and multiply in your body. In other words, you’re creating a TRASH environment in your blood stream!

**How your Body Reacts to Acid**

When the life giving balance in your body becomes more acidic, your body goes to great lengths to neutralize these acids. One of the first things your body will start doing is robbing alkaline components from your body’s precious alkaline reserves in an effort to restore a proper pH balance. However, these reserves don’t last very long. When the acidity in your blood continues to rise, your body runs out of alkalinity reserves and you reach an alkalinity deficit! This is when most people get a major DISEASE.

When you have an alkalinity deficit, your body will also start breaking down the calcium in your bones to neutralise the acid. This is why most people SHRINK when they get
older! (There is no actual “reason” why people should shrink when they get older, it’s simply because of the acid stripping off calcium off your bones.)

When you think acid, think of something that is corrosive and something that eats anything in its way.

When your blood is more acidic, another thing your body will do is store acid into your fat cells in an attempt to PROTECT your blood and vital organs. The fat is retained in order to bind the acid.

“Acid is the killer” and the human body is very smart. When you start becoming acidic, the human body says, “Acid is the killer and we cannot have it close to any vital organs. It will cause heart attacks, strokes, hardening of the arteries and almost any disease you want to talk about, from diabetes to psoriasis to allergies, to asthma, and cancer. What we have to do is get the acid as far away as possible from these vital organs.”

As a protection mechanism your body actually creates fat to store the acid. Whether you like it or not, fat and cellulite are saving your life. These fat cells and cellulite are packing up the acid and keeping it (as far away as possible) from your vital organs.

So the more acid waste we produce, the more fat we retain — which clearly makes it impossible for you to lose weight.

Being overweight is not a fat problem, it is an acid problem.

Imbalance First... Disease Second

“How we depart from health in just the proportion to which we have allowed our alkalies to be dissipated by introduction of acid-forming food in too great amount... It may seem strange to say that all disease is the same thing, no matter what its myriad modes of expression, but it is verily so.”

—William Howard Hay, M.D.

Most diseases raging through our society have ONE COMMON CAUSE. The cause comes down to three words: ACID ALKALINE IMBALANCE (or, TOO MUCH ACID!).

In his remarkable book Alkalize or Die, Dr. Theodore Baroody, a foremost authority on acidity of the body, says we "are facing the largest health crisis in recorded history." It's not heart disease. It's not cancer. It's not diabetes. It's not even obesity. It is over-acidity in our bodies. Dr. Baroody's comprehensive research and clinical findings indicate that illness and disease are directly linked to over-acidity in the system.
The underlying cause of cancer, heart disease, arteriosclerosis, high blood pressure, diabetes, arthritis, gout, kidney and gall stones, asthma, allergies, psoriasis and other skin disorders, indigestion, diarrhea, nausea, obesity, tooth and gum diseases, osteoporosis, morning sickness, eye diseases, etc., is ACIDOSIS (or over-acidity in the body). Acidosis is the basic foundation of all disease.

So if we ask ourselves, “What is killing us?” The answer is ACIDOSIS! Without acidosis there can be no sickness or disease. It is acidosis that gives rise to an internal environment conducive to disease.

**Disease thrives in an acidic body environment, but cannot exist in an alkaline one.**

Acidosis is the main cause of all illness. When I say this, I mean ALL illness, because your INNER TERRAIN holds the secrets to whether you are going to lead a healthy vital life or whether you are going to live in sickness and disease.

Hence the most important thing is to RECLAIM YOUR INNER TERRAIN and once you do that, you will send the parasites, fungus, mold, yeast, and bad bacteria (therefore all disease) packing because they **cannot** exist in an alkaline environment.

You see what is healthy for us is unhealthy for the body attackers and what is healthy for them is what is unhealthy for our body.

> “The countless names of illnesses do not really matter. What does matter is that they all come from the same root cause...too much tissue acid waste in the body!”

—Theodore A. Baroody, N.D., D.C., Ph.D.

The list of diseases caused from pH imbalance is a mile long. And we know that cancer and most other diseases cannot exist in an alkaline environment.

Regulating your pH is the secret to beating virtually every known disease today.

**How Do I Get Out of Balance in the First Place?**

What gets you out of balance is any combination of FACTORS that disturbs the natural function of the body.

These factors include EMOTIONS (negative emotions, thoughts, words, and actions are all major causes of high blood acidity); ALCOHOL, VINEGAR, SMOKING, ANIMAL PROTEIN, COOKED OILS, SUGAR, PROCESSED FOODS, REFINED CARBOHYDRATES, COFFEE, STRESS, LACK OF SLEEP, LACK OF REGULAR EXERCISE, SHALLOW BREATHING, CHEMICALS, POLLUTION AND RADIATION can cause a physical disturbance at a cellular level. These disturbances break down cells and the cycle of imbalance begins.
So What’s the Solution?
It All Begins with Getting Your Body Back in Balance

The life of your body is in your blood, and the FEEDING and ELIMINATION OF WASTES are the crucial activities in the health of your cells.

Nobel prize-winner, Dr. Alexis Carrel, rocked the medical establishment by keeping a chicken heart alive in a regularly cleaned, nutrient-rich solution for 34 years — outliving Carrel himself — before it was DELIBERATELY terminated.

He proved that CELLS simply need oxygen, proper nutrition and to have their wastes removed to live indefinitely. And they remained amazingly healthy and never got sick — and didn’t die!

“The cell is immortal”, said Dr. Carrell of this experience. “It is merely the fluid in which it floats which degenerates. Renew this fluid at intervals, give the cell something upon which to feed and, so far as we know, the pulsation of life may go on forever.”

Think of your body as a fish tank. Think of the fish as your cells and the water in the tank as your blood. How important is the quality of the water in that tank to the health of the fish. Very, right? If the water gets dirty the fish get sick. This acidic fluid threatens the health of the fish (your cells).

Fish are healthy when the rivers they swim in are clean. How clean do you think the rivers of your body are?

The environment inside your body is everything.

Alkaline is Key to Your Health

One of the most significant scientific breakthroughs in the last century is that the human body is alkaline by design and acidic by function, which means that your body’s health is dependent upon it being alkaline. Maintaining alkalinity is essential for life health and vitality.

We live and die at the cellular level. The maintenance of an alkaline pH is critical to cellular health. This is truly the secret of life, health, and longevity.

Among many great researchers and scientists of this subject the most widely known is, without question, Dr. Robert O. Young: The world’s leading authority on the subject of pH (the alkaline approach to health). His work is the true answer to being healthy and vibrant.
As one of the top research scientists in the world and a gifted microbiologist, Dr. Young has been studying and applying the principles of pH balance for over 30 years. He is the author of the best selling ‘pH Miracle’ book series which I highly recommend. I have had the fortunate opportunity to train directly with Dr. Young and learn the extraordinary power of Alkalizing.

This revolutionary concept gives you the opportunity to experience a truly miraculous transformation in health and vitality.

So what is Alkalizing? Simply put, it is the term used to describe the science of balancing the over-acidification of the body, which is the single underlying cause—the breeding ground!—of all disease.

This new understanding is in direct contrast to the old biology, based on the work of Louis Pasteur which, as we talked about earlier, stems from the idea that disease comes from germs that enter from outside us.

But we now know that in reality disease occurs when these micro-organisms mutate into more virulent forms of life (“pleomorphism”) due to the state of the environment in which the germ lives. In fact, in over 20 years of research Dr. Young has found that when the body is in healthy alkaline balance, germs are unable to get a foothold.

In a clean alkaline internal environment there can be no disease.

The First Step to Regaining Your Balance is YOU MUST CLEANSE!

Cleansing is required to remove the heavy load of wastes and toxins that you have built up inside throughout your life. Because again, the real challenge that most people have is NOT some ‘bug’ attacking them. No, the real problem is that their environment has been compromised by their lifestyle, and now problems are building on top of each other!

So the ULTIMATE GIFT you can give your body is to go on a cleanse for at least 7 to 10 days.

During the cleanse, it is very important to provide the nutrients that your body needs in order to have enough energy for the cleansing process; this is not a fast! This is a Juice Feast! Your goal is basically to consume only vegetable juices and green soups, water with lemon, essential oils, and lots of green drinks throughout the day.

Vegetable juices and green drinks will start to quickly alkalise your body and accelerate your healing by neutralising the excess acids. From there you’ll notice your cravings for sugar, coffee, meat and dairy products will dissipate naturally.

Alkalizing provides sustainable energy, what your body has been looking for the whole time — and you will find you’ll begin to enjoy a healthier lifestyle.

There are many formulations of alkalizing green drinks on the market, makes it pretty hard to decide which ones to buy.
In my own quest for better health, the best I found is called InnerLight SuperGreens or pH Miracle Organic Greens (2nd Generation of SuperGreens), formulated by Robert O. Young (some of Dr. Young’s photographs of live blood samples, documenting marked positive changes in people’s blood within weeks of taking SuperGreens, can be found in one of his books called *Sick and Tired*, available in health food stores.)

*Please note: I have absolutely no financial connection to this product in any way, nor to any other product mentioned in this report. All products mentioned have been bought and used by myself and others.*

This green juice powder consists of 49 different vegetables, grasses and herbs, combined to increase energy, detoxify the system, decrease appetite, and strengthen immune function to prevent disease and illness.

**During the cleanse, you should drink A MINIMUM of 3 litres of water, a teaspoon of the powder in each litre per day.**

(For optimal results I recommend using InnerLight SuperGreens or pH Miracle Organic Greens with 10 to 16 drops of Prime pH per quart/litre of water. Prime pH (e.g. the ‘YoungpHorever Puriphy’) helps your blood absorb the oxygen from water more easily – maximising the alkalizing effects of InnerLight SuperGreens or pH Miracle Organic Greens. For more information please visit [www.phmiraclestore.com](http://www.phmiraclestore.com) and [www.phmiracle.com](http://www.phmiracle.com)

It has been proven in current alternative medical research that those in the poorest of health, chronically sick, diseased, fatigued or plagued by weight issues, actually REVERSE their symptoms and achieve vibrant health by CLEANSING AND ALKALIZING.

Having personally coordinated dozens of cleanses at the Anthony Robbins Namale Resort in the Fiji Islands, as part of the Mastery University Program that we do around the world, I know from direct experience the miraculous changes that happen in people’s bodies as they go through this type of cleanse.

As your body prefers to make changes gradually, the best way to reach your greatest energy & health potential is to begin gradually. Start by alkalizing your body by drinking increasingly more fluids than you normally drink. Make sure you drink fluids that are alkaline in nature, such as wheatgrass juice or Dr. Young’s SuperGreens.

I personally drink 4 litres of SuperGreens a day and the difference it makes is amazing! And for me this super-hydration is not just 7 or 10 days, for me it’s every day!

*Remember, you want to develop a cleansing lifestyle, not a clogging lifestyle!*

Try it for 30 days (minimum 7-10 days) and you'll notice a HUGE difference. Your outlook changes as your body becomes balanced and making better choices becomes the lifestyle of choice.
Colon Cleansing (Take OUT The Garbage!)

"It is the bowel that invariably has to be cared for first before any effective healing can take place."

—Dr. Bernard Jensen

Man’s body has not changed very much in the past several thousand years... however man’s diet has certainly changed a lot.

All the refined sugar, white flour, hormones/antibiotics-filled meats and acid addictions that people constantly ingest constitute an assault on their bodies.

As a result of these unnatural dietary habits, most people’s bodies are virtual human toxic garbage cans — they’ve become reservoirs for toxic waste.

Layer upon layer of mucoid matter has been built up in the intestinal tract.

As mucoid material builds up in the intestines, elimination of wastes can no longer function at optimal levels, which serves as a breeding ground for germs and parasites that pollute the blood and lymph — poisoning the entire system. This is what creates toxaemia, or auto-intoxication, which compromises the integrity of your inner terrain.

**Autointoxication is literally a process of self-poisoning, or slow suicide!**

The result is that colon cancer is now the 2nd leading cause of cancer deaths in the U.S.

The fact is that death begins with a toxic colon!

By the way, the colon is where 70% of the body’s immune system does its work. If the colon is filled, the immune system is lacking and that’s why people get sick — remember, the best doctor in the world is our immune system. So colon cleansing is crucial to optimal health, more energy and a better immune system.

It’s been proven that the average person has accumulated 15 pounds of pure waste in the colon. Waste that never leaves. It just sits in there, putrefying.

Parasites of all sizes thrive in this indisposed residue of fecal matter, slowly but surely toxifying the whole body. (Visit [http://www.bibkit.com/mucoidal_plaque.html](http://www.bibkit.com/mucoidal_plaque.html) to see what mucoid plaque in your intestines looks like.)

So, all congestion and toxins must be removed, and it must begin with cleaning the inside!

The best way to cleanse internally is with colonics or colon hydrotherapy. This type of colon cleanse gradually and gently cleanses the colon by flushing with a warm water solution, cleansing the colon thoroughly.

This process will give you the ability to get rid of the harmful toxins in your body, rebuild your bowel and regain vital health, protecting yourself from disease. Please, pick up the phone and book an appointment for a colonic at your local clinic — you’ll be glad you did!
THE CAUSES OF SPECIFIC DISEASES

In line with the principles of the New Biology by Dr Young, leading scientists have now recognized pH or acid/alkaline balance as the most important aspect of a healthy body.

They discovered that the maintenance of an **alkaline pH** is the one single most critical determining factor to cellular health.

**All cells in your body are slightly acidic BUT in order to remain healthy and produce energy they MUST exist in an ALKALINE ENVIRONMENT.**

**THE HUMAN HEALTH IS ONLY AS HEALTHY AS ITS SURROUNDING ALKALINE ENVIRONMENT.** Maintaining proper alkalinity is essential for life, health, and vitality.

**Obesity**

You can thank an overly acidic internal environment for the excess pounds you’re carrying around. *Being overweight is not a fat problem… it is an acid problem!* As I explained earlier, the body creates fat cells to carry acids away from your vital organs in order to protect them. That’s why your body doesn’t want to let go of these fat cells so easily. When you eat to make your body more alkaline, your body will let go of your fat.

**Diabetes**

When acidic wastes accumulate in a person's pancreas – impairing its ability to produce adequate amounts of insulin (which regulates the levels of sugar in the blood) – we call this condition diabetes.

Fortunately, by alkalizing and energizing your body you can regenerate your pancreas and improve your health. An alkalizing diet and lifestyle can reverse the damage caused by acidity and diabetes.

**Cancer**

In 1964, only 1 person in 214 contracted Cancer. Today it is 1 in 3! The determining factor between health and disease is pH.

Most people are not aware (not even your doctor) that cancer lives without oxygen, develops and spreads in an **ACIDIC** environment.

**Dr. Otto Warburg won 2 Nobel Prizes for discovering that the cause of cancer is lack of oxygen.** Not only that, Dr. Warburg also proved that cancer thrives in an acidic environment. As the human body becomes more **acidic**, it retains increasingly less oxygen because oxygen can't remain in an acidic environment. This brings about degenerative diseases such as cancer.

In an independent study featured in a scientific publication, a cancerous tumour was cut in half. Half of the tumour was placed in an acid solution and it **doubled** its size within a few
hours. Then the other half of the tumour was placed in an alkaline solution and it died within minutes, and after four days it was reduced to the size of a pea.

Over and over it is shown that cancer CANNOT survive in an oxygenated, alkaline environment.

Cancer thrives in an acidic environment, and doesn't survive in a normal, more alkaline environment.

If your body pH is ALKALINE, you CANNOT get cancer. And if you have cancer, it goes away.

Cancer can be cured now. We can change our diet, our thoughts and our lifestyle from acid to alkaline.

So please practise what we’ve talked about thus far: Alkalize and energize your body by providing your cells with a cleansed, alkaline environment (inner terrain), plenty of oxygen & aerobic exercise, pure water, quality nutrients, and maintain cells’ ability to eliminate their own waste, and please avoid things that can disrupt your cells, such as negative emotions, stress, drugs, toxic chemicals and radiation.

Kidney Disease

As acidic wastes accumulate in the blood, the kidneys - the bloodstream's filter - become more taxed, leading to bladder diseases. All kidney disease is acid related, which can be improved by an alkaline diet. Kidney stones are salts of phosphoric acid and uric acid, generally combined with calcium and/or magnesium. These salts are acidic salts that gradually build up into a stone like object.

By alkalizing and energizing your blood with an alkaline diet, kidney stones will dissolve from the inside.

Flu

Every year we hear doctors and media referring to the so-called “flu season”. As if the flu virus had a favourite time in the year to come and mess things up for people.

In reality the flu is caused primarily by your body's vulnerability to flu germs due to extreme toxaemia – an excessive accumulation of toxins in the system – which impairs immunity.

What you should do is raise your immune system so that your body can fight off these germs. You catch a cold or flu when your immune system is down and when your body is acidic. An acid body attracts all kinds of outside pathogens and allows the ones inside your body to morph and proliferate.

So keep your body alkaline! Flu and Cold germs cannot and do not live in an alkaline system! They love an acid environment... They just thrive on it.
Arthritis

Arthritis is the result of acid accumulation from the blood into the joints and wrists. It is this accumulated acid that damages cartilage and irritates the joints, causing inflammations, swelling and aches. With a cleansing alkalizing diet & lifestyle, arthritis will disappear.

Allergies

Allergies are an irritation reaction appearing as allergy symptoms as a means of dealing with acid toxins. Such allergies disappear entirely when the body is thoroughly detoxified; colon cleansing is the best way to start the process, followed by an alkalizing diet.

Osteoporosis

Osteoporosis is very confusing for many people. Most people think they can eliminate it by increasing their consumption of milk and dairy products. But in the countries where the consumption of dairy products is very low the instances of osteoporosis is very rare.

Osteoporosis is an acid problem. As the body becomes more acidic, to protect against the event of heart attack, stroke, illness, or even cancer, the body attempts to remain healthy. So, it steals calcium from the bones, teeth, and tissue. As bone mass becomes depleted, this is what we call osteoporosis.

Here is the process at work, your body uses alkaline minerals to buffer the acidity of your body, which is caused by your environment, your diets, and your lack of exercise. This state of acidosis is the main cause of osteoporosis. Your body, in its attempt to ward off the over-acidification of your system, robs alkaline minerals from your bones, tissues, and body fluids in an effort to keep you alkaline.

High Blood Pressure

High Blood Pressure is due to two reasons:

1) Narrowed blood vessels caused by acidic wastes.

2) Lack of oxygen due to chemical reasons, namely solidified acidic waste in the blood vessels.

Cardiovascular Disease

Cholesterol is an acidic byproduct of fat metabolism. As the body becomes more acidic, it defends itself by solidifying cholesterol in the blood and depositing it in the cells of our blood vessels.

Over a period of years plaque builds until circulation is impaired resulting in surgery, medication or heart attacks and strokes.
When pH is raised to an alkaline condition the body is able to neutralize and dissolve these wastes and flush them out of the system.

Psoriasis

Psoriasis is a common inflammatory skin condition. Like with many other skin conditions – such as eczema, dermatitis, acne and dry skin – psoriasis indicates an excessive acidic pH in the body.

A quick and radical improvement is observed with Psoriasis patients when a shift from acidity to alkalinity has taken place in the body.

Stress and Headache

When we suffer from stress, our body produces more acidic waste, leading to acidosis. Physical stress can be relieved by getting a good rest. Nowadays, however, most of us do not find the time to relieve mental stress. Continued long term stress will create harmful problems like headaches, mental disorder, bad temper and unbalanced hormone excretion, etc.

To conclude it is reasonable to say that there are no specific diseases, only specific disease conditions.

There is only one disease. And that one disease is acidosis.
The Diabetes Epidemic

Diabetes is now the fastest spreading disease in human history, with 1.9 million new cases diagnosed every year.

According to the World Health Organization, we have 422 million diabetics and soon there will be half a billion diabetics and almost a billion pre-diabetics — and most are completely unaware! These are not just problems of affluence, these are exploding in the poorest countries on earth!

The diabetes epidemic is accelerating at an alarming rate. Today, one in every two people either has diabetes or pre-diabetes. In children, Type 2 diabetes has increased over 1,000 percent in just the last 10 years and was unknown before this generation. One in three children born today will have diabetes in their lifetime.

The medical profession would have you believe that diabetes is not reversible and controlling your blood sugar with drugs or insulin will protect you from organ damage and death.

But that is a lie!

The truth is that diabetes is 100% reversible!

AND, medication and insulin represent the FAST LANE of diabetic complications such as vision loss, kidney failure, amputations – and especially heart disease and stroke which are the leading causes of all diabetes-related deaths. That’s right. Taking blood sugar lowering drugs is the quickest way to serious health problems, even death.

Conventional treatments for diabetes DON’T work

A revolutionary and perplexing new study was recently published in the prestigious New England Journal of Medicine showing that lowering your blood sugar actually INCREASES your risk of death.

In the study 10,000 patients with diabetes were monitored and their risks of heart attack, stroke, and death were evaluated. The patients who had their blood sugar lowered the most had a higher risk of death.

Let me repeat that because I really want you to get this: The patients who had their blood sugar LOWERED the most had a HIGHER risk of death. (N Engl J Med. 2008 Jun 12;358(24):2545-59).

Amazingly, the study had to be STOPPED because the intensive blood sugar lowering led to MORE deaths and MORE heart attacks!
But if diabetes is 100% reversible, then why aren’t more physicians helping their patients reverse this condition?

The fact that the medical establishment has failed to halt and reverse the global epidemic of dreadful diabetes is clear evidence that something is fundamentally wrong with the current "official" approach to the diabetes problem.

Indeed, nearly everything the system is telling you about diabetes is wrong and potentially dangerous.

Since ultra-reliable scientific studies have proven beyond a shadow of a doubt that diabetes can be halted and reversed without drugs, insulin or medical interventions (research which has been published in highly regarded and prestigious medical journals), we can only conclude that the public is being lied to about the underlying causes of diabetes, the safety and effectiveness of current medical treatments, and the simple, inexpensive, natural way to stop and reverse this condition.

We don’t need more research, we don’t need a new breakthrough, the science is clear and OVERWHELMING — we just need to put into practice what we already know.

The medical literature carries many studies proving the superiority of diet and lifestyle changes over medication in treating this disorder. In fact, given our current level of scientific understanding of what causes (and reverses) diabetes, lifestyle changes are not just the absolute best way to beat this terrible condition, they are the ONLY way. In a well-publicised research conducted at University of California, Los Angeles' School of Medicine, Type 2 diabetics completely reversed their diabetes in a few weeks with a few simple changes in their diet and physical activity.

“Contrary to popular belief… Diabetes CAN BE REVERSED solely through lifestyle changes.”
—Dr. Christian K. Roberts, lead researcher at the UCLA School of Medicine.

A Newcastle University team has recently proven that Type 2 diabetes can be completely reversed by diet alone. Professor Roy Taylor of Newcastle University who led the study and also works for The Newcastle-Upon-Tyne Hospitals NHS Foundation Trust said: “To have people free of diabetes after years with the condition is remarkable — and all because of an eight week diet.”

Researchers call this 'diet & lifestyle modification', and in all studies no diabetes treatment is anywhere near as powerful. No drug can even compare to its success.

So why isn't your doctor telling you about this? Why there are still a lot of people who can’t accept that the medical literature is chock-full of evidence that diabetes is being reversed every day through diet? And why does the healthcare system continue to rely on the drug approach, even though it's failing miserably to stop diabetes and to save patients' lives?
Diabetes is the biggest health epidemic we have and all of our medical efforts to treat it are focused on medications and insulin and it's simply THE WRONG APPROACH.

Despite there being dozens of clinical studies consistently proving that diet and lifestyle modifications are safer, cheaper and vastly more effective than current drug treatments, the healthcare system isn't set up to reimburse doctors for patient education about diet and lifestyle.

This huge deception has been perpetrated by the $264-billion diabetes industry on the world's 370 million diabetics. Then health insurance companies (another arm of the medical industry) refuse to reimburse doctors for patient education about diet and lifestyle.

Dr. Dean Ornish, a renowned authority on reversing chronic conditions naturally, makes a great observation as to why reimbursement drives physicians' medical decisions. He states:

"I thought that when we published our findings in the leading medical journals that this would change medical practice. In retrospect, that was a little naïve; good science is important but not sufficient to change medical practice. Despite the talk about evidence-based medicine, we really live in an era of what I call "reimbursement-based medicine" - it's all about the Benjamins.

If we change reimbursement, we change not only medical practice, but also medical education. Otherwise, we could do a thousand studies with a million patients and it would always remain on the fringes of medical practice."

For example, hospitals get paid by doing heart surgeries, not by encouraging diet and lifestyle changes. Procedures like angioplasty, stents and by-pass surgeries, though dangerous and largely ineffective, they generate more than $121 billion a year, a windfall that makes up approximately 45 percent of the total revenue of most hospitals!!

You see, our "health-care system" is primarily a disease-care system. In this country we are now spending $2.7 trillion on medical care, or 16.5% of the gross national product, and 95 cents of every dollar were spent to treat disease after it had already occurred.

So while modern medicine is failing miserably, this new diabetes-reversing program is achieving 100% success in getting patients completely OFF diabetes meds and related drugs — and back to a healthy, normal life.

It's not that physicians are bad or uncaring, the system is trying to treat diseases of lifestyle with medications which just doesn’t make any sense. It’s “the system” — not the doctor — that’s to blame.

PLEASE LISTEN: No drug in the world can cure your diabetes, no matter what Big Pharma promises. In fact, drugs are often worse than ineffective — they can even make your life miserable or even be more risky than diabetes itself.
Think about Avandia... this diabetes medicine, once the most popular diabetes drug in the world, was found to dramatically increase risk of heart attacks and death. The FDA eventually pulled Avandia from the U.S. market. (Yet it’s still being prescribed today!!!)

Another popular diabetes drug, Actos, has its own array of ugly side effects, including average weight gain of nearly 9 pounds (it's true, most diabetes drugs encourage your body to gain weight!) and a higher risk of dangerous and possibly deadly fluid buildups. Furthermore, Actos's heart risks may be almost as bad as Avandia's, and some researchers have linked this drug to bladder cancer. The FDA has even issued this warning:

"The use of the diabetes medication Actos (pioglitazone) for more than one year may be associated with an increased risk of bladder cancer."

Yet, research also keeps finding, time after time, over and over, that the most powerful and dramatic results come from using food as the main medicine. Conclusive evidence points, in fact, to the power of food to reverse diabetes and other chronic illnesses. The problem of diabetes is NOT a medication deficiency, but a problem with what we put on our fork. It is a food-borne illness.

Science overwhelmingly shows us that food is really the best medicine.

Food is not like medicine, IT IS MEDICINE!

Food is clearly the single most important breakthrough in reversing chronic disease, and science is increasingly turning to nature in its quest for solutions to the growing health crisis.

The tsunami of diabetes has emerged as a leading culprit in the epidemic of heart disease that is sweeping across the world. Diabetes is also a leading cause of kidney failure, blindness, dementia, depression, painful neuropathy, infections, peripheral arterial disease, gangrene: two hundred and fifty diabetic legs are amputated EVERY DAY in the US.

Globally, at least one person dies every 10 seconds out of the disease.

Diabetes is out of control!

No surprise, though, if you consider the number one source of calories in the United States is high-fructose corn syrup in soda.

And it doesn’t take a genius to see that “maybe” there is a connection between the food giants and the multi-national drug corporations that sell you the "solutions" to the side effects of eating a highly processed food diet.

Diabetes drugs bring in $23 billion a year, and the market is booming.

However NONE of these drugs treat the underlying cause of the disease, which can only be treated with a change in lifestyle and diet.

Nearly all physicians are relatively clueless about how to treat diabetes and wind up hurting their patients far more than they help.
So what’s the solution?

The exciting news is that diabetes is 100 percent reversible! While diabetes is commonly thought of as incurable, some of the most authoritative medical journals and world-renowned medical doctors like Dr. Richard Bernstein, Dr. Jau-Fei Chen, Dr. Neal Barnard, Dr. Michael T. Murray, Dr. Christian K. Roberts, Dr. Gabriel Cousens and obviously Dr. Robert O. Young assert otherwise:

Diabetes is Curable

Even the prestigious *Lancet* and the *New England Journal of Medicine* have found that “diet and lifestyle modifications can completely eliminate diabetes.” It is a product of poor lifestyle choices and inadequate exercise.

Specifically, diabetes is caused by dietary imbalances (high consumption of processed and refined foods), nutritional deficiencies and a lack of exercise. If you address these core causes and make them work in your favour, you can actually cure yourself of diabetes.

The major cause of diabetes is our processed, high sugar, fast food, junk food, calorie-dense, nutrient poor industrial diet and our couch potato lifestyle.

The conventional medical industry, of course, won’t admit it, because their livelihood depends on the continuation of the disease (in order to bolster sales of their diabetes drugs, most of which cause damage to the liver or pancreas), but the truth is that diabetes is curable, and countless people have cured themselves, returning to a life free of diabetes, requiring no pharmaceuticals or insulin shots.

Dozens of clinical studies consistently prove that diet and lifestyle modifications can completely reverse diabetes in just a few weeks. Everyday now more and more diabetics are finding that they can literally reverse and cure this disease.

Unfortunately conventional medicine offers little real help other than a lifetime of drugs which only treat the symptoms of diabetes, but do nothing to address the underlying causes.

However Dr Robert O Young’s new approach helps people to reclaim their health without side effects. According to Dr Young, diabetes is not a disease of the pancreas or the beta cells. Rather it is the result of a pH imbalance in the fluids of the body – acidosis – that interferes with optimum functioning of the cells they surround.

Here is what he says: “I started to see that diabetes is not in truth a disease of the pancreas or the insulin-producing beta cells, or an autoimmune response. Diabetes results, rather, from a disruption of the delicate pH balance (acid-base) in the fluids
that surround the cells of the pancreas. Overacidity in the fluid allows cells to transform in negative ways, interfering with (among many other things) the way the body produces and uses insulin and sugar. On the other hand, with pH balance, the cells of the pancreas, insulin-producing beta cells, and glucagons-producing alpha cells could and would function in perfect harmony, and the phenomenon of Diabetes could not occur.”

“...Without acidosis, there can be no sickness or disease – there can be no diabetes. The right path becomes compellingly obvious: Stay in the pH balance. As soon as acidity is controlled, the symptoms disappear. Even an organ put through innumerable crises – as with the pancreas in uncontrolled diabetes – will be rejuvenated once the true underlying cause of the problem is eliminated.”

“When the acidity is in the pancreas, diabetes is the result.”

— Dr. Robert O. Young, MD

Please note that thousands of people have been cured from Diabetes by putting their body in pH balance. There are testimonials from these people saying they are a living miracle and only wish more people knew about the benefits of making changes in their lifestyles. This is written about extensively in his first book, 'The pH Miracle'.

10 Steps To the Cure for Diabetes

*Specifically designed for people who want to reverse their insulin resistance and become completely non-diabetic in the fastest and safest way possible*

With the pH Miracle plan, preventing and even reversing, diabetes – even Type 1 diabetes – is the goal.

The basic components of what Dr. Young recommends for diabetics are super-hydration (drinking loads of alkaline water), switching to an alkaline diet, nutritional supplementation, and exercising at an appropriate heart rate. Managing stress and maintaining a positive mental attitude is also very important.

I recently had the privilege to co-author two other books with Dr. Robert Young on reversing diabetes, this is the core of Dr. Young's protocol:

The reversal and cure for hypoglycemia, hyperglycemia, insulin resistance, Type I and Type II diabetes can be found by significantly reducing and controlling gastrointestinal,
metabolic, respiratory and cellular breakdown acids from our lifestyle and diet and maintaining the proper alkaline terrain from within and from without.

The approach to reversing or curing diabetes is in understanding that **diabetes is NOT a disease of the tissues, not a disease of the alpha or beta cells but a condition of an imbalance in the fluids of the body that surrounds each cell and each microzyma.**

The health of the pancreas, the health of the alpha and beta cells and the health and vitality of the microzymas that make up these cells is only as healthy as the fluids that they swim in. This is the miracle of the pH – a contextual understanding and approach to all sickness and disease including diabetes is as simple as changing the fluids of the body that are cells live. It is ALL about landscape, terrain, milieu, or internal environment. It is not about the organ or the cells that make up that organ. So by way of invitation I invite you to change the fluids of your body with the pH Miracle diet and change your life forever. It is so important that you understand that this is NOT a treatment but a way of living, a way of eating and a way of thinking. If you want to truly be free of your diabetes you will have to change your lifestyle. Is it worth it? What is the price of a life and a life that is full of joy, peace, harmony, love, and true energy and fitness. They say you can have all the money in the world but without your health you have NOTHING. As you read the following 10 steps to a cure – the pH Miracle Lifestyle and Diet, keep one thing in mind that was said by the man from Galilee, “to him that believe all things are possible.” I ask you to not let anyone steal your faith in knowing that the only thing in life that is constant is change and when you change the environment whether inside or out everything within that new environment has to and will change. It is no different then taking ice cubes out of your refrigerator and setting them on the counter. In their new environment ice cubes as a solid will change to liquid. To find our way back to the house of health we must begin by following the ten steps to a cure as follows:

1) See your doctor for a thorough consultation and examination. Current guidelines from the American Diabetes Association urge all adults over 45 and over to be tested for diabetes. If the tests results are normal, they should be tested again at 3 year intervals. The consultation and examination that you have with your doctor should include the following tests:

   a) A complete medical history and physical examination. This would include taking your blood pressure, pulse rate, respiratory rate, temperature, and checking your eyes, ears, nose, and throat, including the thyroid gland.

   b) A urine and saliva pH (normal is 6.8 to 7.2) and a blood pH which should be at 7.365. If the blood pH is high that indicates acid in the tissues and if the blood pH is low that indicates acids the blood. I call this the teeter-totter affect. The body will always try to maintain balance and when there is excess acids being created through the fermentation of sugar the body will eliminate the excess acids or through them out into the tissue for the lymphatic system to deal with.

   c) A complete blood count (CBC) which measures the number of various types of cells found in your blood, like red and white blood cells. A high level of white blood cells indicates a high level of biological transmutations, like yeast and bacteria and their associated waste products – acids. A low level of red blood cells indicates a diet high in acidic food, a diet low in alkalinizing foods, especially green foods and drinks, an over-acidic state of congestion and imbalance in the 9 yards of the intestine, especially the intestinal villus where the red blood cells are formed.
d) A standard blood chemistry profile including a battery of twelve to twenty-five tests including important chemical indicators of health as liver enzymes, blood urea nitrogen (BUN), creatinine, alkaline phosphatase, calcium, sodium, potassium the mineral that is responsible in keeping the blood pH at 7.365 and red blood cell magnesium profile will indicate the lack of chlorophyll or green foods in the diet.

e) A lipid profile measuring fatty substances or lipids in the blood, including total cholesterol, HDL (high-density lipoprotein), triglycerides, and LDL (low-density lipoprotein). The measurement of the LDL is significant because of its relationship to states of imbalance and excess acidity. When LDL is high that is an indication of systemic acidosis. The only truly accurate measure of LDL is the direct LDL test.

f) A glycosylated hemoglobin (HgbA1c) gives you an estimated average of hemoglobin molecules that contain glucose over the life of a red blood cell which is 120 days. Think of it as an average of all your blood sugars for that period of time. The normal value can vary so you must ask your doctor for the normal value. Generally it will be about 4 to 6%. A hemoglobin A1c under 7% is considered acceptable. You should have a hemoglobin A1c done every 3 months. Here is a chart to help you see the Hemoglobin A1c result and how it compares with the average blood sugar:

<table>
<thead>
<tr>
<th>Hemoglobin A1c Result</th>
<th>Average blood sugar for the last 2-3 months</th>
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<td>150 Goal is under 7%</td>
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<td>180 High</td>
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<tr>
<td>10</td>
<td>240 Too high</td>
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<td>11</td>
<td>270</td>
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<tr>
<td>12</td>
<td>300 Extremely high</td>
</tr>
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<td>13</td>
<td>330</td>
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g) A serum C-peptide test which measures the protein C-peptide which is produced by the beta cells of the pancreas whenever insulin is made. The level of C-peptide in the blood is an index of the amount of insulin you are producing. The level is generally zero in Type 1 diabetics and within or above the “normal range” in mild Type II or insulin resistant diabetics. If the level of C-peptide is high the beta cells are over-reacting to increase levels of blood sugar and can be controlled by the pH Miracle Diet.

h) A homocysteine test that measures this amino acid. It tends to be elevated in poorly controlled diabetes and lifestyles and diets that are over-acidic.

i) A neurological examination checking for sensation in the feet and toes, reflexes of limbs and eyes, short-term memory, and muscle strength.

j) Eye examination by an ophthalmologist every one to two years.

k) Foot examination by a podiatrist.

l) Renal risk profile because chronic blood sugar levels leads to systemic acidosis which over years can damage the kidneys.
m) Thrombotic risk profile that includes levels of fibrinogen, tissue plasminogen activator, and lipoprotein (a), all of which relate to the increased tendency of blood to clot in people who have high acidity due to high blood sugars. Keep in mind that acids act like molecular glue that cause cells to stick together that then affects blood circulation.

n) Fasting blood glucose test is a routine, cost-effective method of screening your blood glucose levels. If the tests results are 110 mg/dl or under this is considered normal, 110 to 125 mg/dl is considered impaired and levels over 126 mg/dl and over indicates diabetes.

2) Monitor your blood sugar levels daily. When you are on the pH Miracle diet you will find that your blood sugar levels will drop significantly. Do not be surprised if your need for insulin drops over 50% in the first 72 hours. This is very common when on a low carbohydrate, low protein, high good fats diet. You will want to test you blood before all meals and 1 to 2 hours after meals. Before you go to bed and if you are a Type I diabetic at 2 or 3 am. You can do extra tests when you are ill, if you suspect low blood glucose, before you drive if you are taking insulin or sulfonylureas, when you are physically active, if you have frequent insulin reactions overnight or wake up with very high blood glucose, when you are changing your insulin injection plan, when you lose or gain weight, when you think you are pregnant or thinking about pregnancy, when you levels of blood sugar have been dangerously low and high and finally when you are on intensive insulin therapy.

If you are a Type II diabetic or have gestational diabetes you can learn a lot by testing your blood glucose levels regularly. This will help you to keep on the path of alkalinity back to the house of health.

There are two methods available to test blood sugar, they are glucose meters and visual glucose strips. Glucose meters are very small battery operated machines that vary in size from as small as a pen to as large as a small calculator and weigh a few ounces. When a special strip is prepared with one drop of blood and inserted into the meter, a number appears indicating the blood sugar. Most meters read blood sugars from 0-10 kilograms per deciliter, up to 600 mg per deciliter and weigh a few ounces.

Visual glucose strips are thin plastic strips with two small color blocks on them. When you put a drop of blood on the color blocks, they change color, depending on the amount of sugar in the blood. You can then compare the color blocks with the color chart, and identify the range of your blood sugar. The range usually extends from low sugar to acceptable range and too high sugar range.

Any glucose meter or visual strip will provide you with an accurate blood sugar reading, if you follow the instructions precisely and carefully.

The top nine glucose meters for convenience, accuracy and consistency are: Glucometer Elite, Lifescan One Touch Profile, Accu-chec Advantage, Lifescan One Touch Basic, Accu-Chec Easy, MediSense Precision O.I.D., Glucometer Encore, Accu-Chec III, and Duet Glucose Control Monitor.

The Duet Glucose Control Monitor determines levels of both good glucose and glycoprotein (fructosamine). The fructosamine level or glycated serum proteins,
measures the level of glucose that is bound to proteins (mostly albumin) in the blood. The higher the level of glucose and the longer the glucose has been elevated, the higher the fructosamine levels. The monitor system unit, test strips and control solution are manufactured by the LXN Corporation.

The American Diabetes Association suggests the following levels for normal, acceptable and needs improvement, blood sugar levels:

**Fasting Levels**
Normal: less than 110 mg/dl  
Acceptable 80 – 120 mg/dl  
Needs Improvement less than 80 and greater than 140 mg/dl

**Bedtime Levels**
Normal less than 120 mg/dl  
Acceptable 100 – 140 mg/dl  
Needs Improvement less than 100 and greater than 160 mg/dl

**Postprandial Plasma Glucose**
(taken 1.5 to 2 hours after eating to see how food affects glucose levels)  
Normal less than 140 mg/dl  
Acceptable less than 80 mg/dl  
Needs Improvement more than 200 mg/dl

**Glycohemoglobin**
(Test that measures the amount of glucose that sticks to red blood cells, also know as the HbA1c or GHb)  
Normal 4.0 – 6.0 percent  
Acceptable 6.0 – 7.0 percent  
Needs Improvement 8.0 percent Diabetic range

3) Monitor your progress by writing down all your blood sugar readings. Recordkeeping is what makes glucose testing worthwhile, because it allows you to see patterns in your blood sugars. Also keep a daily journal of what you are eating, drinking and the nutritional supplements that you are taking. Also record any medications you are taking and the amounts you take each day. This will help greatly to keep you motivated and on the pH Miracle Lifestyle and Diet.

4) The pH Miracle Diet – 10 to 14 day Liquid Feast. This is now the beginning of a new way of living, eating and thinking, on your way home to the House of Health and the reversal and cure of your diabetes and its many symptomologies. There are just a few guidelines that you will need to understand before beginning your 10 to 14 day liquid feast.

   a. You can eat as much as you want and as often as you want. The rule here is less is more and more is less and less more often is better than more less often. What this means is you are better off eat small meals 6 to 9 times a day then eating a large meal 3 times a day.
   
   b. There is no defined breakfast, lunch or dinner. Think of yourself as a cow out grazing in the field eating all day long. I would suggest here that you eat a minimum of six small meals a day.
c. All of the food you eat the first 10 days to 14 days has to be pureed or juiced. This is why it is called a liquid feast. The reason for this is by eating pureed or juiced food the food is then all predigested and requires very little energy to digest. In fact, most people utilize over 50% of their daily energy digesting food. Now, that you are eating pureed or juiced food all the energy that was being used on digestion can be used for regeneration of all your 75 trillion cells. The other reason for pureed or juiced food is you increase the concentration of the food up to 20 times which means you are eating more and hydrating more. (For ALL soup recipes, please blend them in your blender or food processor to liquefy all your meals.)

d. With some exceptions, all the food you puree or juice has to be green, like avocado, spinach, kale, broccoli, sprouts and the exceptions would be tomato, lemon, lime, peppers, jicama, and oils, like olive, flax, borage, primrose, and hemp.

5) The pH Miracle Lifestyle and Diet is a 12 to 16 week program that always begins with a 10 to 14 day liquid feast. The reason we need at least 3 to 4 months is because I have found in my research that it takes approximately 3 to 4 months to reprogram the microzymas that make up your 75 trillion cells on this new way of living, eating and thinking. The microzymas are intelligent matter and they have memory so you have to reprogram them in this in lifestyle and diet. It does not happen over-night. It is a process not an event. The diet is a low carbohydrate, low protein and high good fat diet.

6) The pH Miracle Supplements are to support you through the process of change as you begin cleansing, controlling and constructing new and healthy cells. The supplements are designed to clean the rivers, streams and oceans of your body, to cleanse the bowels, liver, kidney, lungs, skin and pancreas from years of over-acidity. There are supplements that help in elimination, neutralize and bind acids, transmutate bacteria and yeast to helpful microzymas, vitamins, minerals, cell salts, and herbs that naturally bring your body back to a state of harmony and inner balance. When taking supplements in a capsule form I suggest you take only 1 capsule at least 6 to 9 times a day and when you are taking the liquid colloids I would suggest 5 drops under the tongue. These recommendations are based on a body weight of 70 kilograms or 154 pounds.

7) Drink a minimum of 1 liter of alkalized water mixed with alkalizing pH drops (e.g. the ‘YoungpHorever Purify’ drops) and 1 tsp. of greens each day for every 30 pounds of weight. This is a very important and critical point because it is of utmost importance that you superhydrate the body to move acidic wastes out and to change the landscape or terrain to a more alkaline environment for healing and regeneration. Remember the cell is only as healthy as the water it lives in. This is also true with fish. The fish in the ocean are only as healthy as the water they live in and that water is pH balanced just like your blood.

8) Aerobic low impact exercise is one of the best ways to increase blood circulation, reduce blood sugars, and movement of the lymphatic fluids that moves acids out of the blood and tissues and then through the third kidney, the skin. One of the best forms of aerobic low impact exercise, I recommend, is to Cellercise. What is Cellercise? Cellercise is a unique form of exercise that applies weight and
movement to every cell causing the entire body, parts and functions to become stronger, more flexible and healthier.

Cellercise uses a vertical movement, like weightlifting, push-ups, pull-ups or sit-ups in repetitive up and down motion, on a mini trampoline. However, these conventional forms of exercise target and isolate specific muscles or muscle groups making a very time-consuming, often tearing down and damaging the body to build up. Cellercise flexes all 75 trillion cells at the same time! Even better, it requires bouncing for only 15 minutes a day!

9) Managing Your Stress level is many times easy said then done. We all have stress in our daily life to a lesser or greater degree. Just living on planet earth is stressful because of the weight of gravity weighing down on us. Stressful situations like losing a job, or a home, or a relationship, or a love one causes our body to release adrenaline into our bloodstream, triggering a “fight or flight” response. This causes the body to produce more glucose which in turn increases systemic acid. The result is elevated sugar and acid levels that create feelings of lightheadedness, dizziness, aches and pains, tension, headache, and upset stomach. The increase sugar and then acid can damage the receptor sites for sugar leading to insulin insensitivity, hyperglycemia, hyperinsulinemia and then Type II diabetes.

10) Pursue a positive attitude which will ultimately determine your success to a cure. I have said for many years that the physiology affects the psychology and the psychology affects the physiology. Both need to be considered equally as important for achieving outstanding health and fitness. The power of one thought is beyond our comprehension. That by our faith (thoughts) all things are possible. Our thoughts are very powerful and emit energies that can be measured in frequencies. Positive thoughts or emotions will emit frequencies that will help maintain harmony and homeostasis within your internal landscape or terrain. Negative thoughts (thought attacks that will not stop and keep on looping and looping) or emotions will emit frequencies that will cause cells and their microzymas to breakdown and release their sugars resulting in excess acid. Only you can control your thoughts and emotions. When you have negative thoughts or emotions like fear the Hypothalmus in the brain secretes a releasing factor to the anterior Pituitary that releases a hormone into the circulatory system that signals the Adrenal medulla (on top of the kidneys) to release the hormone adrenaline, the “flight or fight” hormone, that finally signals the liver to produce glucose form glucogen that raises blood glucose for needed energy but also increases systemic acid, that causes an increase in heart rate, temperature and breathing. I perceive the best way to stay emotional balanced and physically alkaline is to focus on the present – what is happening now. What I mean is, try not living in the past or the future but enjoy and treasure the present and all that is happening – all that you are experiencing now. Living always in the past or in the future can be physically and emotionally acidic and that my friends can lead to sickness and disease. But most important you lose the current moment to thoughts of the past or future. So may I suggest that as you begin your journey to the House of Health, may you put aside the past and the future and enjoy the wonderful event of living in the now as you alkalize and energize you body with good thoughts, good words and good deeds with no fear (false elusions appearing real) but an incredible positive attitude.
In a recent interview on the “Health Talk for Diabetes” (available as an audio download or CD format at www.phmiracleliving.com), Dr. Young says:

“We’ve had great success with both Type 1 and Type 2 diabetic challenges.

I’m reminded of what Thomas Edison once said: “The doctor of the future will give no medicine, but will involve the patient with proper use of food, fresh air, and exercise.”

My protocol focuses on a holistic approach to Type 1 (insulin-dependent) and Type 2 (diet-related; not insulin-dependent) Diabetes.

The wonderful thing we have found in the control studies that we have done, is we have had success in 100% of the cases when they apply what Thomas Edison was talking about.

When they apply the principles of alkalising and energising their body holistically, when they apply the principles of not treating the pancreas but providing the proper alkaline pH around the fluids that surround the insulin-producing Beta cells, we’ve been able to reduce insulin usage by over 50% in every case, and in many cases in Type 2 Diabetes, over 90% of them have been reversed.

The pancreas is a shock organ. It has to deal with the food that’s coming out of the stomach. So if the food is highly acidic, the pancreas’ front line is releasing bicarbonate to bring the alkalinity anywhere from 1.5 up to 8 or 8.2 – a jump of over 1 million times (a pH of 6 is 10 times more acidic than a pH of 7, 5 is 10 times more acidic than 6, etc.)

When the pancreas hasn’t got enough bicarbonate, it pulls it from the blood. In fact it will pull it from any source it can to alkalise that food, because if that food is not alkalised, it will end up damaging a very sensitive and important part of our body: the intestinal villus.

It’s in the intestinal villus that the food is biologically transformed into new blood and then into new body cells. If that food is improper, and it hasn’t got the proper pH, and the pancreas is stressed, everything can get out of balance.

The pancreas is on the front line in the preparation of that food, in order to provide new cells that will eventually become body cells.

If you take a diabetic, someone who is DOING Diabetes – and I say this literally, you don’t “get” Diabetes, you “DO” it, with your lifestyle and with your diet – and you teach them how to NOT DO Diabetes, then you get phenomenal results. A woman in Texas had been doing Diabetes for 22 years. She was taking 120 units of insulin a day. In 30 days she was off all her injections.

Why? Because it wasn’t about the pancreas. It was about maintaining a proper internal environment so that cells can operate and function at their highest level.

If you put any matter into acid it is going to break down. It’s not going to be able to perform. When the context (i.e. the environment) is over-acidic and you make that significant change, then we find that everything starts functioning better, functioning normally! That’s what we’ve found not only with Type 2 diabetics, but now also with Type 1 diabetics, which is a miracle.
What we’re talking about is a lifestyle and diet change. We’ve found that by drinking a litre of InnerLight SuperGreens or the newly improved pH Miracle Organic Greens (www.phmiracleliving.com) with Prime pH™ (which alkalises your fluids), it doesn't matter whether you’re dealing with a blood glucose level of over 400 or one of under 60 – within 15-20 minutes it has made such a significant change to the person’s context (i.e. their inner terrain, their inner environment) that the blood sugars come back to normal.

It’s a phenomenon which I can’t completely explain. I just know it happens.

So instead of going for the candy bar or taking extra insulin injections, we find that if someone simply starts hydrating with alkalising fluids (i.e. pH Miracle Organic Greens, freshly made vegetable juice, high pH water), it’s an amazing pH miracle that happens in normalising sugar to help support the pancreas, so that eventually the pancreas can do it on its own.

Initially you will have to support the pancreas. But as you continue to do this day after day, week after week, month after month, the patients no longer have to use the insulin or the candy bars, the high-sugar fruits, etc. to raise their blood sugar. They can do it in a way that will empower and alkalise their body.

We are literally reprogramming our system, by making significant changes in diet and lifestyle. A lot of the time the problem isn’t that the pancreas isn't producing insulin – the problem is that there’s sugar and there’s insulin, but it’s not coming together.

When you put extra Chromium into the fluids of the body (particularly for Type 2 diabetics), it’s actually the “deal-maker”. It pulls the sugar and the insulin together – it’s a co-factor to help bind the insulin and the glucose together to take it into the energy cycle. That’s important because if we have free glucose out there it can ferment and turn into lactic acid, or acidic acid. And that’s where we get all the problems with neuropathy, neurological challenges, cardiovascular, nephropathy (kidney problems), vision challenges, amputations…

Chromium Vanadium is a significant blood balancer because it helps bring those two molecules together – glucose molecules and insulin molecules.

Also, when you’re doing Diabetes, you tend to be emotionally and adrenally stressed. That’s why we’ve got the Adrenal Support product (www.phmiraclestore.com/dr-youngs-adrenal-support) to help support the adrenals.

When you don’t have enough blood sugar, if your blood is being fermented by yeast – thus creating more acid, and so you’re going from highs to lows in your energy levels – the adrenals have to kick in adrenaline to release more sugar, and you get into this tissue breakdown.

You get yourself into a vicious cycle where you’re adrenally stressed, which affects your thyroid, and when that in turn is no longer working properly you’re having a tough time losing weight. 90% of Type 2 diabetics are obese. The thyroid is being blamed, but it’s not a thyroid problem, it’s the lifestyle that’s the problem!

What happens when people get onto this program, 100% of the time people lose weight on the pH miracle diet.
The Dawn phenomenon is when you wake up in the morning and have your blood sugar off the chart.

“Diabetes” in Greek means “melting into sugar”. When we’re laying in bed, we’re not moving, so the lymphatic system is not pulling acidity out, so we end up “melting into sugar” which raises the blood glucose level, because when cells break down, the sugars, proteins, and the fats come out of them.

That’s why someone who’s moving and exercising has less risk of exhibiting the symptoms associated with Diabetes than someone who’s NOT moving. When you’re moving your body, you’re doing one of the most important things a diabetic could do – or anyone, for that matter – you are sweating. When you sweat you move acid. And when you move acid, you are preserving the delicate pH balance of the internal fluids.

In order to control your blood sugar levels, you’ve got to hydrate. Hydration is the single most important thing that anyone can do, and ESPECIALLY diabetics, to maintain the delicate pH balance of the internal fluids of the body.

Think of yourself as an ocean of water with islands. And these islands represent the flesh. We are 65-75% water.

One of the most important things you can do to maintain good health, and balance your blood sugars, is super-hydration. But the hydration HAS to be with fluids that carry a pH of over 7. The pH scale runs from 1 to 14, with 7 being neutral. Anything over 7 is alkalising, anything under 7 is acidic. So if you’re drinking a Cola to balance your blood sugar, you’re taking in a very acidic drink which is detrimental to the pancreas.

We want to drink something that is going to provide the proper context to wake up the insulin-producing beta cells, to wake up the glycogen-producing alpha cells, so they start functioning! Not just to regulate the blood sugars… We want the pancreas to become alive again! We do this by providing the right context.

So the single most important thing one can do is alkalise with green foods and green drinks.

We start this program by drinking 1 litre of pH Miracle Organic Greens a day, and then work up to 2, to 3, 4, 5…

The pH miracle occurs at about 6 litres of Green drink (1 litre of distilled water with 1 teaspoon of pH Miracle Organic Greens mixed in, and added to that the Prime pH which helps to increase the electron activity and raise the pH, and provide nascent oxygen and extra electrons to bind the acidity).

That drink is the single most important thing that you can begin with. And you start out gradually.

You will monitor your blood sugar levels very closely. Because what you’re going to find is that they are going to be a bit unstable as you begin to regulate the amount of insulin that you use, because you’re going to find that in the first 72 hours – this is very important – over 90% of the people that begin to hydrate with pH Miracle Organic Greens and Prime pH will reduce their insulin need by over 50%.

If you keep taking the same amount of insulin, this will create a slight problem, so you HAVE to test your blood sugars at least 6 times a day, especially when you get started.
Get your doctor included in this, because he can be part of this whole process of getting you off the insulin.

Diabetes is an epidemic. The fastest-growing disease in the world today.

Our kids are eating over 200 pounds of sugar a year, and over 200 pounds of protein.

Between the protein and the sugar, we’re getting so much acidity that it’s literally stressing our frontline pancreas that is responsible for alkalising the food as it’s coming out of the stomach and responsible for regulating the blood sugar – how can it EVER do the job with such an onslaught of all of this protein and sugar?

As we move to a more low-carbohydrate, low-sugar diet and start incorporating all the good fats like the flax oil, and the olive oil, and the good fats from fish which are high in Omega-3s and 6s, and then we add the pH Miracle Organic Greens that neutralises the acidity and builds the blood, and the extra electrons we get from Prime pH, and then we add some of the other target products like Cell Power (www.phmiraclestore.com) which has co-factor 1 (without which sugar becomes lactic acid; with co-factor 1, glucose becomes piruvate, which then becomes ATP energy). And on top of that we add the Biolive Sprouts (www.store.phoreveryoung.com) which provides a natural source of protein.

This programs works, it is helping a lot of people. Start out gradually, and build it up. Work with your doctor. These products can be used every day, make it part of your lifestyle.

The mainstream medical community at large does not discuss enough about diet and lifestyle choices and positive supplementation. The prevalent philosophy is one looking for the “bullet”, so to speak. That there is a virus or germ that is “attacking”. Or that the white cells are “attacking” the insulin-producing cells. They’re looking at the smoking gun, but they can’t find the bullet. Why? Because THERE IS NO “BULLET”! …other than what we are DOING with our lifestyles.

We have to take personal responsibility for our life choices. What we put into our mouths, what we put into our minds…have a direct effect on how the pancreas is responding, and the health of this pancreas.

There are doctors and scientists that are now looking at the diet factor, the nutritional factor, that are looking at the physiology and the psychology that is affecting our bodies holistically and also affecting each system of our body individually. People are coming around to this new philosophy, but it’s taking time.

This whole new way of eating, thinking and living is the pathway to working towards a cure not only for Diabetes but also for heart disease, AIDS, and a lot of other symptomologies. There is no bullet, there is no smoking gun, there are simply symptomologies of lifestyle choices. When we realise this, we can make changes in those lifestyle choices in a positive way and then reverse the symptomologies. All these diseases are nothing but SYMPTOMS of our lifestyles choices.”

- Robert O. Young, MS, D.Sc., Ph.D.
TO SPEED UP THE PROCESS OF RECOVERY...

- **Stop assaulting your biochemistry with unnatural sugars.** This means eliminating your consumption of all the following: White flour (found in most breads, cereals and pastries), high-fructose corn syrup (found in sodas, candy and even pizza sauce), sucrose and sugar. Instead, switch to whole grain breads, tea instead of soda, and use natural sweeteners like stevia or yacon instead of sugar.

- **Start drinking large quantities of delicious raw vegetable juices daily** – thus delivering thousands of healing **phytonutrients** (plant medicines) to your body’s cells on a daily basis. These phytonutrients are the most potent healing medicines in the world! They have been proven to reverse diabetes and stabilize blood sugar within just a few days! You're literally bathing your cells in the most potent diabetes-reversing medicines that mother nature has ever invented. They also support your body's crucial organs: liver, pancreas, heart, brain, kidneys, bladder and more. Notice that you don’t have to go to a clinic, this is YOU HEALING YOURSELF with the power of nature’s miracles. You can actually give yourself the most powerful healing medicines in the world in your own kitchen! Please understand: YOUR BODY KNOWS HOW TO HEAL ITSELF, BUT IT NEEDS THE RIGHT TOOLS IN ORDER TO DO SO. A high-nutrient plant-based diet enables the body to heal itself. Scientific literature clearly shows that these phytonutrients enable diabetic reversal and recovery by restoring and stimulating the body’s own remarkable self-healing mechanisms.

- **Reduce or eliminate your consumption of animal-based fats** (from beef or milk products, typically) while increasing your consumption of **plant-based fats** (from avocados, olives, almonds, flax, walnuts, macadamia nuts, chia seeds, sesame seeds and even coconuts). Plant-based fats not only provide omega-3 fatty acids and other fats known to help reverse diabetes, they also protect the heart from oxidative damage, help reduce blood "stickiness" (which means better circulation, a key challenge for many diabetics) and boost cognitive function and moods. So consuming them is not only good for reversing diabetes, it's also good for your overall health.

- **Start doing some exercise consistently**, there is no way to beat diabetes without picking up an exercise habit. Even just walking 20-30 minutes three times a week will have a positive impact on lowering your blood sugar levels. That's because exercise recalibrates your metabolism and nervous system – thus re-establishing blood sugar metabolism, hormone balance, calorie consumption and insulin sensitivity. It also improves heart function while boosting circulation. All forms of physical movement will accelerate your results: Dancing, yoga, running, swimming, weight training, spinning, martial arts etc. The important thing is to get moving doing something physical, AT LEAST three days a week (five days is better, but work up to it gradually).

- Get your doctor to reduce or eliminate your diabetic medications as they are no longer needed.

*Take Hold of Your Birthright: A Vital, Healthy Life!*
MAKING IT ALL WORK

I want to remind you that to make it all work for you, you still must take COMPLETE, TOTAL RESPONSIBILITY for your life, and be willing to commit 100% to recovering your health. If you have these qualities, you will find your health improving very quickly.

Please understand that, no matter how profound the transformation that people experience when applying these powerful principles, at the end of the day YOU are the person who can make the decision to actually use this material to change your life. Because it’s not food first, it’s HEAD first.

Changing Habits

I understand that making these changes might be a little difficult (at least in the beginning) because changing habits means pioneering a new way of life. But the benefits you get from this process are well worth the effort.

Imagine yourself at the edge of a dense jungle. Ahead of you, you see an old, well-worn path through the thick vegetation. It’s tempting. It seems much easier just to start along that path than to cut a new path through the underbush. People are more likely to take the well-worn path, the path of least resistance.

Your habits are like the well-worn path. It is a route you have taken before, and it was most likely formed by others around you. To form your own habits, you have to plunge into the jungle and start cutting a new path. At first, that may be a little difficult. You have to disrupt the jungle growth and stay committed to your new route even when it would be easier to return to the old path.

Yet with a bit of discipline, your new path begins to take shape. If you commit to travelling only on your new path, and if you travel it several times a day, every day, then it begins to get more comfortable. It becomes better defined. There is less resistance each time you travel it. You have developed your own route through life. And it takes you exactly where YOU want to go.

Soon your new path becomes much easier to travel. And the OLD path actually looks more difficult. Roots and plants have begun to grow over it, because you haven’t been using it. Others may even see your new path and choose it for themselves, so that your new path continues to grow and becomes increasingly easier and more comfortable to walk. Eventually your new route becomes so familiar that it is actually EASIER than the old one!
NEXT STEPS

Once you have completed your cleanse, your body systems can begin working properly. But remember, as important as the cleanse is for your body, it is your DAILY PRACTICES that will create a lifestyle of vibrant health and energy.

Commit to practising the following Key Organizing Principles of Superhealth daily – or at least for the next 21 days! – this will help you develop A Healthy, Alkalizing, and Energizing Lifestyle.

1. Breathe. Remember to stop three times a day and do your ten power breaths in the following ratio:
   **Inhale** (through the nose) for the count of 1
   **Hold that breath** for the count of 4
   **Exhale** (through the mouth) for the count of 2

2. Continue to **super-hydrate** your body (drink half your body weight in ounces daily). This is something you want to do, not only for the next few days, but forever! This is the most important habit you can develop to keep your body alkaline vs. acidic.

3. Move! Avoid living in a box: Stay active, and move as many muscles in your body as you can daily! Find a **physical movement** that you enjoy such as walking, dancing, yoga, martial arts, re-bounding etc. and include it as often as possible in your life. Remember, the body develops and maintains itself through MOTION.

4. Eat lightly and as always, make sure that at least **70% of your diet consists of high-water content, live, alkalizing foods.** Up to 30% can be cooked foods (cold-water fish like mackerel and salmon, whole-grain carbohydrates, and quality oils). Also, wheatgrass juice is a great supplement to add to your daily routine (for more information about wheat grass, please see ‘Appendix III’ in the back of this manual).

5. **Take care of your emotions.** Reduce the amount of TV, radio and newspapers in your life and switch to more nourishing forms of entertainment! The media has a heavy focus on the drama and traumas in life, which creates fear and a sense of helplessness. In reality there are millions of positive things happening all the time and “the news” only forms a small part of what is happening in people’s lives.

6. Start to detox your world by using **chemical free products.**

7. **CHOOSE to be with people who support you** in making lifestyle choices that you know are great for you!

8. Consistently saturate yourself with information that empowers you. Eating a successful, healthy, live-food, organic, plant-based diet depends on your ability to continually educate yourself on the subject. **Saturate yourself in the information until it becomes habit for you.**

9. **Enjoy yourself!** It’s about developing the consistent habits that allow you to eat foods that you enjoy and that give you the health and energy you deserve.
Overall we found that traditional thinking about health and nutrition is killing us — prompting growing rates in heart disease, cancer, obesity, diabetes, etc.

We live in a worldwide society that seeks means to cure the **monsters of disease that we as a society have created.**

The medical world has been looking for a “remedy” to cure disease, despite the obvious fact that nature needs no remedy — she needs only an opportunity to exercise her own prerogative of self-healing.

**Disease is something that you grow yourself, and not something that just happens to you. Bechamp knew it. Bernard knew it. Enderlein knew it. Others knew it, too. Pasteur even admitted it on his death bed!**

These scientists investigated “pleomorphism” (plea = more, morphic = change, the mutation of cells). In particular, they determined that **germs (yeasts, fungus, and microorganisms) can alter their form and function when the terrain of your body changes pH levels.**

Specifically, disease **THRIVES in a low pH (acidic) environment and STARVES in a high pH (alkaline) environment.**

When your pH is alkaline, your germs are benign and you are healthy. However, when your pH is acid, your germs are pathologic and you are ill.

**Too much acidity in the body’s tissues is the cause of pleomorphic activity (the mutation of cells) which leads to disease.**

**So if you keep your body alkaline, you can avoid disease and create health!**

**This is phenomenal life-changing information!**

What this also means is that **YOU are the author and builder of tomorrow,** and you need not pay a fortuneteller or a doctor to tell you what will happen to you tomorrow. **“Nothing will happen. The inevitable will come. You will inherit the fruits of today’s sowing.”**

**Disease is never caused by bad luck: it’s always CAUSE AND EFFECT,** and the outcome of virtually any disease can be altered or reversed through your LIFESTYLE AND DIET.

The New Biology explains the CAUSE AND EFFECT of all sickness and disease.

Enervation (the deprivation of force or strength) per se is not a disease. But, by causing a flagging of the elimination of toxic wastes, the blood becomes charged
with acids, poisoning the blood and tissues (acidosis). And when the acidic toxins accumulate beyond the toleration point, a crisis takes place (disease).

Disease is the result of acid in the body. Your lifestyle and eating habits will lead to disease if you do not alkalinize your blood with the proper foods and hydration. Once alkalinity is restored, there can be no sickness or disease – there can be no diabetes.

Sickness and disease, including diabetes, heart disease, cancer, tumors, MS, lupus, hyperthyroidism, fibromyalgia, pain in every joint and muscle, chronic fatigue syndrome, muscle cramps, allergies, asthma, bronchitis, frequent colds, candida, hypoglycemia, food cravings, indigestion, insomnia, diverticulitis, irritable bowel, pneumonia, ulcers, stomach and bowel cramps and even memory loss are the culmination of years of abuse due to an acid lifestyle and nutrition.

Then medical doctors come in and treat the acid condition with another acid (pharmaceuticals). Pharmaceuticals are acid, they create acidity. You cannot treat an acid condition with acid.

The SOLUTION then for all these conditions (THE EFFECTS) is to ELIMINATE THE ACIDS (THE CAUSE) from the blood and tissues with an ALKALINE LIFESTYLE AND DIET.

Your lifestyle and eating habits will lead to disease if you do not ALKALIZE your blood with the proper foods and hydration.

In order for us to experience vital health, we need to ensure that our systems are operating at peak efficiency.

And remember, it is your daily decisions that determine your physical destiny. Make the decision today to stop the poisoning and begin to create an environment free from toxicity, where your mind and body are functioning at peak efficiency.
Final Thoughts

The most important thing that we all must do is to

- **RECOGNIZE THAT OUR PHYSICAL HEALTH IS OUR MOST IMPORTANT POSSESSION**, and
- **TAKE TOTAL RESPONSIBILITY FOR OUR OWN HEALTH AND ENERGY**.

The ultimate responsibility lies with YOU to realize that if you want to have optimum health then you must **TAKE CONTROL OF YOUR LIFESTYLE CHOICES**.

And please remember that we do not catch diseases. We *build* them. We have to *eat, drink, think, and feel* them into existence.

Unfortunately, as you’ve learned, millions of people are suffering *needlessly* as a direct result of the food industry and the drug manufacturers’ unconscionable zeal to earn hundreds of billions of dollars, aided and abetted by scientists who have been paid handsomely to fudge, even falsify, test results.

"A Culture Dominated by Drugs and Pharmaceutical Companies"

> "As a society we are tired of living in a pharmacopoeia – a culture dominated by drugs and pharmaceutical companies. It’s become too expensive and unreliable. Natural alternatives will revolutionize all of that."

James F. Balch, M.D.
Author, Scientist and Expert in the Field of Antioxidants

Dear friend, I created this program for the purpose of empowering you with **THE TRUTH** and with **THE KEY FOUNDATIONAL PRINCIPLES OF SUPERHEALTH**. When these principles are put into practice, our wonderfully designed bodies can regain our health. Cancers can be prevented and overcome. The plugging up of our arteries begins to reverse. The pancreas cells regenerate and start producing insulin on their own. Circulation to our hearts, joints, and brains is reopened. Our immune system can be strengthened to a remarkable degree.

When you start practicing these principles, your body starts to use its **miraculous healing power**: you look better, feel better, have more energy, and you begin to optimize all of the areas of your life that are most important to you.

In order to attain the physical health that you deserve, you must weave these **KEY DISTINCTIONS—THOSE PRINCIPLES**—into the fabric of your life.
Utilizing these principles you can too have the health you deserve and massively expand your sense of absolute energy, mental clarity, physical vitality that you probably have never experienced before. And you will also have a renewed sense of excitement, joy, and possibility for your entire life!

Start your new healthy lifestyle today and keep your momentum going.

I sincerely hope that you realize – like I did – how truly BLESSED you are to have come across this life-changing information, for immensely powerful vested interests have fought tooth and nail to keep it suppressed.

Now I challenge you to take advantage of these resources and create the extraordinary health you deserve! I know that you’re one of the few who do versus the many who talk… Lots of people say they want to change their life and achieve optimum health but you’ve actually done something about it; so you have both my respect and appreciation for that.

Because remember, your physical health is really the foundation for everything else in your life; so the first thing you must do is TAKE CARE OF YOUR PHYSICAL HEALTH, or nothing else matters.

And if you have any questions at all on any of the above resources please email us and we will do everything we can to answer you as soon as possible (usually that day).

I’d very much appreciate it if you would keep in touch with me. I love reading notes from people who share with me their personal breakthroughs and success stories.

May God bless you, guide you, and strengthen you as you apply these Laws of Health and make them your new habits.

Life is meant to be enjoyed. Live it to its fullest, take care of yourself and you will remain healthy and disease free.

If you do, you will discover God’s greatest gift to you on earth: YOURSELF.

Wishing you the best of health and God’s blessings,

Matt Traverso
Appendix I – About The Author

Matt Traverso is an internationally renowned health coach and turnaround expert who teaches people how to dramatically improve their health naturally, without expensive and potentially dangerous prescription drugs. With over 15 years of study on nutrition and the true causes of disease and health, in his live seminars and online programs he coaches people to higher levels of health and wellbeing. His work has helped thousands of people around the world get off prescription drugs and easily adopt healthy lifestyle choices that make illness and disease simply vanish. Today, more than 95% of all chronic disease is caused by food choice, lifestyle and lack of physical exercise.

Personal Message from Matt

“I am deeply grateful for the opportunity to share life-changing information that can radically improve the lives of people everywhere. My purpose and mission in life is to empower people to take charge of their own health & wellbeing and to help them live their lives free of pain and disease, with extraordinary health, outstanding mental clarity, and a passion for life.”

Matt is also the creator of the ‘Extraordinary Health & Vitality’ program – an exclusive live seminar designed to teach people how to rebuild the body’s health by utilizing simple, powerful knowledge for self-healing. This system for regeneration, revitalization, and rejuvenation, is a residential learning experience that focuses on nutritional, physical, mental, emotional, as well as spiritual, balance and harmony. You'll learn how to provide your body the healthy environment it needs to restore itself naturally. When the body is properly cleansed and nourished, the symptoms of disease and the disease itself will disappear. For more information please contact support (at) reverse-diabetes-today (dot) com

Further Resources:

- Please buy Dr Robert O. Young’s phenomenal books – Sick & Tired and The pH Miracle For Diabetes – which are truly revolutionary! The information in these books obliterates contemporary medicine and nutrition, leaving you to rethink the world’s perspective on health and of treatment of sickness and disease. With these books Dr. Young has set a paradigm for the future of healthy living.
Appendix II – The Truth About Supplements

Ok, Here’s The Truth: No supplement can ever take the place of a healthy diet and lifestyle.

Food supplements may have their place in certain cases of nutritional deficiency, as long as we remember that no supplement can replace healthful, nutritional, natural foods.

If you don’t eat the proper foods, nothing else matters. Dietary supplements can never provide you with all the benefits that food supplies.

There is no magic powder, pill, or potion that will solve your problems for the long term. No supplement can ever take the place of real food and a wholesome lifestyle. We always focus on food first!

Phytochemicals are potent bioactive compounds with protective or disease preventive properties. These amazing micronutrients naturally occur in vegetables and fruits and it is not possible to synthesize them. This means that, however many synthetic vitamins or other supplements you take, they cannot provide you these phytochemicals. You see, food is not like medicine, it is medicine!

Yes, what you put on your fork is more powerful medicine than any man-made supplement or pharmaceutical. Food is the most powerful medicine available to heal chronic disease. All you need to do is eat your medicine and think of your grocery store as your pharmacy.

So if you want to make the best possible progress with your health and start reversing your diabetes condition, please forget the hype surrounding all food supplements or meal replacement programs and get back to basics. And that means REAL food (i.e. whole, natural, nutrient-rich foods).

So don’t think too much about the supplements mentioned in this program, they are NOT essential. However, what is extremely important is to super-hydrate and cleanse your body by drinking plenty of alkaline water, ideally with some green powder or lemon juice every day, and juicing as many vegetables, blending (green smoothies) and eating greens (spinach, broccoli, avocado, cucumbers, artichokes, asparagus, celery, kale, Swiss chard, collard greens, cauliflower, dandelion, cabbage, all green leafy vegetables, bell peppers, tomatoes, berries, lemons, limes, onions, garlic, parsley, cayenne pepper, turmeric, cinnamon, ginger, etc). If you just do that (without even doing anything else), we know that blood sugar normalizes within days (not even weeks or months). Please refer to the Diabetes Healing Recipes eBook for a variety of recipes that are easy to prepare, mind-blowingly delicious, and so good for you.
Appendix II – Live Blood Cell Analysis

Is your internal terrain a clean friendly environment for our helper organisms to thrive and the blood to flow, or is it a congested hostile environment loaded with toxic substances and pathogens?

You don't have to guess whether your health is improving. You can see the pictures for yourself.

Live Blood Cell Analysis (or Darkfield Microscopy) is a unique method of blood analysis using a microscope that allows you to take an in-depth look at the internal terrain of your body.

This test uses a drop of live blood taken from your fingertip and, using what is known as a Darkfield microscope, a vivid image is then projected onto a monitor where you can easily see the health state of your blood cells.

Darkfield Microscopy is a very effective method to observe living blood cells, unlike conventional methods which effectively kill the cells by staining (besides, half an hour after the cells are taken from the body the cells are dead therefore they cannot reveal information that live blood analysis can, such as immune system activity.)

Here’s a picture of healthy red blood cells (the blue cells are white blood cells):

![Healthy Red Blood Cells](image)

Do you see how far apart the blood cells are from each other? As a result, your blood can move freely throughout your entire body, and get into all your small capillaries, providing energy to your whole body.

As I’m sure you recall, your blood cells have a negative charge on the outside and a positive charge inside; this is what keeps them healthy and far apart from each other. However, when your body is over-acidic, the acid strips your blood of it's negative charge. Your blood cells no longer have the same repelling force and clump together like this:

![Clumped Blood Cells](image)

When your blood is clumped together like this, it no longer can get to all the little capillaries in your body to give you the life giving oxygen you need. So what happens in a body whose red cells are all stuck together for a few years? It's not rocket science: the tissues of the body become oxygen deprived, leading to major disease. This by the way is also the major reason why many people feel tired all the time, and why they need to sleep longer.

(Please visit [www.phmiracleliving.com](http://www.phmiracleliving.com) to find out where you can get a live blood analysis.)
Appendix III – The Power of Wheatgrass

Wheatgrass juice is a green juice pressed from young wheat plants that is one of the richest sources of chlorophyll, natural vitamins, minerals, enzymes and life energy available.

Amazing Benefits of wheatgrass

The most important property of wheatgrass is that it is made of about 70% chlorophyll; which helps to purify and cleanse your blood, stop the growth of unhealthy bacteria and improve the function of the organs and systems in your body.

Wheatgrass juice contains most of the vitamins and minerals you need for optimum health. It is a whole meal and a complete protein with lots of enzymes. Wheatgrass is also an excellent source of calcium, iron, magnesium, phosphorus, potassium, sodium, sulphur, cobalt, and zinc.

Chlorophyll is the first product of light and, therefore, contains more light energy than any other element. Wheatgrass juice is 70% chlorophyll — the basis or blood of all plant life — and it is an important body builder.

The Chlorophyll Molecule closely resembles that of the Haemoglobin Molecule. The only difference is the chlorophyll molecule contains magnesium as its central atom, and haemoglobin contains iron. The molecular structure of these two substances is almost identical in all other respects. It builds the blood. Wheatgrass juice has been proven to quickly build red blood cells which, as you remember, carry oxygen to every cell.

Wheatgrass also cleanses the body. It dissolves scars formed in the lungs, washes away drug deposits from the body, purifies the blood and organs, and drains the lymph system — which carries away acids and toxins from your body cells. Chlorophyll arrests growth and development of unfriendly bacteria and helps to destroy free radicals.

Wheatgrass is a complete food in itself. The fact is that one pound of fresh wheatgrass is equivalent in nutritional value to 23 pounds of choice garden vegetables.

Suggested Dosage:

Start with a 1-ounce serving and work up. Drink on an empty stomach.

Wheatgrass is a powerful "detoxifier" of both the liver and large intestine. Consequently, people should gradually increase from one ounce a day to five or six ounces spread throughout the day. Too much can release too many poisons too fast.

Where can you get it?

Though it is available in powdered and tablet form, fresh-squeezed juice is best. Any major health food store or juice bar will have fresh wheatgrass juice.
## Alkaline Foods Chart

<table>
<thead>
<tr>
<th>Food Category</th>
<th>Food</th>
<th>Rating</th>
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<tbody>
<tr>
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<td>Corn Tortillas</td>
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</tr>
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<td>Rye bread</td>
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<td>Cheese (all varieties, from all milks)</td>
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<td>Meat, Poultry &amp; Fish</td>
<td>Fresh water fish</td>
<td>red</td>
</tr>
<tr>
<td>Meat, Poultry &amp; Fish</td>
<td>Liver</td>
<td>red</td>
</tr>
<tr>
<td>Meat, Poultry &amp; Fish</td>
<td>Ocean fish</td>
<td>red</td>
</tr>
<tr>
<td>Meat, Poultry &amp; Fish</td>
<td>Organ meats</td>
<td>red</td>
</tr>
<tr>
<td>Meat, Poultry &amp; Fish</td>
<td>Oysters</td>
<td>red</td>
</tr>
<tr>
<td>Meat, Poultry &amp; Fish</td>
<td>Pork</td>
<td>red</td>
</tr>
<tr>
<td>Meat, Poultry &amp; Fish</td>
<td>sardines (canned)</td>
<td>red</td>
</tr>
<tr>
<td>Meat, Poultry &amp; Fish</td>
<td>Tuna (canned)</td>
<td>red</td>
</tr>
<tr>
<td>Meat, Poultry &amp; Fish</td>
<td>Veal</td>
<td>red</td>
</tr>
<tr>
<td>Misc</td>
<td>Bee pollen</td>
<td>green</td>
</tr>
<tr>
<td>Misc</td>
<td>Canned foods</td>
<td>green</td>
</tr>
<tr>
<td>Misc</td>
<td>cereals <em>(like Kelloggs etc)</em></td>
<td>green</td>
</tr>
<tr>
<td>Misc</td>
<td>Hummus</td>
<td>green</td>
</tr>
<tr>
<td>Misc</td>
<td>Rice milk</td>
<td>green</td>
</tr>
<tr>
<td>Misc</td>
<td>Royal Jelly</td>
<td>green</td>
</tr>
<tr>
<td>Misc</td>
<td>Soy Protein Powder</td>
<td>green</td>
</tr>
<tr>
<td>Misc</td>
<td>Tempeh</td>
<td>green</td>
</tr>
<tr>
<td>Misc</td>
<td>Whey protein powder</td>
<td>green</td>
</tr>
<tr>
<td>Nuts</td>
<td>Almond</td>
<td>green</td>
</tr>
<tr>
<td>Nuts</td>
<td>Almond butter <em>(raw)</em></td>
<td>green</td>
</tr>
<tr>
<td>Nuts</td>
<td>Brazil nuts</td>
<td>green</td>
</tr>
<tr>
<td>Nuts</td>
<td>Cashews</td>
<td>green</td>
</tr>
<tr>
<td>Nuts</td>
<td>Filberts</td>
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<tr>
<td>Nuts</td>
<td>Hazelnut</td>
<td>green</td>
</tr>
<tr>
<td>Nuts</td>
<td>Macadamia nuts <em>(raw)</em></td>
<td>green</td>
</tr>
<tr>
<td>Nuts</td>
<td>Peanut butter <em>(raw, organic)</em></td>
<td>green</td>
</tr>
<tr>
<td>Nuts</td>
<td>Peanuts</td>
<td>green</td>
</tr>
<tr>
<td>Nuts</td>
<td>pine nuts <em>(raw)</em></td>
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</tr>
<tr>
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</tr>
<tr>
<td>Roots</td>
<td>Carrot</td>
<td>green</td>
</tr>
<tr>
<td>Roots</td>
<td>Fresh red beet</td>
<td>green</td>
</tr>
<tr>
<td>Roots</td>
<td>Kohlrabi</td>
<td>green</td>
</tr>
<tr>
<td>Roots</td>
<td>Potatoes</td>
<td>green</td>
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<tr>
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</tr>
<tr>
<td>Category</td>
<td>Item</td>
<td>Type</td>
</tr>
<tr>
<td>----------------</td>
<td>-------------------------------------------</td>
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</tr>
<tr>
<td>Roots</td>
<td>Rutabaga</td>
<td></td>
</tr>
<tr>
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<td>Summer black radish</td>
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</tr>
<tr>
<td>Roots</td>
<td>Sweet potatoes</td>
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</tr>
<tr>
<td>Roots</td>
<td>Turnip</td>
<td></td>
</tr>
<tr>
<td>Roots</td>
<td>White radish (spring)</td>
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</tr>
<tr>
<td>Roots</td>
<td>Yams</td>
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</tr>
<tr>
<td>Seeds</td>
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<td></td>
</tr>
<tr>
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</tr>
<tr>
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<tr>
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</tr>
<tr>
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</tr>
<tr>
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<td></td>
</tr>
<tr>
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</tr>
<tr>
<td>Seeds</td>
<td>Wheat Kernel</td>
<td></td>
</tr>
<tr>
<td>Sweets &amp; Sweeteners</td>
<td>Agave nectar</td>
<td></td>
</tr>
<tr>
<td>Sweets &amp; Sweeteners</td>
<td>Alcohol sugars (xylitol and the other</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sweets &amp; Sweeteners</td>
<td>Artificial sweeteners</td>
</tr>
<tr>
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<td>Barley malt syrup</td>
<td></td>
</tr>
<tr>
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<td>Beet sugar</td>
<td></td>
</tr>
<tr>
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<td>Brown rice syrup</td>
<td></td>
</tr>
<tr>
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<td>Dr. Bronner's barley malt sweetener</td>
<td></td>
</tr>
<tr>
<td>Sweets &amp; Sweeteners</td>
<td>Dried sugar cane juice</td>
<td></td>
</tr>
<tr>
<td>Sweets &amp; Sweeteners</td>
<td>Fructose</td>
<td></td>
</tr>
<tr>
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<td>Halva [ground sesame seed sweet]</td>
<td></td>
</tr>
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<td></td>
</tr>
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<td></td>
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<td>Sugar (white)</td>
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<tr>
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<td>Alfalfa</td>
<td></td>
</tr>
<tr>
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<td></td>
</tr>
<tr>
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<td>Asparagus</td>
<td></td>
</tr>
<tr>
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<td>Aubergine/Egg plant</td>
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</tr>
<tr>
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<td>Barley grass</td>
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</tr>
<tr>
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<td>Basil</td>
<td></td>
</tr>
<tr>
<td>Vegetables</td>
<td>Bell peppers/capsicums (all colors)</td>
<td></td>
</tr>
<tr>
<td>Vegetables</td>
<td>Blue-Green Algae</td>
<td></td>
</tr>
<tr>
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<td>Bok Choy</td>
<td></td>
</tr>
<tr>
<td>Vegetables</td>
<td>Brussels sprouts</td>
<td></td>
</tr>
<tr>
<td>Vegetables</td>
<td>Cabbage lettuce, fresh</td>
<td></td>
</tr>
<tr>
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<td>Canned vegetables</td>
<td></td>
</tr>
<tr>
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</tr>
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<tr>
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<td></td>
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<tr>
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<tr>
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</tr>
<tr>
<td>Vegetables</td>
<td>Comfrey</td>
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</tr>
<tr>
<td>Vegetables</td>
<td>Cooked vegetables (all kinds)</td>
<td></td>
</tr>
<tr>
<td>Vegetables</td>
<td></td>
<td></td>
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<tr>
<td>---------------</td>
<td>---------------</td>
<td></td>
</tr>
<tr>
<td>Cucumber, fresh</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dandelion</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dog grass</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Endive, fresh</td>
<td></td>
<td></td>
</tr>
<tr>
<td>French cut (green) beans</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Frozen vegetables</td>
<td>×</td>
<td></td>
</tr>
<tr>
<td>Garlic</td>
<td>×</td>
<td></td>
</tr>
<tr>
<td>Ginger</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ginseng</td>
<td>×</td>
<td></td>
</tr>
<tr>
<td>Green cabbage, (December Harvest)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Green cabbage, (March Harvest)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Horse radish</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jicama</td>
<td>×</td>
<td></td>
</tr>
<tr>
<td>Kale</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kamut grass</td>
<td>×</td>
<td></td>
</tr>
<tr>
<td>Lamb's lettuce</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leeks (bulbs)</td>
<td>×</td>
<td></td>
</tr>
<tr>
<td>Lettuce</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mushrooms</td>
<td>×</td>
<td></td>
</tr>
<tr>
<td>Mustard greens</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Onion</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oregano</td>
<td>×</td>
<td></td>
</tr>
<tr>
<td>Parsnips</td>
<td>×</td>
<td></td>
</tr>
<tr>
<td>Peas, fresh</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peas, ripe</td>
<td>×</td>
<td></td>
</tr>
<tr>
<td>Peppers</td>
<td>×</td>
<td></td>
</tr>
<tr>
<td>Pickled vegetables</td>
<td>×</td>
<td></td>
</tr>
<tr>
<td>Pumpkins (raw)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Raw onions</td>
<td>×</td>
<td></td>
</tr>
<tr>
<td>Red cabbage</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rhubarb stalks</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Savoy Cabbage</td>
<td>×</td>
<td></td>
</tr>
<tr>
<td>Sea Vegetables</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Seaweed (dulse, kelp, laver, etc)</td>
<td>×</td>
<td></td>
</tr>
<tr>
<td>Shave grass</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sorrel</td>
<td>×</td>
<td></td>
</tr>
<tr>
<td>Sauerkraut</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Soy Sprouts</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spinach (March harvest)</td>
<td>×</td>
<td></td>
</tr>
<tr>
<td>Spinach (other than March)</td>
<td>×</td>
<td></td>
</tr>
<tr>
<td>Sprouted seeds (all kinds)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Squash (all kinds, raw)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Straw grass</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thyme</td>
<td>×</td>
<td></td>
</tr>
<tr>
<td>Tomatoes (raw)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tomatoes (sundried)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Watercress</td>
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</tr>
<tr>
<td>Wheat grass</td>
<td></td>
<td></td>
</tr>
<tr>
<td>White cabbage</td>
<td>×</td>
<td></td>
</tr>
<tr>
<td>Yeast</td>
<td>×</td>
<td></td>
</tr>
<tr>
<td>Zucchini</td>
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References

Mikhail Tombak PhD, *Cure the Incurable*, Bertrams, 2005.
Chandalia, M.D., Manisha et al, “Beneficial Effects of High Dietary Fiber Intake in Patients with Type 2 Diabetes Mellitus,” *NEJM* (May 2000).


Martensson, J., Jain, A., Meister A. Glutathione is required for intestinal


Evidence for the reversibility of Type 2 diabetes

The following studies and reports are just a few of the many demonstrating that Type 2 diabetes is reversible.


http://www.diabetologia-journal.org/Lim.pdf


7) Anderson, JW and Ward, K: High Carbohydrate, High fiber diets for insulin-treated men with diabetes mellitus. Am J Clin Nutr, 1979; 32:2312-21. "Medical research confirms that up to 50% of Type 2 diabetics can eliminate diabetes risks and discontinue medication within three weeks by adopting a low-fat, plant food diet and regular daily exercise."


20) Acceptance is growing among the mainstream medical community that diabetes is reversible. Dr. Mehmet Oz is among the many physicians who now say diabetes is completely reversible by making better lifestyle choices. As reported on Oprah.com, Dr. Oz stated: “Ninety percent of type 2 diabetics can actually reverse their problem.”
21) “Reversing diabetes is possible” by Val Willingham, CNN. Bethesda, Maryland (CNN) -- Diabetes type-2 can be reversed. "We have seen numerous people reverse their condition," says Dr. Michelle Magee, director of the MedStar Diabetes Institute in Washington. "But it takes a real dedication for the rest of their lives," she notes.
22) UK Study shows diabetes is reversible. June 28, 2011 Researchers from Newcastle University have clearly shown that diet alone can actually reverse the condition by normalizing blood glucose levels, reducing cholesterol levels and even stimulate the pancreas’s insulin producing cells (beta cells) to return to normal! The full study was published in the June issue of the journal Diabetologia.
23) Type 2 Diabetes Reversible Friday, June 24, 2011. Reversal Of Type 2 Diabetes: Normalisation Of Beta Cell Function In Association With Decreased Pancreas And Liver Triacylglycerol, Diabetologia, June 9, 2011. The authors wrote, “Normalisation of both beta cell function and hepatic insulin sensitivity in type 2 diabetes was achieved by dietary energy restriction alone. This was associated with decreased pancreatic and liver triacylglycerol stores. The abnormalities underlying type 2 diabetes are reversible by reducing dietary energy intake”. http://www.ncbi.nlm.nih.gov/pubmed/21656330
24) Mainstream media acknowledges diabetes can be reversed through major diet, lifestyle changes. Monday, February 07, 2011 by: Ethan A. Huff, staff writer (NaturalNews): The mainstream media is just now catching on to what NaturalNews and other natural health advocates have been saying for years: type 2 diabetes can be reversed through dietary and lifestyle changes, and without the need for lifelong drug interventions. A recent report by CNN says that improving one’s diet, keeping off excess weight, and regularly exercising, can help millions of people with diabetes get rid of it for good.
25) The majority of cases of type 2 diabetes can be prevented by the adoption of a healthier lifestyle. Sept 2001. In a report in The New England Journal of Medicine, Walter Willett, MD, PhD, and his colleagues from the Harvard School of Public Health demonstrated that 91 percent of all Type 2 diabetes cases could be prevented through improvements lifestyle and diet. Frank B. Hu, M.D., JoAnn E. Manson, M.D., Meir J. Stampfer, M.D., Graham Colditz, M.D., Simin Liu, M.D., Caren G. Solomon, M.D., and Walter C. Willett, M.D.N Engl J Med 2001; 345:790-797 September 13, 2001 http://www.nejm.org/toc/nejm/345/11/ September 13, 2001
26) Diabetes And Insulin Resistance Are Reversible. Huffington Post August 8, 2009 Dr. Mark Hyman says type 2 diabetes is reversible with early intervention and a proper diet.

Diabetes is not necessarily a one-way street. PCRM Clinical Research. February 15, 2005 Diabetes: Can a Vegan Diet Reverse Diabetes? By Andrew Nicholson, M.D. Early studies suggest that persons with type 2 diabetes can improve and, in some cases, even reverse the disease by switching to an unrefined, vegan diet. This is based on a carefully controlled test performed by PCRM (Physicians Committee for Responsible Medicine). http://www.pcrm.org/health/clinres/diabetes.html

Working with Georgetown University, PCRM compared two different diets: a high-fiber, low-fat, vegan diet and the more commonly used American Diabetes Association (ADA) diet.

Fasting blood sugars decreased 59 percent more in the vegan group than in the ADA group. And, while the vegans needed less medication to control their blood sugars, the ADA group needed just as much medicine as before. The vegans were taking less medicine, but were in better control. While the ADA group lost an impressive 8 pounds, on average, the vegans lost nearly 16 pounds. Cholesterol levels also dropped more substantially in the vegan group compared to the ADA group.


Software executive cures himself of diabetes at the age of 30. Mike Adams, now known as the Health Ranger, cured himself of diabetes in a matter of months and transformed himself into the picture of perfect health in mind, body and spirit. Mike dove into research; he devoured thousands of books on nutrition, pharmaceutical drugs, wellness programs, the politics of food - anything he could find. Mike has now made it his life mission to share the most remarkable discovery he made on his quest: the vast majority of all diseases can be easily prevented and even cured without drugs or surgery. http://www.healthranger.org/bio.html

Diabetes is reversible. Mayo Clinic. Potentially reversible diabetes conditions include prediabetes — when your blood sugar levels are higher than normal, but not high enough to be classified as diabetes — and gestational diabetes, which occurs during pregnancy. http://www.mayoclinic.com/health/diabetes/DS01121


The Diabetes Conundrum: What Physicians Are Teaching You May be Killing You - Read the surprising conclusion Dr. Rosedale, one of the leading diabetic doctors in the country, reaches about the current state of knowledge in diabetes. http://articles.mercola.com/sites/articles/archive/2005/06/21/diabetes-part-fifteen.aspx


"No matter how long you have lived with diabetes, your experience of life can become better than you ever imagined." http://www.thetruenature.net/diabetes DR. RON ROSEDALE SPEAKS ON DIABETES; "The increased incidence in diabetes is as shocking as it is alarming. This is a disease that should be very rare, yet it is commonplace, even among children, and rapidly escalating. At one time, type 2 diabetes was called senile
diabetes, a reflection of the fact that it usually did not affect people until they were well into their late decades. As more and more middle-age people began to develop this disease, the name was changed to adult-onset diabetes (no one middle-age wants to be called senile!!). Given the fact that so many children are now getting adult-onset diabetes, medicine has once again stuck a name onto a so-called new disease--MODY, Maturity-Onset Diabetes of the Young. This is a prime example of how the so-called diseases of aging are not related solely to chronological age but to overall health. "Type 1 diabetes (also called juvenile diabetes) is a result of too little insulin, the hormone that is produced in response to rising blood glucose or sugar levels. Without enough insulin, blood sugar levels can climb dangerously high, leading to organ damage and death. Type 2 diabetes (discussed in the paragraph above), is an entirely different story and accounts for about 95 percent of all cases of adult diabetes. Type 2 diabetes is characterized by a condition called insulin resistance, which occurs when the cells of the body are constantly exposed to high levels of insulin. Plenty of insulin is being made, but cells have become desensitized. In the case of type 2 diabetes, the cause is more closely linked to a failure in cellular communication; that is, how well your cells can 'listen' to insulin and leptin, than your age. "When your cells become resistant to insulin, the receptors con cell membranes no longer 'hear' the signals from insulin. This can cause catastrophic health problems down the road, including blood lipid abnormalities, high blood ressure, heart disease and even cancer. "Insulin resistance often goes hand in hand with elevated leptin levels and leptin resistance, and both conditions are linked to eating too much of the wrong food. Lower your leptin levels and your insulin problems will greatly improve. Leptin resistance results in deep pockets of fat in the waist and abdomen which 'smother' the liver from receiving proper hormonal signals, a very important one being from insulin. When your liver becomes insulin resistant, it will make too much sugar, contributing to insulin resistance and diabetes. Elevated leptin also increases fight-or-flight mode, which boosts blood glucose levels and production of cortisol (stress hormone) by the adrenal glands, which causes blood glucose levels to soar even higher.

39) Natural Treatments For Diabetes: The Whitaker Wellness approach is very effective in reducing and often eliminating the need for oral diabetes drugs and insulin in patients with type 2 diabetes. The Whitaker Wellness Institute's approach to diabetes is twofold: to lower blood sugar and to reduce the risk of diabetic complications with diet, exercise, and targeted nutritional supplements.

40) Diabetes Can Be Treated Without Drugs: Julian Whitaker, MD; Jul 03, 2009. "Hundreds of clinical trials demonstrate that diabetes can not only be prevented but actually reversed -- not with drugs but with simple, inexpensive lifestyle measures." http://adrianbridgwater.sys-con.com/node/1024164

41) Health and Medicine: Dr. Neal Barnard's Program for Reversing Diabetes (a vegan diet w/ low GI foods) outlines a nutritional approach to treating diabetes, citing the examples of study participants who successfully improved their ability to respond to insulin, lost weight, and ended medication dependency. http://www.nealbarnard.org/https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2677007/

42) The Diabetes Prevention Program study, a very large randomized clinical trial , by Deborah Greenwood, MEd, CNS, BC-ADM, CDE: (the most accurate study design) showed that you could reduce the development of diabetes by 58% by doing some simple things. 1. Lose 5-10% of your body weight by eating healthy, with calorie and fat reduction (only 25% of calories from fat). 2. Engage in physical activity for at least 30 minutes five times per week. These changes can significantly reduce the risk of developing diabetes. Other studies have looked at other types of weight loss such as using meal replacements. The global consensus is that if you lose weight and keep it off, you may be able to prevent diabetes as well as improve blood pressure and lab values.

43) Raw for 30 Days is an independent documentary film by Dr Gabriel Cousens entitled: 'Reverse Diabetes in 30 Days' that chronicles six Americans with diabetes who switch to a diet consisting entirely of vegan, organic, live, raw foods in order to reverse diabetes naturally. A medical team was established to monitor various health variables of the subjects. The diet: "No meat, no dairy, no alcohol, no caffeine, no refined foods, no junk
food or fast food of any kind, no candies, no sugar”. Conclusion: Type 2 diabetes can be cured, or at least drastically reduce blood sugar, hemoglobin a1c, blood pressure, cholesterol, weight, etc. [57] Dr. Cousens’ Reversing Diabetes Naturally Protocol is a medically-supervised nutritional therapy program for type 1 and type 2 diabetics, as well as pre-diabetics who do not want to live their lives codependent to Insulin and other medication drugs. Supported by scientific research, Dr. Cousens’ clinical results make this protocol the most comprehensive and successful diabetes reversing programs in the world.

44) DR GABRIEL COUSENS SPEAKS ON DIABETES: "In one to four days practically we get people off all their insulin and all their other diabetic medications and in 2 to 3 weeks, even if their blood sugar starts at 500 or 400, returning their blood sugar to normal which is less than a hundred." [58] http://youtu.be/0viz3jej1w0

45) A randomized trial of a church-based diabetes self-management program for African Americans with type 2 diabetes. [59]

46) Reduction in risk factors for type 2 diabetes mellitus in response to a low-sugar, high-fiber dietary intervention in overweight Latino adolescents. [60]

47) A low-fat vegan diet elicits greater macronutrient changes, but is comparable in adherence and acceptability, compared with a more conventional diabetes diet among individuals with type 2 diabetes. [61]

48) Effect of a low-glycemic index or a high-cereal fiber diet on type 2 diabetes: a randomized trial. [62]

49) Glucose and insulin responses to whole grain breakfasts varying in soluble fiber, beta-glucan: a dose response study in obese women with increased risk for insulin resistance. [63]

50) Effects of antioxidant supplementation on insulin sensitivity, endothelial adhesion molecules, and oxidative stress in normal-weight and overweight young adults. [64]

51) Anti-inflammatory effect of lifestyle changes in the Finnish Diabetes Prevention Study. [65]

52) One-year comparison of a high-monounsaturated fat diet with a high-carbohydrate diet in type 2 diabetes. [66]
lower-fat, high-CHO diets with comparable beneficial effects on body weight, body composition, cardiovascular risk factors, and glycemic control.

53) Dietary Calcium and Magnesium Intakes and the Risk of Type 2 Diabetes: the Shanghai Women's Health Study. Villegas R, Gao YT, Dai Q, Yang G, Cai H, Li H, Zheng W, Shu XO. Vanderbilt Epidemiology Center, Department of Medicine, Vanderbilt University Medical Center and Vanderbilt-Ingram Cancer Center, Nashville, TN, and the Department of Epidemiology, Shanghai Cancer Institute, Shanghai, China.

54) PCRM study published in Diabetes Care in 2006, found that participants on a vegan diet experienced significantly greater reductions in A1c (a measure of blood sugar levels over a prolonged period), weight, body mass index, waist circumference, and LDL (“bad”) cholesterol. Neal Barnard, M.D. http://www.pcrm.org/news/nejm.html

55) China Study supports a plant-based diet that can prevent heart disease, diabetes, and some cancers. The China Study: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss and Long-term Health (2005). Dr. T. Colin Campbell, Ph.D., Nutritional Biochemistry Cornell University. Note: The China Study was the culmination of a 20-year partnership of Cornell University, Oxford University and the Chinese Academy of Preventive Medicine.


58) Science News: Reverse your diabetes: You can stay diabetes-free long-term
Date: March 22, 2016
Source: Newcastle University
A new study from Newcastle University has shown that people who reverse their diabetes and then keep their weight down remain free of diabetes. In addition, the team found that even patients who have had Type 2 diabetes for up to 10 years can reverse their condition. The study, published in Diabetes Care, is the latest research from Professor Roy Taylor, Professor of Medicine and Metabolism at Newcastle University, who also works within Newcastle Hospitals.
https://www.sciencedaily.com/releases/2016/03/160322080542.htm

59) Diabetes is reversible. Mayo Clinic. Potentially reversible diabetes conditions include prediabetes — when your blood sugar levels are higher than normal, but not high enough to be classified as diabetes — and gestational diabetes, which occurs during pregnancy. http://www.mayoclinic.com/health/diabetes/DS01121


61) A ground breaking new study in Diabetologia proved that Type 2 diabetes can be reversed through diet changes, and, the study showed, this can happen quickly: in one to eight weeks. Lim EL, Hollingsworth KG, Aribisala BS, Chen MJ, Mathers JC, Taylor R. www.diabetologia-journal.org/

http://care.diabetesjournals.org/content/early/2016/02/24/dc15-1942.abstract

63) UK Study shows diabetes is reversible. June 28, 2011. Researchers from Newcastle University have clearly shown that a strict low calorie diet can actually reverse the condition by normalizing blood glucose levels, reducing cholesterol levels and even stimulate the pancreas’s insulin producing cells (beta cells) to return to normal! However, this was a small-scale study and involved just 11 people; 9 men and 2 women. The full study was
published in the June issue of the journal Diabetologia.

64) Mainstream media admits diabetes can be reversed through major diet, lifestyle changes Monday, February 07, 2011 by: Ethan A. Huff, staff writer (NaturalNews) The mainstream media is just now catching on to what NaturalNews and other natural health advocates have been saying for years: type 2 diabetes can be reversed through dietary and lifestyle changes, and without the need for lifelong drug interventions. A recent report by CNN says that improving one's diet, keeping off excess weight, and regularly exercising, can help millions of people with diabetes get rid of it for good.
http://www.naturalnews.com/031233_diabetes_lifestyle.html

65) Type 2 diabetes can be prevented by the adoption of a healthier lifestyle. In a report in The New England Journal of Medicine, Walter Willett, MD, PhD, and his colleagues from the Harvard School of Public Health demonstrated that 91 percent of all Type 2 diabetes cases could be prevented through improvements lifestyle and diet. Frank B. Hu, M.D., JoAnn E. Manson, M.D., Meir J. Stampfer, M.D., Graham Colditz, M.D., Simin Liu, M.D., Caren G. Solomon, M.D., and Walter C. Willett, M.D. N Engl J Med 2001; 345:790-797 September 13, 2001.


67) Engineer proves diabetes is reversible with plant-based diet. February 21, 2006 Rochester Democrat & Chronicle Xerox engineer reversed his diabetes and got off insulin by following a strict plant-based diet of vegetables, legumes, fish, and plant oils. PDF file of newspaper article

68) Diabetes is not necessarily a one-way street. PCRM Clinical Research. February 15, 2005 Diabetes: Can a Vegan Diet Reverse Diabetes? By Andrew Nicholson, M.D. Early studies suggest that persons with type 2 diabetes can improve and, in some cases, even reverse the disease by switching to an unrefined, vegan diet. This is based on a carefully controlled test performed by PCRM. Working with Georgetown University, PCRM compared two different diets: a high-fiber, low-fat, vegan diet and the more commonly used American Diabetes Association (ADA) diet. Fasting blood sugars decreased 59 percent more in the vegan group than in the ADA group. And, while the vegans needed less medication to control their blood sugars, the ADA group needed just as much medicine as before. The vegans were taking less medicine, but were in better control. While the ADA group lost an impressive 8 pounds, on average, the vegans lost nearly 16 pounds. Cholesterol levels also dropped more substantially in the vegan group compared to the ADA group.


70) Software executive cures himself of diabetes at the age of 30. Mike Adams, now known as the Health Ranger, cured himself of diabetes in a matter of months and transformed himself into the picture of perfect health in mind, body and spirit. Mike dove into research; he devoured thousands of books on nutrition, pharmaceutical drugs, wellness programs, the politics of food - anything he could find. Mike has now made it his life mission to share the most remarkable discovery he made on his quest: the vast majority of all diseases can be easily prevented and even cured without drugs or surgery.
http://www.healthranger.org/bio.html

71) The Diabetes Prevention Program study, a very large randomized clinical trial , by Deborah Greenwood, MEd, CNS, BC-ADM, CDE: (the most accurate study design) showed that you could reduce the development of diabetes by 58% by doing some simple things. 1. Lose 5-
10% of your body weight by eating healthy, with calorie and fat reduction (only 25% of calories from fat). 2. Engage in physical activity for at least 30 minutes five times per week. These changes can significantly reduce the risk of developing diabetes. Other studies have looked at other types of weight loss such as using meal replacements. The global consensus is that if you lose weight and keep it off, you may be able to prevent diabetes as well as improve blood pressure and lab values.


75) Effects of antioxidant supplementation on insulin sensitivity, endothelial adhesion molecules, and oxidative stress in normal-weight and overweight young adults. Vincent HK, Bourguignon CM, Weltman AL, Vincent KR, Barrett E, Innes KE, Taylor AG. Metabolism. 2009 Feb;58(2):254-62. Antioxidant supplementation moderately lowers HOMA and endothelial adhesion molecule levels in overweight young adults. A potential mechanism to explain this finding is the reduction in oxidative stress by AOX.


77) The China Study supports a plant-based diet that can prevent heart disease, diabetes, and some cancers. The China Study: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss and Long-term Health (2005). Dr. T. Colin Campbell, Ph.D., Nutritional Biochemistry Cornell University. Note: The China Study was the culmination of a 20-year partnership of Cornell University, Oxford University and the Chinese Academy of Preventive Medicine. The China Study and Dr. T. Colin Campbell have received national and international television, radio, print and online media coverage, including features, mentions and reviews in The Huffington Post, The New York Times, Wall Street Journal, CNN, AOL, EXTRA!, HBO’s Real Time with Bill Maher, Elle.com, PR Newswire, The Dr. Oz Show, The Boston Globe, WNPR, The Economist, and The Japan Times, among many others. Notable is an interview with CNN’s Wolf Blitzer in which former President Bill Clinton mentioned his adoption of a “plant-based” diet as popularized in The China Study. Dr. Campbell was one of the doctors featured in the popular 2011 documentary Forks Over Knives. He also appeared in the award-winning documentary film PLANEAT and in the movie A Delicate Balance.

According to the 2017 National Diabetes Statistics Report, over 30 million people living in the United States have diabetes. That’s almost 10 percent of the U.S. population. And diabetes is the seventh leading cause of death in the United States, causing, at least in part, over 250,000 deaths in 2015. That’s why it’s so important to take steps to reverse diabetes and the diabetes epidemic in America. I. How To Reverse Diabetes – The Reasons To Blame On. Diabetes is a complex group of diseases that are caused by a lot of separate factors. People who have diabetes will suffer from high blood glucose, also called hyperglycemia or high blood sugar. Diabetes is a metabolism disorder the way your body converts digested foods into energy. The digestive system breaks down carbohydrates starches and sugars that can be found in a lot of foods into glucose a form of sugar which can enter the bloodstream.