

The Dietary Truth

A 21st Century Guide to Regaining Health & Dignity

6th Edition by

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Note: It must be advised that you consult your physician before discontinuing any prescribed medications or initiating any exercise program.

“I am a firm believer in the people. If given the truth, they can be depended upon to meet any national crisis. The great point is to bring them the real facts.”

Abraham Lincoln

Author’s Foreword for the 6th edition

So, what have we learned from the Covid pandemic? I believe the primary lesson should be respect for your immune system. Just as your heart continually beats, your immune system is fighting the good fight against a never-ending stream of microbes every second of every day. It needs your support, always has and always will. A healthy body that is free of immunosuppressant drugs is great to have on a good day, but it is crucial to have during a pandemic. So, instead of listening to the divisive debate between the condescending and uninformed punditry, let’s save lives the old-fashioned (a.k.a. proven) way: Healthy mind & body = strong immune system. Then we can boost that with proven, well-established vaccinations and medications when needed.

This book differs from other diet/health books in three fundamental ways:

1. It helps you achieve lifelong health.
2. It contains no gimmicks.
3. It has no profit motive.

I take no profits from this book, so please accept this distribution of information in the spirit that it was intended. This is simply information that people need to know for the sake of

their health. If you have been on this planet for a while, you are probably sick of being told that something is healthy one day and unhealthy the next. Fortunately, the true fundamentals do not change, and they will deliver America from its healthcare crisis.

This edition is dedicated to the readers who have written me letters of encouragement. Your moral support has always been appreciated, especially 25 years ago when these concepts were considered extremely controversial. A great deal of progress has been made since then (e.g., we helped ban trans-fats in 2020, prescription opiates are now recognized as doing more harm than good, and parents aren't being pressured nearly as much to put their 'ADHD' kids on amphetamines). However, there is still much work to be done. America continues to suffer from a subconscious belief in the inevitability of disease and necessity of daily pharmaceuticals. I hope that the latest research will help to finally debunk those myths. I continue to update this book because it is an honor to serve the people who can benefit from this advice. Thank you for the opportunity.

“All truth passes through three stages. First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as being self-evident.”

Schopenhauer, 19th century philosopher

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“What were once vices are now customs.”

Seneca, philosopher of the Roman Empire

The 7 Deadly Sins

Try to keep the toxins out of the temple, because what you put into your body determines your health. There is much more at stake than just your physical well-being. Happiness and dignity are difficult to maintain when the body is burdened with disease. In the end, there is no sinful pleasure in poor health. You need to slowly but surely eliminate these seven major causes of death and disease.

1. Cigarettes
2. Excess pharmaceuticals/drugs
3. Soda
4. Factory Food
5. Excess Sugar
6. Pork
7. Sloth

“The joyfulness of a man prolongeth his days.”

The Bible

The 8 Potent Pleasures

For every negative, there is at least one positive. Many misguided folks think that good health is a matter of deprivation. In truth, good health is achieved by learning to enjoy the truly good things in life. All of these pleasures are scientifically proven to improve health and extend life.

1. Fruits/Berries
2. Dark Chocolate
3. Olive Oil & Avocadoes
4. Laughter & Friendship
5. Wine & Dark Beer
6. Cannabinoids
7. Love & Intimacy
8. Deep Sleep

In an Age

when factories make food and thought is sedated,

diseases will flourish 'til light is created.

American Health & Healthcare. What Happened?

If you are severely injured or gravely ill, you're in luck (historically speaking). You were born in the right place at the right time. Modern American hospitals are extraordinary institutions. You will be thoroughly examined by high-tech machines and given powerful medicines that will save your life. This is the best time in history to be a patient, *if* you are severely injured or gravely ill. A person at death's door from a motorcycle wreck or meningitis is lucky to be in 21st century America. However, a person suffering from fibromyalgia or bronchitis would be lucky to be in Ancient Greece (Hippocrates utilized nutritional, herbal, and breathing therapies which were effective and had almost no side effects).

When you have routine aches and illnesses, modern American medicine is usually overkill (often literally). More is not always better, particularly when it comes to pharmaceutical drugs. Pharmaceuticals usually have long-term side effects, and they rarely deal with the root causes of disease.

The primary root cause is that real foods have been replaced with factory foods. Other root causes of our declining national health include sedentary lifestyles and pollution.

These problems are compounded by a profit-driven, dysfunctional healthcare system that is based on over-diagnosis and over-treatment.

It all starts with our diet. The actual cause of most ailments is an unnatural lifestyle, and the most effective treatment is natural food. Americans now acknowledge the debilitating consequences of smoking, but most people are still unaware of the full destructive effects of factory foods and excessive pharmaceuticals. It is not a mystery why illness occurs. Many people have fallen into the downward spiral of poor nutrition followed by the inevitable diseases, which are then treated with multiple drugs that have long-term degenerative side effects. This invariably snowballs into widespread organ insufficiency treated with an avalanche of degenerative medications. (Alternatively, you could try the solutions in the chapter *List of Common Diseases & Natural Treatments* on page 153.)

The facts concerning our healthcare system can no longer be sugar-coated. Even the politicians in Washington cannot put a positive spin on the situation. America's declining health is creating an unhealthy debt. In 2008, the Fed Chairman announced that the growth of healthcare was unsustainable, and that the higher costs were associated with worse outcomes for the patients. In 2009, the President of the United States stated that we have “a healthcare system that is breaking America’s families, breaking America’s businesses, and breaking America’s economy.” In 2011, the Fed Chairman confirmed that the cost of healthcare was on the verge of destroying the economy. By 2012, it was well known in Washington that healthcare costs had to be reduced to save the U.S. economy, but the proposed plans were so contentious that it ended up in the Supreme Court. Since then, most efforts at reform have been focused on improving access to healthcare instead of fixing the root causes of poor health.

We spend more than twice as much per person on healthcare as any other nation, but we have the unhealthiest population of any developed country. We also have the most dissatisfied patients. The American healthcare system is by far the most expensive, but it is ranked 69th in the world in 2023, right between Armenia and Algeria. Numerous international and domestic agencies annually rank the healthcare systems of the wealthy nations, and the U.S. routinely comes in dead last in administrative efficiency, access to care, health outcomes, and life expectancy. It will take more than money to heal this nation, and it will take more than legislation to fix the underlying problems. These problems will continue to worsen until individuals return to the natural fundamentals of health. It's that simple.

America is truly a great nation, and many aspects of its healthcare system are the best in the world. This makes it all the more imperative to fix these problems before they undermine our remarkable success. The good news is that fixing the healthcare crisis is surprisingly easy, and the solution is within your control. All you need to do is slowly return to a natural lifestyle. It is easier than you might think, plus the benefits are tremendous. Thousands of people who have followed the simple advice in this book say that they feel better than at any other time in their lives. You can fully appreciate life when you regain the energy of youth and combine it with the wisdom of age.

In these politically correct and litigious times, not many in the healthcare industry have the ability to be completely candid with you, but this book will be. It is time to begin a fearless and unbiased discussion. The following pages contain several statements that might offend folks from both ends of the political spectrum, but these inconvenient truths are all based on well-established facts. The goal of this book is to make you fully aware that the power to prevent disease is within your control.

Your actions determine your health over 99% of the time. The single most important action is what you choose to eat (hence, the name of this book). Maintaining health in modern times is not that difficult once you learn how to properly nourish your body. But first, we must delineate the problems in order to better understand the solutions.

The 20th Century introduced unprecedented changes in the Western diet, and we are now reaping the synthetic harvest. The factories have processed most of the phytonutrients out of food and replaced them with chemically-modified substances. These factory foods are the primary cause of the degenerative diseases which afflict modern society.

Factory foods (a.k.a. processed foods or junk foods) are manufactured with ‘enriched’ flour, sugar, high-fructose corn syrup, hydrogenated fats, palm oil, chemical preservatives, dyes, and artificial flavors. The term ‘junk food’ is no longer sufficient, because most people mistakenly believe that the factory foods they are routinely eating are not junk foods. The packaging and advertising may promise health, but the list of ingredients does not lie. If it contains the aforementioned chemically-modified ingredients, then it will cause the same diseases as whatever you consider to be junk food. Also, the majority of meat and dairy products must now be categorized as factory foods since the animals are immobilized in factories, injected with chemicals, and mechanically processed.

The results of living on factory foods are predictable. Obesity, diabetes, cancer, stroke, mental illness, erectile dysfunction, dementia, arthritis, hypertension, heart disease and autoimmune disorders have all become epidemics. Antidepressants and pain pills are the norm. Our children are either struggling with weight problems or mired down with behavioral disorders. Why has this happened?

First, a few simple truths need to be accepted:

1. The majority of food manufacturers are willing to sacrifice your long-term health in order to increase their profits.
2. These food manufacturers are creating disease.
3. Americans have been told repeatedly that pharmaceuticals are the only cures for these diseases, but Americans have not been told how many diseases are caused by pharmaceuticals.
4. The majority of pharmaceutical corporations are willing to sacrifice your long-term health in order to increase their profits.
5. These pharmaceutical corporations are also creating disease.

Yes, it is unpleasant to face these facts. It is even more unpleasant to contemplate the fact that pharmaceutical corporations make a tremendous amount of money by chronically treating disease, but they make considerably less money by preventing or curing disease. It's not a conspiracy. It's just business.

There are many corporate executives who have become billionaires simply because they are willing to sacrifice the health of Americans. Degenerative diseases now run rampant because inexpensive chemicals are used as both food and medicine. The constant struggle with pain, weight gain, and disease has become a standard part of nearly every American's life.

Politicians talk about healthcare reform, but their laws invariably favor the corporations who fund their campaigns. You don't need to be a revolutionary to see that the political-corporate power structure is no longer working for the American worker. This is not the first time in history that this has happened. To save the working class, Mark Twain and Teddy Roosevelt rebelled against the corporate oligarchy and broke apart the monopolies of the robber barons. That

brought an end to the corrupt Gilded Age, and it began the prosperous 20th century (known to many world historians as the American Century).

Americans by nature are rebels. That's a good thing unless it becomes misguided. "I am gonna eat my fries, wash them down with a super-sized soda, and then light up in the No Smoking section." Hospital beds and dialysis units are full of such rebels. Are nicotine slaves and junk food addicts really rebels? The CEOs view them as cattle being led to slaughter. The corporations begin their manipulation with advertising. Manufacturers extensively advertise their factory food because it's the cheapest food to produce and the most addictive. Advertisers have spent nearly a century brainwashing people into the ludicrous belief that it's traditional, trendy or manly to consume their unhealthy products. But it's hard to be a tough guy when you're crippled by back pain and dependent upon multiple meds. Smoking and factory foods certainly don't help the macho man's libido, since they both cause erectile dysfunction and lower testosterone levels. Women smokers who eat factory foods have horribly weakened bones and wrinkled skin. Don't rebel against your own body.

The true rebellion should be against the CEOs of the tobacco and food corporations who are profiting from our physical and mental decline. The true American rebel is the one who tunes out the manipulative bombardment of advertising. The true patriot is the one who fights the good fight and stays fit, refusing to be yet another burden on America's astronomical healthcare bill and rising national debt. The rebel parent takes a stand against peer pressure and insists that children be raised on wholesome real foods. As Thomas Jefferson once said, "a little rebellion now and then is a good thing."

Natural living is well worth the effort, because the benefits grow exponentially with every healthy choice. Not only will you thrive physically, but you will grow in other ways as well. Judgment, insight, and altruism grow stronger as your body rids itself of toxins. When your body reaches a natural state of health, you gain clarity of thought.

Conversely, the degenerative effects of *unnatural* living go far beyond the physical. Cigarettes and factory foods weaken every single organ in the body, including the brain. Everything from lifespan to judgment is adversely affected. If their brains were free of chemicals, maybe the members of Congress could better resist the pernicious influence of lobbyists.

Smoking doesn't just give people lung cancer, and factory food doesn't just give people heart attacks. Sure, cigarettes kill half a million Americans every year. And yes, people who eat factory food more than three times a week have an 80% increased risk of fatal heart attack. But these lethal events are just the tip of the iceberg. The vast majority of both mental and physical ailments can be linked to smoking and factory food. People are under the false impression that they are exchanging a few pleasures for a few years of life. It's true that they will lose years of life, but the suffering they experience during their shortened lifespans will far exceed any artificial pleasure. In fact, smoking takes at least 15 years off of the lifespan, and obesity takes at least 10 years off. However, those lost years of life are nothing compared to the lost quality of life. Even when they are young, people who smoke and eat factory foods suffer from a wide variety of ailments due to physical and mental degeneration. They are also extending their suffering to others because of the huge financial burden they place upon the American taxpayer, not to mention the emotional burden they place upon loved ones.

Living a healthy life is not a lame fad. In reality, most healthy foods are just real foods, and exercise is just being naturally active. Don't be duped by the advertisers. The food and tobacco industries have spent billions convincing us that their products define American culture, and it's much more subliminal than simple advertising. They bribe the entertainment industry to have their products portrayed in trendy ways in movies and television. Smokers are shown in 77% of PG-13 movies, which is part of an industry-wide campaign to convince young people that it is socially acceptable. Internal documents of one tobacco company showed that it paid 188 movie-makers and actors to include smoking in films. Many film directors are forced to include soda logos in several scenes of their movies. They portray people who don't use these products in a ridiculously negative light. The truth is that you're not an uptight health-nut because you eat real food and don't smoke. You're simply living a natural life.

If cigarettes were naturally appealing to our bodies, then why do they need to put addictive nicotine-enhancers in them? If soda was naturally thirst-quenching, then why do they need to load it up with two of the most addictive food additives (synthetic caffeine and refined sugar)? Advertising is utilized to get the product into consumers' bodies, and addictive chemicals are utilized to keep the consumer hooked.

Over the last 100 years, food manufacturers have become more sophisticated at creating addictive foods. One of the first creations was our most successful soda, which was made with cocaine for 15 years in order to establish itself in the marketplace. The manufacturers also use chemicals such as MSG in order to artificially induce cravings for their foods. When an addictive chemical is banned, it is simply replaced by another addictive chemical. Refined sugar and high-fructose corn syrup seem benign, but they have proven to be extremely addictive. There are

numerous unnatural substances placed in factory foods that are added for the sole purpose of getting you addicted to those products.

Don't worry. This book is not going to simply demonize corporations and curse the darkness. There are as many solutions to these problems as there are good people working at responsible companies. But first, the corporate greed that is affecting your health must be exposed. You are probably aware of it to some extent, but most people are amazed when they find out how deeply this corruption runs.

Pharmaceutical corporations are not inherently evil, but greed often corrupts purpose. To be fair, it must be acknowledged that the drug companies generally do an excellent job of ensuring that their products have consistent potency and are free of contaminants. That's admirable, but they need to focus on their legitimate research and stop pretending to have a cure for every subjective problem.

To be fair to the food corporations, let's look at it from their perspective. Even when one of them wants to do the right thing and offer only real food, how can it compete with other food corporations that are selling cheap and addictive processed foods? It can't until the consumer becomes informed and demands the return of real food. With the help of your consumer vote, the corporations will slowly abandon the chemicals and return to their original purpose of providing real food.

'There is no food in your food!' What was once a joke has become a reality. Lobbyists from the food industry have bribed Congress into allowing our food to be replaced with destructive chemicals. Here's a favorite example that is actually mild compared to most atrocities committed by the food manufacturers, but it has the best name: Pink Slime. In 2002, it was

discovered that most American hamburger meat is made with a filler called pink slime, which is a rancid mixture of discarded tendons, cartilage, and beef scraps infused with large amounts of ammonium hydroxide. This chemical (ammonium hydroxide) is used in toxic industrial cleaners, and now it is used on rancid meat to kill bacteria. Pink slime was formerly only allowed in dog food, but now it is a big part of school lunches, fast food burgers, and 70% of the ground beef in grocery stores. In 2009, the New York Times published the story nationwide. Even then, nothing was fixed. As usual, the politicians who supported the unhealthy practice received contributions from the corporation producing the slime. Several politicians publicly defended pink slime as being 'just beef', but it is known that these politicians received six figure paychecks from the corporation that makes pink slime. The mass media sounded the alarm about pink slime again in 2012, stirring a few people into action. However, 'consumer groups' lobbied to keep pink slime in the food supply. These 'consumer groups' receive the majority of their funding from the corporation that makes pink slime. This is not an isolated case. In fact, most factory foods contain a far higher percentage of chemicals than pink slime hamburger. The lobbyists will ensure this trend continues until there is campaign finance reform. What can you do until then? Buy organic, unprocessed food.

Americans must awaken to the fact that factory foods are incapable of nourishing their minds and bodies. Real food has been replaced with chemicals which are not only unhealthy, but which also destroy our satiation mechanisms (i.e., the appetite goes into overdrive). The end result is that people struggle to avoid obesity, and they slowly slip into the quagmire of drugs and disease. Why would the corporations do this? They are simply increasing their profit margins, because nothing is cheaper than chemicals.

Factory foods are engineered with chemicals which manipulate our senses. In order to make it look like food, chemical dyes are added. In order to make it smell like food, synthetic aroma chemicals are added. The manufacturers cover up the taste of all those chemicals by using loads of refined sugar, high-fructose corn syrup, and chemical sweeteners. The manufacturers cover up the pungent stench of all those chemicals by adding castoreum. Fortunately, castoreum is one of the ‘natural additives’ of factory foods. Unfortunately, castoreum is from the anal glands of beavers (no joke). Last, but not least, many factory foods are covered in shellac (wood varnish) to make them shine. This garbage is what fills the grocery carts of most Americans. The pandemic of health problems this has created seems to be of no concern to most corporations. This is probably because it opens up a gateway to sell even more products.

As the quality of food decreases, the profits of the pharmaceutical corporations increase. This is not a viable solution, because a drug will never be able to fix the extensive damage caused by a poor diet. In fact, the pharmaceuticals themselves often cause further degeneration. Due to drastic over-prescribing, the overall effect of pharmaceuticals is that they actually cause more diseases than they cure.

This book does not seek to vilify modern medicine. Many of the medical advances we have made are truly beneficial (surgeries, properly-tested vaccines, antibiotics, CT scans). However, wisdom must supervise the application of knowledge. For instance, vaccines are even safer now that mercury has been removed from most preparations. Surgeries, antibiotics and CT scans can be life-saving if they are used judiciously, but deadly if used in excess. With the wise use of technology, the American healthcare system will rise back to the top.

Regardless of technological advances, nothing exists that is superior to the human body's ability to fix itself. Granted, the body needs help when severely ill or injured, which is when modern medicine is at its best. However, medical science cannot fully negate the effects of an unhealthy lifestyle. There are two important things to remember:

1. A well-nourished body is capable of healing itself.
2. The vast majority of diseases occur as a result of unhealthy lifestyles.

Many profiteers in the healthcare industry would prefer that you didn't accept these facts. Please don't be fooled into thinking that diseases are random events that afflict the helpless human body. People with natural lifestyles rarely get significantly ill. There is nothing random about it. A body and mind that is supplied with daily nutrients and regular exercise will be able to fight off almost all disease.

There are notable exceptions, such as the autosomal recessive Sickle Cell and Cystic Fibrosis, but even in these genetically predetermined diseases, lifestyle choices help determine the quality of life. Fortunately, most of the other 'genetic' diseases are not predetermined at all. The truth is that certain diseases run in families primarily due to bad habits being passed along, not bad genes. Granted, every family is genetically prone to certain diseases. However, nearly all of these diseases can be avoided by living naturally. Believing that it's all genetics relieves the burden of personal responsibility, but it also relinquishes personal control. DNA rarely dooms a person to disease. Your genes simply determine which disease you will get if you choose an unhealthy lifestyle.

Not only has physical health been compromised by unhealthy lifestyles, but also psychological health. A healthy mind is dependent upon a healthy body. Most Americans have

gradually lost that connection and slipped into a quagmire of chemicals. After thousands of generations being nourished on real food, most humans are now sustained on cheap synthetic substances which erode their minds and bodies. They radiate a plate of bleached flour and chemical meat in the microwave, and then look for a drug to cure depression. They ‘reward’ their children with sodas full of refined sugar and caffeine, and then give them amphetamines to ‘cure’ their attention deficit.

Pharmaceuticals rarely cure psychological problems, because the mind is simply too complex. The world’s leading neuroscientists assembled at Columbia University in 2012, and the consensus opinion was that they still did not understand the neurochemistry responsible for mental disease and human behavior. In 2022, a large umbrella review of the scientific data finally disproved the serotonin theory of depression, but SSRIs (serotonin boosters) continue to be some of the most profitable prescriptions for the drug corporations. Scientists only have a rudimentary knowledge of how antidepressants and other psychiatric drugs affect the brain. Therefore, the people who push these drugs are analogous to monkeys playing with fire. The drug corporations use massive advertising budgets and well-paid experts to convince us that their theory of ‘chemical imbalance’ is a fact, when there are numerous studies disproving it. Even when patients believe that the drugs are working, they are merely covering up the symptoms and turning acute psychological problems into chronic psychiatric disease. Like most mind-altering drugs, psychiatric medications are addictive. The withdrawal symptoms create the belief that patients cannot do without their drugs, and habituation creates the need for escalating amounts.

Fortunately, mental health is similar to physical health. The vast majority of it is within your control. Everyone occasionally suffers from anxiety, depression, and post-traumatic stress, but these challenges do not need to become debilitating. It’s not a matter of whether you will face

psychological troubles; it's a matter of whether you will make the lifestyle changes needed to cope with them. Overcoming adversity builds character; popping pills builds dependency.

Our current mental healthcare system emphasizes drugs and Disability instead of providing in-depth counseling and healthy lifestyle opportunities. Regardless of our political views, we must acknowledge the health consequences of this system. Simply prescribing multiple drugs to depressed/anxious people and putting them on Disability is destructive in the long-term, both to the patients and to society. Mental health requires effort, both on the part of the healthcare system and the patient. In order to maintain psychological balance, we must stay physically and mentally active. Our brains need to be fueled with real food, and our minds need cerebral nourishment (books, art, music, work). People need to be provided the opportunity to make these lifestyle changes in order to improve their mental health.

People must realize that most *diseases* are actually just *symptoms* of the one major problem: Poor Health. Eating real food and exercising every day prevents most physical and psychological ailments. You have probably been told a thousand times to eat healthy and exercise, but it's said with a smile and a nod, as if it's not really that important, and even if it was, you couldn't do it anyway. The truth is that it's vitally important, and you absolutely can do it. We're not talking about just adding a few extra years to your life. Sure, a natural lifestyle will give you several extra decades of high-quality life, but it will also grant you a general sense of well-being every day.

The *fundamentals* of health are fairly simple and do not change. The *details* are infinitely complex and in constant flux. Even though our healthcare system spends a great deal of money manipulating the details, the fundamentals are significantly more important. If you believe that

chemically altering a few numbers (cholesterol & blood pressure) will allow you to ignore the fundamentals (nutrition & exercise), then you are in for a lifetime of disease. There are no shortcuts to health.

Foremost of the fundamental pathways to health is nutrition. However, please do not confuse dietary nutrition with diets. Most people may need to shed a few pounds, but fad diets are not the solution to the expanding national waistline. No more fad diets; no more failure. Fad diets fail over 95% of the time, and even the ‘successful’ ones often result in unhealthy weight loss. Diet schemes are churned out faster and faster as Americans keep getting fatter and fatter. Any ethical healthcare professional who understands nutrition will tell you that fad diets are physiologic futility, but that doesn’t stop the diet gurus from getting rich. 70% of Americans are either overweight or obese, and it now appears that we are one of the fattest country in recorded history. (Currently, the top countries for dangerous levels of obesity include the Pacific Island nations, which have switched from fish and fruits to American factory foods.) We can fix this. Gradual weight loss by returning to a natural lifestyle is the key.

Losing twenty pounds of water weight in twenty days is not the purpose of this book. That is a cheap and temporary trick that any diet book can accomplish. Losing weight is not the primary goal of this book, but it will happen since a good physique is a by-product of natural living. You will gain life-long physical and mental health through a gradual return to a natural lifestyle. You can give your kids the greatest gift of their lives by starting them off in the right direction.

Once your gut wisdom has been reborn, you can eat whenever and whatever you want. Of course, your tastes will have changed by then. You will no longer be forced to live with hunger or unhealthy cravings. The guilt will be gone. Fear of the mirror will be a distant memory, as will

your excess body fat. This natural lifestyle does not require as much willpower as most people think, but it will require patience and perseverance during the change. It's not about denial. On the contrary, it's about satisfying your body's natural cravings. It's about regaining the simple pleasures of running with your kids, drinking pure water, and crunching your teeth into an apple.

Some folks like to rationalize that they cannot afford to be healthy. However, you don't need gourmet health food and a fancy gym membership to be healthy. Some of the cheapest things in the grocery store are oats, brown rice, beans, tomato sauce, olive oil, fruit and vegetables. A sweet potato is cheaper than potato chips, and an orange is cheaper than a sugary dessert. Fresh air is free, and cigarettes cost \$50 a carton. Push-ups/sit-ups/stretching/running are all free, and vices cost a fortune. Everyone can afford healthy living, but few of us can afford hospital bills.

Americans are ready for success, and people are rediscovering the fact that a natural lifestyle is intrinsic to success in every aspect of their lives. Please stop letting an unhealthy lifestyle sap your energy, cloud your thinking, deplete your libido, and erode your self-esteem. Success in relationships, success in career aspirations, and success in personal growth are all built on a foundation of good health. As you lose weight and gain strength, you'll be able to move easily and without pain. Your endurance and productivity will increase as the dragging effect of factory food is eliminated. A boost in confidence will accompany heightened mental acuity, not to mention how much better you'll feel simply because you look good. (Looking good will be helpful since healthy living significantly increases your libido.)

Most healthcare workers are tired of the corporate system and eager for change. Doctors and patients need to shift some of their focus away from the prescriptions, and they must begin to

stop the actual causes of disease. Modern medicine has a great deal to offer, but it is obsessed with studying a few leaves under the microscope while the forest is burning down. Technological advances will never overcome the debilitating effects of factory food and cigarettes. Doctors are beginning to see the futility of ordering endless diagnostic tests and inundating their patients with drugs, because this just makes their patients sicker in the long-run. It is definitely time to change course. The current healthcare system is not only dysfunctional, it is also financially unsustainable. That means change is inevitable, so we might as well make it a positive one.

We certainly do not want to cripple the food or pharmaceutical industries, because their redemption is a large part of the solution. With your consumer vote, you can help them gain strength through ethical behavior. Both of these industries have great potential to benefit our society. Thanks to the food distribution networks, we have an extraordinary variety of fresh produce in every supermarket. Thanks to the pharmaceutical companies, we have the ability to save people's lives from many deadly ailments. The beauty of American capitalism is that an informed consumer dictates what is provided. If enough of us buy only real foods, then the food industry will put less emphasis on factory foods. If we refuse to buy pesticide-soaked, genetically engineered food, then they will offer us more organic foods. If we limit our intake of medical drugs to the necessities, then the drug companies will direct more funds toward research in vital areas.

Speaking of research, there is no need to be discouraged by sensational media stories. They often quote 'studies' which show that nothing works except pharmaceuticals. You may hear that vitamins are dangerous, chemotherapy is a wonder drug, or whatever else manages to grab the evening headlines. First of all, check out the advertisers who sponsor the media. The pharmaceutical industry is pervasive. They also control most of the studies. Even if the study was

interpreted correctly (unlikely) and has unbiased funding (extremely unlikely), it is still only one small piece of an enormous puzzle. It's like the proverbial blind man grabbing an elephant's tail and declaring the animal to be a snake. Keep perspective, and do not despair. There is a tremendous amount of misinformation being spoon-fed to us, but there is an even greater amount of accurate information awaiting our discovery. Meta-analyses by groups such as NNT and Cochrane Reviews are attempting to bring in a new age of unbiased, evidence-based medicine. True journalists and ethical scientists still exist, and they will help us uncover the facts. This book is based upon those facts.

Some of the solutions may seem a bit fanatical, but that is only because the nutritional norm of modern-day America has been thrown so far out of whack. What is more overzealous, eating organic food, or taking 15 chemical pills a day? What is more radical, an hour of exercise every day, or having a surgeon crack open your chest for a coronary bypass? There is nothing fanatical about natural health.

Every suggestion in this book is based upon scientifically proven, common-sense solutions. There are no gimmicks in this book. There will be no calorie-counting or weigh-ins. Feel free to toss your scale into the trash. Feeling healthy is more important than numbers. It's a simple matter of slowly reacquainting your body with its natural desires: eating real food and staying active.

This book has been kept as short and readable as possible. In an effort to make it user-friendly, I've avoided the temptation to use scientific lingo and drown you in statistics. But rest assured, the recommendations in this book are the result of a lifetime of studying research papers, statistical analysis, journal articles, and textbooks, not to mention personally treating

approximately 250,000 patients. Nutrition and human health are complex topics, but I have spent decades boiling them down to the fundamentals that everyone has the right to know. Many disturbing facts about the pharmaceutical and food industries have come to light, but these problems can be fixed. We have the tools. We just need to acquire a little more knowledge and revive our innate wisdom.

It is time to end the era of factory foods and daily pharmaceuticals. Our health will return to us when we return to the fundamentals. Eat real food, stay active, and follow the other health advice specified in this book as much as possible. Now is the time for America to recognize this fundamental truth: We need less healthcare and more *health*.

“The bad news is that half the things we taught you are wrong.”

A common saying of med-school professors on graduation day.

Top 10 Dietary Myths (*with truthful corrections*)

Myth #1 The government will ensure that my food is fit to eat.

The truth is that the government actually does do a pretty good job of ensuring that our food will not give us acute food poisoning. However, long-term health is not the concern of the regulatory agencies. The chronic diseases being caused by factory foods are completely unregulated.

Myth #2: Fats will make me fat.

The truth is that fats such as olive oil and avocados are essential for maintaining a healthy weight.

Myth #3: Carbs will make me fat.

The truth is that carbs such as whole grains and nuts are essential for maintaining a healthy weight.

Myth #4: Low-carb keto diets are healthy and good for long-term weight loss.

The truth is that low-carb keto diets are a physiologic gimmick. The weight loss is temporary, but the clogged arteries are everlasting.

Myth #5: My parents are fat. It's hereditary, so there's nothing I can do about it.

The truth is that genetics can only make someone more susceptible to becoming obese if they eat factory foods and don't exercise. The choice is still yours.

Myth #6: Infant formula is just as good as breast milk.

The truth is that nothing can match the health benefits of breastfeeding.

Myth #7: All meat-eaters are unhealthy, *or on the other end of the spectrum:* All vegetarians are unhealthy.

The truth is that as long as people eat a variety of real foods and take a multivitamin, they will receive all of the necessary nutrients. Those who eat fish and poultry can be perfectly healthy so long as they keep red meat and dairy to a minimum. Those who become vegetarians and eat well-balanced meals are extremely healthy, plus they have a greatly reduced incidence of most diseases.

Myth #8: Genetically modified foods are safe.

The truth is that we don't yet know how much damage is being done by manipulating our food's DNA. The long-term health effects of splicing animal and plant DNA together to make 'food' is not yet known. Due to the unnatural way these genes are spliced together in the lab, this ' Frankenfood ' will most likely lead to even more of the inflammatory/autoimmune and degenerative diseases currently being caused by factory foods. We all need to buy more organic foods to ensure that we are avoiding genetically modified foods and pesticides.

Myth #9: "A new study shows..." is a final, definitive answer with unbiased information.

The truth is that the media often cherry-picks sensational findings. These findings are often preliminary and heavily biased. Remember that most studies are funded by drug corporations (not health food companies), and statistics can be manipulated to serve any agenda.

Myth #10: Diets are a good way to lose weight.

The truth is that any weight lost is almost always regained within one year.

“Never, no never, did Nature say one thing and Wisdom say another.”

Edmund Burke

The Physiologic Futility of Fad Diets

The body uses three main components of food: fats, carbohydrates, and proteins. These macronutrients are used by the body as fuel and building blocks. All three of these are equally important for maintaining a healthy mind and body. If you deprive yourself of one of the big three, it is no surprise that you will initially lose some weight. However, the weight will return as the body compensates for the loss. This accounts for the rise (and inevitable fall) of the fad diets. It has been shown that it doesn't matter which of the three nutrients is reduced. Studies show that people lose just as much weight on a high-carb diet as they do on a low-carb diet. However, your body is not built to lose weight in this manner. Fad diets force your body to shed pounds by reducing water weight and muscle mass. This is unsustainable and unhealthy. Your metabolism will slow down, and your body will then start to produce fat in a mad dash to fend off what it believes to be a famine. Not only will the weight re-accumulate within a year, but you will also become resistant to future weight-loss efforts. This pattern causes a great deal of strain on the organs, particularly the heart. The bones are weakened, and the whole body slides into degeneration. This is how fad diets shorten the life-span.

The low-carb, high-protein, bacon-cheeseburger diet is particularly foolhardy. The only permanent weight loss that you're likely to achieve from this diet is when the surgeon cuts out several feet of your diseased colon. While it is great to eliminate simple carbs (sugar, enriched flour), the body cannot properly function without complex carbs (whole grains, beans). What do

alcoholics, diabetics in comas, starving people, and low-carb dieters all have in common? They all have something called ketosis. Forming ketones is a last-ditch effort by the body to maintain itself at the expense of the muscles and non-vital organs. The body desperately tries to flush the excess ketones out in the urine, which dehydrates the dieter and gives the illusion of weight loss. The general state of malnutrition created by a low-carb, high-protein lifestyle results in numerous problems, both acute and chronic. These include lethargy, bad breath, nausea, headache, bowel dysfunction, kidney stones, weakened bones, gout, heart disease, cancer, and strokes. The unsustainable short-term weight loss comes at the expense of your long-term health. This was not explained to the dieters who shelled out hundreds of millions of dollars to the founder of this craze. Nobody ever revealed the status of the founder's health to them either. He suffered from obesity, hypertension, severe coronary artery blockages, and congestive heart failure. His own diet killed him. These facts were covered up to protect the fortune. Nearly all of the legitimate health organizations have written position papers condemning this fad diet. Don't be fooled. Low-carb, high-protein diets are a short-term gimmick.

The fad diets come and go in cycles. There are diets based on the glycemic index, a system which cannot differentiate between baked potatoes and French fries. It twists the numbers to make carrots look worse than candy bars. There are the low-fat diets, the low-cal counting diets, the carbs-are-evil diets, the pseudoscience diets, the spiritual diets, the celebrity diets, and the children of celebrity diets. All of these plans are based on a few gimmicks and isolated 'scientific' facts, neglecting the true science of nutrition, not to mention violating the immutable laws of common sense. Please don't believe the testimonials. The people on the commercials lost weight only after changing their lifestyles, not by simply utilizing whatever diet or pill they're paid to endorse.

There are so many different types of diets because none of them ultimately work. The books on dieting are endless, and they will continue to be churned out until people wake up and return to a natural lifestyle.

If you enjoy counting calories and using formulas, then this book is probably not for you. I have no desire to help you temporarily drop ten pounds. I wish to give you the tools to achieve an athletic physique and a lifetime of health. This book is all about legitimate lifestyle change. That means getting in touch with your naturally correct instincts, not wasting time with obsessive counting. Some people will try to mesmerize you with numbers. They're called salesmen. There are too many variables in life to follow strict numerical regimens. Don't worry about how many calories to eat, how many ounces of water to drink, how many reps to do while lifting weights, etc. Instead, just learn the general guidelines, eat real food, and listen to your body. These things are more important than blindly adhering to absolute numbers. Diet soda is associated with weight gain, whereas guacamole is nutrient-dense and can actually help you lose weight. It doesn't matter how many calories or fat grams are in the food. It's the associated nutrients that matter. Just eat real food and relax.

Human physiology is infinitely more complex than a few superficial numbers. Too many factory-food addicts on calorie-restricted diets continue to struggle with their weight, despite following the misguided guidelines for fat and calorie intake. Correcting a few numbers rarely corrects the problem, and it certainly doesn't make you healthy. Trust your body and rely on reason.

Final word on diets: Human physiology rejects dieting. Common sense and strength of character must prevail over gimmickry and false hope. There is a better way. This book will ease

you along the natural path to a healthy body. Gradually cutting out factory foods will grant you the energy to become more active. Excess fat will melt away as lean muscle becomes naturally toned. ‘Sounds great,’ you may be saying to yourself, ‘but what am I supposed to eat in the real world?’ The answer to that question is simple: Real food. The following chapters will show you how. But first, if you would like some extra help shedding those extra pounds, the next chapter offers 40 pieces of advice for your consideration.

“Nothing can bring you peace but yourself.”

Ralph Waldo Emerson

Top 40 Natural Weight Loss Tips

1. Never forget to forget the gimmicks. Fad diets and diet pills only lead to short-term weight loss and long-term failure. You will succeed with the fundamentals, not with unnatural shortcuts.

2. Exercise. There is simply no substitute. It not only burns off fat, but exercise also decreases cravings for the addictive chemicals in factory food. Any weight-loss diet that does not include daily exercise will result in a loss of muscle mass. That type of weight loss is both unhealthy and unsustainable. Daily exercise is an integral part of a healthy life, but it shouldn't be torture.

Please read the chapter, *The Art of Exercise*.

3. Eat the real foods that are especially effective at helping you to lose weight: berries, almonds, low-fat Swiss cheese, mustard, celery, organic soy, chia & pumpkin seeds, sweet potatoes, oranges, cinnamon, and apple cider vinegar. Keep in mind that all real foods eventually lead to healthy weight loss. By far, the most important thing is to avoid factory foods (foods made with enriched flour, sugar, high-fructose corn syrup, hydrogenated fats). Factory foods are low in nutrients and extremely fattening, no matter what the label says. Even diet soda is linked to weight gain. Nutrient-poor foods increase the appetite.

4. Eat plenty of veggies. They are low in calories, but high in nutrients. Nutrient-dense foods decrease the appetite.

5. Eat foods rich in Omega-3 (flaxseeds, walnuts, pumpkin seeds, organic soy, fish). Not only do they nourish the mind and body, they also burn fat and decrease your appetite.
6. Eat more fiber. Fiber has zero calories, and it decreases your appetite. Fiber also decreases fat storage. Good sources of fiber: bran cereal, whole grains, brown rice, oatmeal, sprouted grain bread, beans, raw nuts, fruits & vegetables.
7. Significantly cut down on cow's milk and cheese. If you're serious about dropping a lot of weight and improving your stamina, drop all dairy except for some occasional Swiss cheese and low-cal yogurt.
8. Switch from cow's milk to organic soymilk (soy must be organic). Unsweetened soymilk is fantastic for losing weight, but it takes several weeks to acquire the taste (try a sweetener like stevia). Don't worry about the fat that's in soymilk. It is nutritional and appetite-suppressing, not fattening. If you can't acquire the taste for soy, try unsweetened almond milk.
9. Drink a glass of water before every meal, and drink at least one during the meal. Thirst is frequently mistaken for hunger. Therefore, water can significantly decrease your appetite. Plus, the water stretches your stomach which signals the brain that it's full. If you really want to cut your appetite and boost your health, add a tablespoon of apple cider vinegar to your pre-meal glass of water. If wine sounds like more fun, then have a glass of Pinot Noir (red) or *dry* Riesling (white) because they are lower in calories than other festive drinks.
10. Avoid 'No Pulp' juice drinks. It's much better to drink water and eat the whole fruit. Fruit has appetite-suppressing fiber and fewer calories. If you want a fruit drink, then drink smoothies or high-pulp orange juice.

11. Pour the sodas down the drain. Soda is the liquid scourge of good health. It is a major contributor to the obesity epidemic, as well as being one of the main causes of degenerative diseases. Your body and mind need water, not chemicals.

12. Eliminate empty calories. Sugar and high-fructose corn syrup make you feel starved for nutrients, so the appetite goes into overdrive.

13. Skip the fattening dessert. There are plenty of low-cal alternatives. Try eating a piece of dark chocolate, or try finishing off your appetite after a meal by chewing a sugar-free gum with natural sweeteners like xylitol. Alternatively, try a cup of calorie-burning green tea at the end of your meal.

14. If you want a real dessert, then eat some fruit/berries with your dark chocolate. If that's not sweet enough for you, make a fruit smoothie and add some sweet spices (cinnamon, vanilla, nutmeg, ginger, stevia).

15. Out of sight, out of mind. Please get the sugary factory food out of the house. You will naturally crave the highest-calorie food available, so don't make sugary food available. Eventually, you'll lose the taste for it. But in the meantime, dump it.

16. Replace artificial sweeteners with stevia. Artificial sweeteners are chemicals which do not have calories, but they do increase your appetite and worsen your sweet tooth. They also have been linked to many mental and physical diseases. Ironically, artificial sweeteners have even been linked to obesity. A healthy alternative is stevia, which is a natural herb that doctors in other countries recommend as a treatment for obesity and diabetes. You will probably need to try several different brands of stevia before finding one that tastes good to you. Also, if you add too much, the sweet becomes bitter; less is more.

17. Switch to dark chocolate, and get the milk chocolate monkey off your back. Milk chocolate is full of refined sugar, saturated fat, and addictive substances. Naloxone, a drug which reverses heroin overdose, significantly reduces the cravings for high-fat sweets, particularly milk chocolate. This just goes to show how addictive milk chocolate really is. However, eating a little bit of *dark* chocolate is actually healthy. Legitimately dark chocolate (over 70% cocoa) contains antioxidants and phytonutrients, plus it has much less sugar. You can also mix unsweetened cocoa with stevia for a healthy low-cal chocolate treat.

18. Savor the flavor. Or, in the immortal words of my dear grandfather, slow down and chew your damn food. Most Americans ingest their food much too quickly. Many calories are swallowed that aren't even tasted. Eating too fast also negates the feedback loop of satiety. In other words, you keep eating after you're full because your stomach hasn't had time to tell your brain to stop shoveling food into your mouth. It takes 15 minutes for a full stomach to tell the brain to stop eating. Everything you eat in that last 15 minutes has a high probability of turning into body fat. Take a break in the middle of a feeding frenzy, and you might discover that you are no longer hungry.

19. Please do not skip meals, and don't wait until you're extremely hungry before you eat. That behavior tells the body to prepare for starvation. When the body thinks that future meals will be few and far between, it triggers the appetite to overeat and forces your metabolism to store fat. Dieters frequently make the mistake of skipping breakfast. A much more effective strategy is to begin the day by eating a small bowl of oatmeal with soymilk, fruit, and flaxseed oil. All of your nutritional requirements are met, so your body relaxes and prepares to burn fat that day instead of storing it.

20. If you're hungry for a snack, then satisfy your hunger. Eat pumpkin seeds, a banana, raw almonds, walnuts, an apple, or anything else that is whole and natural.
21. Eat mostly at home, and pack lunches for work. Most restaurants use globs of hydrogenated fats and processed flour. They give you huge portions of low-quality, nutrient-poor food loaded with empty calories. If you like to eat out, there are some types of restaurants that provide real food (health food restaurants, smoothie shops, vegetarian restaurants, soup/salad bars). Be bold enough to ask for dishes not on the menu (whole wheat pasta, brown rice, etc.).
22. Learn to cook. Cooking is the best way to ensure that all of the ingredients are real food. Start dishes the Mediterranean way, with garlic and onions in extra virgin olive oil. Add tomatoes, vegetables, protein (nuts/beans/tofu/poultry), and pour it over whole grain pasta or brown rice. Cooking is also a therapeutic way to re-establish a healthy relationship with food.
23. Never shop hungry. Only go grocery shopping after eating a meal, otherwise your appetite is going to steer you toward high-calorie foods. Supermarkets have a decent selection of real foods, but you should also check out the local farmers' market and health food stores. Explore.
24. Take a daily multivitamin. Your body may trigger the hunger mechanism because it is searching for a missing vitamin or mineral, such as chromium.
25. Earn the meal. Try to do at least a little exercise in the morning before breakfast. It sets the tone for the whole day by increasing your metabolism and burning off fat. Make it a habit before nearly every meal to raise the heart rate, even if it's just by doing a set of push-ups or using the stairs instead of the elevator.

26. Do some form of strength training. No matter what your age or gender, you can benefit from lifting weights. If you don't have access to weights, then do push-ups, dips, and power yoga. The extra muscles burn lots of calories, even at rest.

27. Get a hobby, literally. Organic gardening is the best hobby for developing a healthy relationship with food. Consider the possibility that you may have some deeply-rooted issues with 'comfort' food, and try to find a less destructive way of dealing with them rather than over-eating. Realize when you are eating for reasons other than hunger. People tend to eat simply due to depression, boredom, loneliness, or as a masochistic effort to show others that they can eat anything. Redirect that energy towards something positive. Explore the hiking trails, sign up for a sports team, learn to dance, join a gym, or plant some trees. Just do something that gets the blood pumping and keeps the mind active. Before you know it, the depression and the factory food cravings will disappear.

28. Overcome some of your learned behaviors. It really isn't necessary to finish everything on your plate, and stop asking grandma for second helpings just to be polite. Use your mouth to express yourself verbally, not gluttonously.

29. If you need a weight-loss mantra to combat the cravings, a good one is this: "No junk food tastes better than feeling fit." If you are mathematically inclined, then remind yourself that it takes 45 minutes on the treadmill to burn off one average cookie.

30. If you have recently given birth, please breastfeed. It is nature's way of pulling off those extra pounds of pregnancy, not to mention the innumerable health benefits for you and your baby. Please do not use pregnancy as an excuse to binge on factory foods. You'll regret it for

decades to come. If you eat real foods during pregnancy, then both you and your child will avoid future struggles with weight.

31. Be wise, not clever. Please don't just learn a few nutritional 'facts' like ketogenesis and try to rationalize a poor diet around them. Always utilize common sense and eat a variety of real foods.

32. Gain control, not weight. Health is not a pre-ordained matter of genetics. The fat is not in your DNA, it's in your factory food. You control what goes into your mouth. Even though some people are more predisposed to obesity than others, no one who lives a natural lifestyle will become obese. The obesity epidemic is a widespread phenomenon occurring just over the last 40 years. Scientifically speaking, genetic swings of a population cannot occur in half the life-span of an individual. This means that genetics are not the cause of the obesity epidemic. You have the choice of what you eat and how much you exercise, both of which are far more important factors than genetics.

33. Feel free to throw your scale into the trash. Short-term weight fluctuations are often just water weight. Plus, muscle weighs more than fat. Forget the numbers and focus on the important things: your general physique and how you feel. If you keep your scale, use it judiciously. Remember, those who lose weight quickly are the ones most likely to regain it. Slow and steady wins the race. Weigh yourself no more than once a week, and aim for losing no more than one pound a week. It doesn't sound like much in the short-term, but it adds up soon enough. Besides, it's unhealthy to lose more than 52 pounds in one year.

34. If you need some extra help, you might consider using chromium picolinate (200-1000 mcg a day) or THC-V.

35. Revive your gut wisdom, and train your brain. Fully appreciate the good feeling you have in your gut after eating real food. Focus on how bad you feel after eating greasy factory food, and remember those feelings in order to fight temptation at the next meal.

36. Patience is a virtue. Please don't give up on your new lifestyle just because of a few setbacks. You're not cheating. You are just slowly improving. Striving for perfection is constructive; demanding perfection is destructive. Just focus on the positives and keep moving forward. If you persevere despite the setbacks, eventually the only cravings you'll have will be for real foods and exercise.

37. Significant others are significant. Your odds of success go up dramatically if your loved ones make the same lifestyle changes with you. Convince friends, family, or whoever lives in your house that factory foods are garbage. There is strength in numbers.

38. Rise above the downward spiral of eating factory foods, gaining weight, going on a fad diet, falling into depression, and then craving factory foods. This downward spiral can be destroyed with real food and exercise.

39. Your love for others can be your motivation. If you won't take care of yourself for your own sake, then think about your loved ones. The people around you suffer when you are obese and unhealthy. The worst part of my job as a physician is telling families that their middle-aged loved one has died from a heart attack, stroke, or some other preventable disease.

40. Accept the simple truth of physics. If you want to lose weight, then you need to eat less junk and exercise more. There's simply no way to cheat the laws of thermodynamics. So please stop wasting your time and money on fad diets and rationalizations. Any diet can make people lose weight temporarily, but long-term weight loss only comes from a *natural lifestyle change*

involving exercise and real food. Anyone who tells you differently is selling false hope. The good news is that once you shift to real food, you can eat as much as you want, whenever you want it. Once you become active, exercise will be invigorating instead of being a chore. It takes a little discipline at first, but in the end the cravings and body fat will fade away as you gain physical strength and a sense of well-being. The challenge is in front of you. The rewards are immense and everlasting.

“The doctor of the future will give no medicine, but instead will interest the patient in the care of the human frame, in diet, and in the cause and prevention of disease.”

Thomas Edison

Top 20 Groceries, the Return of Real Food

Please buy organic whenever possible, but it is especially important for certain foods as mentioned below.

1. Vegetables (fresh or frozen). The darker the color, the greater the nutrients.
2. ‘Whole’ Grains: oats, 100% whole grain bread/cereals/pastas, brown rice, wild rice, blue corn chips, sprouted grain breads/cereals. Sprouted grain bread is the healthiest bread by far (less gluten, more nutrients, easier to digest), but it can only be found in the freezer section. There are plenty of options for those with gluten intolerance (the majority of us): rice, oats, corn, amaranth, quinoa, and potatoes.
3. Potatoes: red potatoes, sweet potatoes. Loaded with nutrients, sweet potatoes are actually roots of a flower (technically not a potato; definitely a superfood).
4. Plant Proteins: beans, raw nuts, seeds, organic tofu.
5. Animal Proteins: wild salmon, lake trout, organic poultry, organic brown eggs.

6. If you crave red meat, buy organic high-quality meats or try the turkey substitutes. Veggie sausage and bacon aren't especially healthy, but they taste good if you cook them briefly in lots of olive oil.
7. Oils: extra virgin olive oil, organic canola oil, virgin coconut oil, refrigerated flax oil.
8. Garlic & Onions: Fresh is best, but chopped garlic sold in jars & chopped onions from the freezer section make cooking a lot quicker.
9. Herbs: fresh or refrigerated cilantro, basil, mint, etc.
10. Spices: black & rainbow peppercorns (grind it!), curry, turmeric, cinnamon, ginger, etc.
11. Sauces: pasta sauce, salsa.
12. Condiments: mustard (the kind with turmeric, not yellow dye), organic ketchup (the kind without high-fructose corn syrup), apple cider vinegar.
13. Juice: orange juice with pulp, smoothies, pomegranate juice, cherry juice, green juice.
14. Milk: organic soymilk, almond milk.
15. Fruits/Berries (fresh or frozen). The tastiest foods in the world are also the healthiest. Kids will grow to love them more than candy, and they are great for smoothies or with cereal. When buying strawberries and raspberries, they truly need to be organic.
16. Sweeteners: stevia herb (a healthy & natural sugar-free sweetener), 100% maple syrup, local honey (not for infants), agave nectar.
17. Probiotics: yogurt, kombucha tea, kefir, probiotic juices. Refrigerated (live) probiotics are vital for good digestion and a balanced immune system.

18. For the Adults: green tea, dark beer, red wine (white wine or a little vodka if headaches are a problem).

19. For the Kids: finger foods (pickles, olives, raisins, nuts, bananas, carrots with hummus, pineapple spears, pumpkin seeds, seaweed sheets, edamame, apple slices).

20. Supplements:

Omega-3 fatty acids: fish oil capsules, algae capsules (vegan), refrigerated flax oil.

GLA fatty acids: borage or evening primrose oil capsules.

Daily multivitamins: The best are derived from condensed whole foods (available at health food stores and on the internet; Garden of Life and New Chapter are quality brands).

Edamus, bibamus, et gaudeamus!

Eat, drink, & be merry!

Real Food vs. Factory Food

Humans have spent thousands of generations expending large amounts of energy in the pursuit of nutrient-dense, high-fiber foods. In the past century, that situation has been turned on its head. Office jobs have replaced manual labor, and addictive chemical additives have replaced food. Depression and disease are the result. The only solution is a return to an active lifestyle fueled by real food. Please ignore the advertisements which persistently try to convince you that factory food is fun and traditional. There is nothing fun about chronic degeneration of mind and body. There is nothing traditional about food which didn't even exist a hundred years ago. Real food is the only tradition.

Libertarians make the argument that people have the right to eat whatever food they want, and food manufacturers have the right to meet that demand. That is a valid point; people should have a choice between foods. However, if the corporations label it as food, then it must actually be food. A package of addictive chemicals is not food. By definition, food is a nourishing source of energy. People have the right to choose apple pie over apples, even though it may potentially lead to diabetes and heart attacks. These are both real foods, and Americans have the right to accept risks. However, food manufacturers should not have the right to hook our children on a concoction of apple-flavored chemicals, dyes, trans-fat, and high-fructose corn syrup. These

cheap and addictive chemicals coming out of the food factories are what must be eliminated in order for us to regain a natural state of health.

Factory foods (a.k.a. processed foods or junk foods) are manufactured with ‘enriched’ flour, processed sugar, high-fructose corn syrup, hydrogenated fats, palm oil, chemical preservatives, dyes, and artificial flavors. Modern ranches and dairy farms are also sources of factory foods, since these animal factories no longer raise livestock naturally. Real food contains nutrients, not chemicals. It grows from the earth, and real food enables the human body to grow.

Slowly but surely, you can replace each factory food with its natural original. It’s time to dump the sodas and start enjoying the purity of water. Please stop buying hydrogenated peanut butter and get the natural original (oil on top), or even better, almond/cashew butter. Get wild salmon instead of fish sticks, sprouted-grain bread instead of bleached white bread, fruit smoothies instead of milkshakes, and pulpy fruit juice instead of fruit-flavored drinks. Once you have become accustomed to real foods, you’ll be pleasantly surprised at how much better they taste, not to mention how good they make you feel.

These changes need to be made slowly, and not just in order to make them psychologically feasible. Many additives in factory foods are placed there for the sole purpose of getting you addicted to the product. The ubiquitous refined sugar in factory food is just one of many habit-forming additives utilized to turn you into a lifelong customer. Your taste buds have been manipulated for so long that they may not remember what real food tastes like. The link between your gut and brain has been cut by chemical food additives. That’s why your appetite is out of sync with your body’s needs. Your gastrointestinal tract has an infinitely complex neural system, but years of abuse have crippled your gut wisdom.

Don't be discouraged. This is all reversible.

The body craves whatever calorie source it has become accustomed to, so initially you will continue to crave the junk. But this is temporary, so don't worry that you 'cannot live' without a certain factory food. Your gut needs to be gradually exposed to real foods in order for it to realize the inferiority of factory foods. The intense nutritional value of brown rice makes it feel great in the stomach, but it's perceived by the taste-buds of a factory-food addict as bitter roughage. Nothing is healthier for the colon than fiber, but if the intestines are not accustomed to it, they may initially protest. As the mountain-climbing guides say about acclimation, *go slowly!* Dumping hot dogs for tofu will only lead to cravings. Instead, start with turkey dogs or soy hot dogs (the tasty spices are the same, minus the pig snouts), and then move slowly to other foods for your protein (nuts, wild salmon, organic soy, organic poultry, beans). Move step by step. For instance, go from white bread to wheat, and then eventually make the move to 'whole' grain bread. When you're ready, visit the freezer section and buy some sprouted-grain bread. If you decide to make the healthy switch from modern chemical cow's milk to organic soymilk, start with vanilla. After a few months of drinking the sweet vanilla, try switching to a soymilk with less cane sugar, and then eventually try the unsweetened variety. Each small substitution awakens your gut wisdom from years of dormancy, making your transition to real foods much easier than expected. Neither perfection nor sacrifices are necessary. You'll be amazed when factory foods simply stop tasting good. A piece of fruit will taste far better than a candy bar ever did. That's because the sweet tooth was originally developed for fruits, not for refined sugar and chemicals.

The above advice of gradual lifestyle change is good for most folks. However, some people need a more radical change in order to succeed. These people need to feel immediate results in order to continue with their progress. If you are one of these people, then consider

making a few big leaps up your path to natural health. For instance, drop all factory food and soda for a week, and then see how it makes you feel. You will notice a dramatic improvement in your energy levels, and that will motivate you to continue your healthy new lifestyle.

Another way to keep your energy levels high is by eating smaller and more frequent meals. Mind and body appreciate being fueled three times a day with real food, even if it's just a quick snack. Healthy people almost never skip a meal. Skipping meals sets off a cascade of physiologic events which increase your appetite, decrease your energy, slow your metabolism, and store fat. These fattening physiologic events are set in motion when any meal is skipped, but especially if you skip breakfast. The scientific studies having finally proven what grandmas have known for centuries: Breakfast truly is the most important meal of the day. And remember, real food gives long-term energy, whereas factory food saps it away.

The more foods you eat that don't have a list of ingredients, the healthier you will be. (Examples: fruits, vegetables, fish, raw nuts, turkey, pumpkin seeds, etc.) Of course, if the list of ingredients is simply a bunch of real foods blended together (salsa, pasta sauce, soup, smoothies), then that is also very healthy. When you do eat something with a label, ignore the hype on the front and don't obsess over the numbers on the back. The numbers don't tell you how well those nutrients are absorbed or how many phytonutrients have been eliminated. Factory foods use misleading labels to distract you from the plethora of chemicals that make up their ingredient lists. Your focus needs to be on that list of ingredients. Avoid chemicals and the toxic trifecta ('enriched' flour, high-fructose corn syrup, & hydrogenated oils).

The numbers section on the back label isn't as important as the ingredient list, but it is helpful in one aspect. That's when it comes to the unhealthy fats: saturated, hydrogenated, and

trans fats. Saturated fats from plant sources have some health benefits, but saturated fats from meat and dairy are proven to be unhealthy. If a meat or dairy product contains more than three grams of saturated fat, it would be best not to eat it. If your food contains any hydrogenated fats or trans fats, toss it in the garbage so no one else can eat it. Fortunately, trans fats were mostly banned in 2020 (we are making progress!); however, .5 gm/serving is still allowed in factory foods even though it will not be on the label.

The more colors you have on your plate, the more nutrients you'll receive. Your gut wisdom knows this. The food manufacturers exploit that natural instinct by using artificial dyes. Get the real thing, because nutrients are what give real foods their color (beta-carotene, for example). Fill your grocery cart with oranges, brown rice, pink salmon, yellow bell peppers, black beans, red potatoes, blueberries, etc.

Deeper colors signify greater amounts of nutrients. Try to eat spinach instead of iceberg lettuce, brown rice instead of white rice, sweet potatoes instead of white potatoes, and red grapes instead of pale green grapes. Try to drink orange juice instead of apple juice, pomegranate juice instead of white grape juice, and dark beer instead of mass-produced light beer.

When it's time to shop, go straight to the source. Buy local produce if possible, and consider signing up with a co-op. Health food stores are for everyone now, since they have moved well beyond selling just herbs and crystals. Most sell a wide variety of pure organic foods (like all markets used to sell). Purchasing health food online is often significantly more affordable (VitaCost, Amazon/365). Modern supermarkets are sufficient for the basics, since they have improved their selection of real foods and organics in the last five years. Consumer demand will encourage them to continue that trend, so please start requesting organic.

Organic food is not just for health-nuts, and it's not just a fad. Organic is how food is supposed to be. From the beginning of time until World War II, all food was organic. It is only in recent times that we've genetically spliced our food together and soaked it in chemicals. Please buy organic foods whenever possible. Yes, it really does make a difference. This is especially important when buying soy, poultry, milk, eggs, spinach, apples, peaches, pears, berries, and bell peppers. Organic means pure food (no genetic engineering, no chemicals). The media will occasionally promote a bogus 'study' which shows organic foods are not much better for you than their pesticide-laden counterparts, simply because they have an equivalent number of fat grams or some other superficial measurement. This completely ignores the myriad of other factors which make food nutritious. There are numerous legitimate studies which prove that organic foods are far superior. Certain food manufacturers are running a propaganda campaign against organic foods because organics decrease their profits. They have a wider profit margin when they use pesticides and genetic engineering. Pesticide after pesticide is invented and then banned, because it takes a few decades to prove that they are toxic to humans. The first pesticides routinely used were arsenic and cyanide. The current pesticides are nearly as toxic, and they continue to cause a wide range of health problems (particularly in children).

The leading corporate producer of genetically engineered crops and toxic pesticides is the same corporation that made Agent Orange, PCBs and DDT. Its executive director of communications stated their case very clearly: "Monsanto should not have to vouchsafe the safety of biotech food. Our interest is in selling as much of it as possible." This corporation is a major lobbying force in Washington, and it is also responsible for funding propaganda campaigns against organic foods.

Nonetheless, organic foods are becoming more abundant as consumers continue to awaken. Look for the USDA circular logo to prove that the food is free of pesticides and genetic engineering. Organic meat comes from animals fed only organic feed, and they are free of hormones and antibiotics. If a label just says ‘natural’, that is meaningless. It must be stamped ‘organic’. Hopefully, we will soon return to an era when all foods are organic as originally intended.

Buying organic foods may cost a little more now, but compared to future pharmacy and hospital bills, they’re a bargain. Organic foods are also less expensive than a restaurant meal of processed food and soda. Plus, the benefits of real food go far beyond money.

Organic foods contain more nutrients, but their main benefit is in what they lack (toxic chemicals). People with higher exposures to pesticides have a significantly increased incidence of numerous diseases (cancer, Parkinson’s, reproductive dysfunction, etc.). The more pesticides a pregnant woman is exposed to, the more diseases her child will develop (birth defects, cancer, lung disease, infections, etc.).

Organic foods are not only free of pesticides, they are also relatively free of germs. For example, organic poultry has significantly less bacteria than conventional poultry. Chickens slaughtered in overcrowded factories are loaded with bacteria, so your chances of getting ill from conventional poultry are greatly increased.

Buying organic food also supports small farms and traditional agriculture. This allows the American farmer to maintain the vitality of our soil. Growing organic foods and organic cotton does not pollute our environment, and that has become an increasingly important factor in our

health. Regardless of our individual political views, it's time for us all to acknowledge that human health depends upon the quality of our air, land, and water.

The factory farms are not only deteriorating our environment, they are also producing inferior food. The proteins and fats in mass-produced meats are of such poor quality that they erode the body more than they build it. Luckily, there are plenty of natural alternatives which will be discussed in *The Nutrients* chapter.

One of the greatest things a person can do for their mental and physical health is to start an organic vegetable garden. If you don't think you have enough space or time, then just start with a small herbal garden on the windowsill. Get a book from the library on small-space gardening, and you'll see that even urban apartment-dwellers can easily grow some of their own food.

Whether or not you grow an herbal garden, you still need to eat fresh herbs. Artificial flavors cause disease; herbs cure them. Herbs and spices don't just give a tasteful boost to your meal, they also boost your immune system. They are loaded with antioxidants and phytonutrients. Spice up your meals with basil, cilantro, or turmeric. Everyone should have a basil plant, because it's extremely healthy and easy to grow. Cilantro has a special ability to detoxify your body. Turmeric is a natural anti-inflammatory, and it can prevent a multitude of diseases (arthritis, Alzheimer's, cancer). It's definitely best to buy organic mustard and pickles that are made with turmeric instead of yellow dye. Turmeric is also a component of curry.

Herbs are great, but there are two better sources of phytonutrients: Fruits & Vegetables. These are also the best sources for antioxidants and vitamins. Factory foods may contain a laundry list of vitamins, but they are in an unnatural form. The proper form is found in produce.

It is crucial to eat fruits and vegetables every day, because the health benefits go way beyond what most people know. Even most doctors are oblivious to the vast amount of phytonutrients in fruits and vegetables. If they knew the healing capabilities of these nutrients, doctors would prescribe food more often than pills.

Eat both raw and cooked vegetables, because cooking enhances absorption of some nutrients while destroying others. If you don't have time to grow your own, then buy whatever fresh produce is available. Organic and locally grown is best. If you're too busy to keep a stock of fresh fruit and veggies, then buy them frozen. If you're too busy to boil water, then buy them canned. Just eat them, please. Each form has its own nutritional merits. Frozen fruits and veggies can be especially nutritious, since they are picked at their peak. The freezing process locks in nutrients and prevents carbs from turning to starch.

Speaking of carbs, it is of the utmost importance to make sure your grains and flour say 'whole' in order to get the natural health benefits. The term 'enriched' is misleading, and it should be replaced with the term 'processed'. The factories 'enrich' the flour with a few vitamins after they process out most of the nutrients and fiber. These factory-refined carbs wreak havoc on your body, because they are rapidly broken down into sugar.

When you eat sugar or 'enriched' flour, your blood sugar quickly spikes which leads to the release of insulin. This causes fat to be stored instead of burned. The blood sugar then plummets, causing the lethargy of hypoglycemia and the craving for more sugar. **Sugar is an addictive substance.** This is why it is added to nearly all factory foods (the typical 12 oz soda contains 10 teaspoons of sugar). Sugar and 'enriched' flour send the blood sugar up and down, creating a metabolic yo-yo that eventually leads to obesity and diabetes. Also, the destructive

type of cholesterol (LDL) becomes elevated, which leads to hypertension, strokes, and heart attacks. Another reason that sugar causes disease is that it decreases long-term energy, thus decreasing the ability to exercise. The more sugar people eat, the more diseases they will get. Excess intake of sugar is also proven to cause cancer. That sounds harsh, but unfortunately it's true. Cancer cells utilize sugar to grow and multiply. Your cells love fruit; cancer cells love refined sugar.

For dessert, eat fruit instead of the chemical cake from the factory assembly-line. The naturally sweet fructose in fruit is combined with a perfect amount of fiber and other nutrients, making fruit healthy even for diabetics. When you eat fruit, it goes through a series of steps before it's metabolized into a natural sugar that your body needs. That's why it does not drastically spike the blood sugar like factory-refined sugars do.

Fructose in its natural state (fruit) is one thing, but in the hands of the food manufacturers, it's quite another. The unnaturally refined fructose turns to fat (triglycerides) in the liver. Try to completely avoid high-fructose corn syrup. It is derived mainly from genetically engineered corn, which is then turned to cornstarch and processed with acids. It is cheaper than sugar, but it has just as many empty calories and turns quickly into body fat. High-fructose corn syrup causes just as many diseases as sugar (diabetes, heart disease, etc.), plus it's also specifically linked to gastrointestinal damage, accelerated aging, and infertility.

Artificial sweeteners (aspartame, sucralose, saccharin, etc.) are as destructive as they are devoid of nutrients. The 'low-cal' factory foods have done nothing to prevent obesity, and they alter the natural appetite instincts. Ironically, diet sodas increase appetite and lead to weight gain. There are also concerns about the safety of artificial sweeteners. They are synthetically produced

using substances like chlorine and phosgene gas (first used in World War I at the dawn of chemical warfare). Artificial sweeteners have been shown to damage the immune system and brain cells. Numerous physical and mental diseases have been linked to artificial sweeteners. These include cancer, obesity, diabetes, heart attack, stroke, nerve dysfunction, headache, ADHD, depression, and memory problems. Artificial is artificial. However, every cloud has a silver lining: If you sprinkle artificial sweeteners onto an ant hill, most ants will be gone within two days.

Now, for some sweeter news. If you need a sweetener, use a little honey, agave nectar, pure maple syrup, or molasses. Even though these aren't low-cal foods, they are all natural and contain antioxidants. If sugar is called for in a recipe, replace it with a moderate amount of juice, applesauce, or any of the above-mentioned natural sweeteners.

Alternatively, you can use the herb stevia to sweeten your food and drinks. Stevia is a natural sweetener with several health benefits and zero calories. It takes a little time to develop a taste for stevia, but soon you will enjoy it just as much as sugar. Plus, you will feel much better afterwards. Try different brands of stevia until you find the one you like. The FDA and the World Health Organization have found stevia to be safe and beneficial. In fact, doctors in many countries actually use stevia as an herbal remedy for Type 2 diabetes. It could and should replace all artificial sweeteners. Lobbyists from the sugar and artificial sweetener industries attempted to ban stevia in order to protect their market-share, but they only managed to have it kept out of most prepackaged foods. It's an acquired taste, so please be patient. Less is more.

There are also plenty of sweet spices. Sweeten your meal with cinnamon, ginger, or cocoa (dark chocolate). Cinnamon has numerous health benefits, especially for diabetics. Ginger is

effective for preventing headaches and inflammatory diseases. Dark chocolate lowers blood pressure and elevates mood.

It is vitally important to eat a wide variety of real foods. The carbs, fiber, proteins, fats, Omega-3 fatty acids, vitamins, minerals, water, and phytonutrients all work together in synergy. They combine to nourish your mind and body to their optimal potential. Food processing destroys that fundamental balance. Isolating one healthy factor and placing it in a pill removes it from potentially important cofactors.

However, there are three capsules that are recommended because they are actually just condensed real foods, and they contain important nutrients that most people are lacking. Take a daily multivitamin derived from concentrated whole foods (nutrients from real food, not factory-made synthetic vitamins). Take a daily borage oil or evening primrose oil capsule, mostly for the sake of your skin. Also, take a daily fish oil capsule (algae for vegans) for the sake of your skin, brain, and immune system.

While you are making this effort to get the chemicals out of your food, please don't forget to get the chemicals off your plate (literally). Consider slowly getting rid of any plastic/painted plates, bowls, silverware, cups, and pots that may contain BPA, PFAS, Teflon or other carcinogenic, degenerative chemicals. Healthy, high-quality products are made with stainless steel, glass, and ceramics (usually made in the USA, Canada, France, Italy or Germany).

“I just bought some powdered water. Now I don’t know what to add.”

Steven Wright

Drink to Your Health

Now it’s time for the nectar. You need real drinks to wash down the real food. Whether it’s 100% fruit juice, wine, water, or tea, please find something to drink other than soda. We will finish the chapter with water, because it’s the most important thirst-quencher. However, we’ll start with something on the lighter side.

On occasion, when you feel the need to celebrate life with more than water, red wine is the best choice. White wine has the grape skins stripped away, and several of the health benefits are stripped away as well. In moderation, red wine reduces cholesterol, prevents heart disease, fights off colds, eradicates stomach infections, and extends the life-span. That’s because it’s chock-full of antioxidants and phytonutrients. A bottle or two of dark beer has many of the same benefits. Dark beer contains B vitamins (including B12) and the advantage of whole grains. Those who have problems with bloating or irritable bowel should avoid beer since it contains gluten. Headache sufferers should choose white wine, champagne, or vodka. Hard liquors should generally be avoided by everyone, but if you must, then vodka is the purest choice. Other hard liquors are full of congeners and additional contaminants, leading to poor health and hangovers. Regardless of what you choose to drink, reduce the harmful effects by drinking a glass of water for every glass of alcohol; dehydration is the main component of a hangover. More importantly, drink in moderation. Binge drinking is nothing but destructive. As legendary football coach

Knute Rockne advised, “Drink the first, sip the second, and skip the third.” Excessive alcohol is a carcinogen, not to mention what it does to the liver and brain. Also, if you suffer from chronic headaches or depression, any amount of alcohol may be detrimental. Otherwise, feel free to have a glass or two of red wine with dinner, which is the ideal way to achieve the health benefits. If you don’t know anything about wine, don’t worry. It’s hard to go wrong with a bottle of merlot, pinot noir, or Riesling from the West Coast (many of the best wines are American).

Of course, fruit juice doesn’t need to contain alcohol in order to be healthy. Even the low-pulp juices contain plenty of phytonutrients, especially pomegranate and cherry juice. However, the healthiest juices contain lots of pulp (smoothies, high-pulp orange juice). This is especially important for diabetics. Just make sure it’s 100% juice and as pulpy as possible.

Smoothies should be a daily drink. They are as easy to make as they are healthy, and it’s a fantastic way to pour nutrients into your kids. Please see the first *appendix* for advice on how to make a great smoothie, or just start blending frozen fruit until you realize how easy it is.

Another healthy choice for liquids is green tea. It has a small amount of natural caffeine (approximately 40 mg), but a huge amount of phytonutrients. Other teas can also be beneficial, but green tea has the most health benefits.

Most important of all is to avoid soda. The fact that so many people have been manipulated into drinking sodas is the greatest marketing scam in history. Advertisers have bombarded us with subliminal messages since we were kids, and then the addictive chemicals get people hooked. Soda has been linked to heart attacks, strokes, impotence, obesity, diabetes, tooth decay, osteoporosis, and cancer. Diet sodas create just as many problems. Historically speaking,

the mass-marketing of soda is the second worst assault on our collective health (smoking is still the top killer). It is definitely time to resolve this nutritional catastrophe.

The beginning and end of every nutritious meal should be water. Water is the basis of life. How much water should you drink? That's simple, because your body will tell you when it's thirsty. Unfortunately, most people have had their innate thirst mechanisms drowned in sodas and coffee. Until you are able to regain your natural awareness of thirst, aim at drinking 72 ounces of water a day. However, your body's response is more important than simple numbers. The color of your urine is a very good gauge. You should drink enough water to keep your urine light yellow throughout the day.

Tap water is fine, but try to drink filtered water whenever possible in order to keep your toxin intake to a bare minimum. If you do not have a filtered water tap on your refrigerator door, then put a filter on your kitchen sink, or use a filtering container that fits inside your fridge. There are many options, the best being a reverse osmosis machine (AquaTru is a quality brand). However, the key thing is to *drink water*. If you don't have access to filtered water, keep in mind that tap water is still far superior to the factory-produced carbonated chemical syrup (soda).

Chronic dehydration is an unrecognized epidemic in America. Most people do not drink enough water, especially older folks. This is worsened by the fact that soda and coffee actually remove water from your body through increased urination. Chronic, low-grade dehydration is a factor in multiple diseases, which includes everything from low energy to dementia. Your brain and muscles function best when well hydrated. Also, water is the main component of blood, which nourishes all of your organs. For the sake of your physical and mental health, please make water your primary beverage. You deserve a pure drink.

“Let food be your medicine.”

Hippocrates

The Nutrients

Now it's time to understand what truly nourishes us. This chapter will separate fact from nutritional propaganda. Remember, it's much more important to eat a wide variety of foods than to count the grams of specific nutrients. Nonetheless, we still need to know about the major nutrients and the perfect foods in which to find them. Let's take a look at carbs, protein, fats, Omega-3 fatty acids, vitamins, and phytonutrients.

Carbohydrates

Carbohydrates are your body's primary source of fuel. You will never reach your body's full potential while on a low-carb diet. Demonizing one of the three vital nutrients is the worst kind of nutritional silliness. It's not the carbs that are bad; it's the *type* of carbs. Unfortunately, the bad types of carbohydrates are what most Americans call carbs. We need to rid ourselves of chemically-processed sugar and flours. Please remember that 'enriched' flours have most of the nutrients processed out, and then 'enriched' by re-introducing a few paltry vitamins. Why? It's done to prolong the shelf-life and increase profits.

Feed your body naturally 'whole' carbohydrates. Wholesome complex carbs and fiber are major parts of the solution to epidemic problems (diabetes, heart disease, cancer, etc.). To

function efficiently, the body and mind need complex carbs. This ensures a steady release of natural energy into the bloodstream. These foods are also loaded with phytonutrients which boost the immune system.

As consumers become more aware, 'whole' grain products are becoming more available. Even so, you may need to venture into a health food store or go online for some products, such as a wholesome variety of whole grain breads, pizza crusts, and pastas. This is a necessity because most bread in the supermarket is processed junk food (enriched flour, high-fructose corn syrup, chemicals). The healthiest bread by far is sprouted-grain bread, which is available in the freezer section. The health food stores also have a variety of ancient whole grains, such as spelt, bulgur, and quinoa. Spelt pasta is particularly good once your taste buds adjust to it, which happens quickly since it is an original grain. Whole grain spelt pasta is significantly healthier than most of the pastas found at supermarkets (processed semolina). You can buy your oats anywhere, because just about any oats you find are whole oats. When it comes to rice, get wild (or brown).

Gluten: Everyone needs the nutrients and carbs in whole grains, including people with gluten intolerance. They just need to be more careful in choosing their source of carbs. Gluten is an indigestible protein found primarily in wheat, and it gives breads and pasta their chewy texture. Grains are definitely good for human health, and civilization was built on farming them for the past 10,000 years. However, the ancient grains had very little gluten compared to today. We interfered with nature a little bit and selectively bred high-gluten strains, then we interfered with nature a lot and developed industrial-enriched flour. Most people have some level of gluten intolerance, but a few people must completely avoid gluten (celiac disease). Bloating and indigestion are the main symptoms of gluten intolerance, but some people get diarrhea, fatigue, itchy rash, neuropathy or diffuse aches. Gluten-intolerance is underdiagnosed, and most people

can potentially benefit from keeping gluten to a minimum. Anyone with digestive problems should go gluten-free for at least a month to determine if that is the source of their problem. People with problems digesting gluten should shop in the gluten-free section for breads and pasta, and they should get their complex carbs from **brown rice, oats, millet, amaranth, potatoes, flax, and corn.**

For the sake of your brain and bowels, get a daily fiber fix. Whole grains and fruit will make you happy, and not just because your bowels will move regularly. Fiber is good for everything from stabilizing mood to maintaining a healthy heart. Fiber even prevents cancer.

Good Sources of Carbs & Fiber: ‘Whole’ grains, oats, brown rice, wild rice, sweet potatoes, organic soy, sprouted-grain bread (freezer section), millet, amaranth, corn, whole grain pasta, milled flax seeds, beans, nuts, high-fiber cereal, fruits, and vegetables.

Protein

Protein is your body’s primary building block. Protein is important, but well-fed Americans rarely need to worry about getting a sufficient amount. The only places that you routinely find protein deficiency are in poverty-stricken areas of the developing world. Even though a lot of people are concerned with getting enough protein, the fact is that industrialized nations suffer from diseases of protein gluttony, not deficiency. The protein derived from pork and red meat are the primary source of these problems. This type of protein is broken down into nitrogen by-products which must be removed from the body before doing damage. The excess animal protein overworks and deteriorates the liver, kidneys, and immune system.

The general answer to this problem is moderation (with exceptions like pork, which should be kept to a minimum). People should not live on salads and let their muscles wither away, and they should not clog off their organs with daily red meat. As long as they eat a variety of real foods and use some common sense, both vegetarians and meat-eaters can receive healthy amounts of protein. Vegetarians need to consume organic soy, nuts, seeds, or beans every day. Meat-eaters should stick primarily to wild salmon, trout, and organic, pasture-raised poultry. Red meat should be eaten no more than twice per week, and it should be of nutritional high quality (lean cuts of organic, free-range, grass-fed real meat).

At least a little protein should be consumed at every meal, primarily from plant sources. Remember, you can get a sufficient amount of protein from organic soy, whole grains, nuts, seeds, and beans. These sources of protein are healthier than red meat/pork because of their associated co-factors (fiber and phytonutrients rather than cholesterol and saturated fats). Try to buy raw nuts and seeds, and keep them refrigerated if you don't eat them within a week. Walnuts and pecans are the easiest to digest; peanuts are the most challenging to digest (plus high allergen incidence). Also, remember to buy organic soy because the majority of conventional soy is genetically engineered.

Soy is remarkable because it contains usable amounts of all the essential amino acids. Due to the soybean's rising popularity as a perfect protein, the U.S. meat and dairy industries have declared war on soy. (Ironically, these same industries promote soy as a miracle protein for feed to their livestock.) You may have heard part of a misinformation campaign to discredit soy's health benefits. Don't believe it. Numerous cultures have thrived for thousands of years using soy as their main protein source, and hundreds of studies have found soy to be nothing but

beneficial to human health. Most notably, soy significantly decreases the risk of heart disease and cancer.

However, it is true that the supply of soy has two major problems:

1. Approximately 90% of U.S. soy is genetically engineered (most of this is fed to the livestock that Americans eat).
2. Genetically engineered soy crops are saturated with pesticides and herbicides, including one of the main ingredients in Agent Orange. These chemicals cause cancer, infertility, birth defects, and Parkinson's.

Both of these problems have a simple solution: Buy organic soy. It's easy to find organic soy at nearly every supermarket. Just look for soymilk, tofu, edamame, and soy yogurt that has the "USDA organic" circular label on the front.

You may think that worrying about the genetics of a soybean seems obsessive. However, these little issues have huge consequences. Organic soy builds the body; genetically engineered soy creates disease. Organic meats build the body; conventional meats create epidemics. As Americans keep getting sicker, we can no longer ignore the weakening of our food supply.

Undeniably, the quality of livestock is far below the standards of a century ago. Animals of previous generations roamed the countryside and fed on naturally organic food, building muscles and accumulating nutrients. These days, animals are bred and stored in factories, turning their once lean and muscular flesh into saturated fat. After slaughter, this fatty meat spoils too quickly, so the food factories spray viruses and chemicals onto the meat to slow down the bacterial decomposition. Chemical dyes are added to give the decaying flesh 'natural' color.

Unhealthy livestock equals unhealthy foods. From artificial insemination to premature death, these toxin-filled animals are shot up with hormones, sedatives, stimulants, antidepressants, and antibiotics in order to cheaply maintain the animals in small cages. The inhumane handling of livestock is much more than an ethical issue. It is a matter of raising food that has very poor nutritional quality. Not only does this low-grade factory meat fail to provide the promised nutrients, but it also adversely affects our hormones and immune systems. Animal factories are one of the main causes of our deteriorating health. If you desire meat, it's well worth the extra money to buy organic meats. Pasture-raised, organic poultry is the healthiest option, and it's readily available at most health food stores.

The chicken factories cause problems besides contaminating the poultry. They heavily pollute our environment for one thing, and they produce unwholesome eggs for another. Agribusiness even uses an arsenic compound in chickenfeed. Modern-day eggs are loaded with cholesterol and chemicals due to the obscenely unnatural living conditions at these overcrowded factories. If you want eggs, then please buy organic brown eggs from pasture-raised chickens. You deserve the real thing.

The dairy lobbyists spend a great deal of money convincing consumers and governmental guideline agencies that their products are still a healthy source of protein, but that is no longer the case. Penned up dairy cows are shot up with hormones to produce milk at a constant, unnatural rate. Bovine Growth Hormone is a genetically engineered chemical utilized to increase production. BGH is banned internationally because it has been proven to cause a wide range of cancers in people, but agribusiness continues to use it for American consumers. Cows injected with BGH frequently develop mastitis, resulting in our milk supply being contaminated with

bacteria, antibiotics, and pus. Under the influence of the dairy lobby, U.S. regulators allow twice the amount of pus in each cup of milk as that allowed by international standards.

At any rate, you're not a calf, and even a calf stops drinking milk after infancy. The proteins that make up cow's milk were designed for calves, and they are difficult for humans to digest. Cow's milk is the cause of many gastrointestinal disorders, such as colic and Irritable Bowel Syndrome. It is also mucogenic, which leads to sinus and respiratory infections. If your child has chronic ear infections or eczema, there is a good chance they will go away when you switch to organic soymilk. It's true that cow's milk has calcium, but due to the milk's acidic proteins, cow's milk actually depletes calcium from human bones and causes osteoporosis. Modern cow's milk also increases the risk of getting cancer and Parkinson's disease. The only reason it's recommended on the USDA nutritional guidelines is because one of the official mission statements of the USDA is to promote the dairy industry. Solution: Organic soymilk is clean, healthy, and considered to be the perfect protein. If you don't like soy, try almond milk. If you still prefer cow's milk, buy organic. Let agribusiness know that you will not settle for unwholesome, synthetic products. You can live a healthy life with the occasional use of some forms of dairy, most notably organic cheeses and yogurt.

Industrial dumping and fish farms are creating similar problems to those created by the animal factories. Due to unnatural living conditions, salmon in fish farms need to be fed artificial pink dyes to make their flesh look like the wild original. More importantly, fish are becoming reservoirs of toxins due to the industrial waste being dumped into our rivers and oceans. Mercury in fish has reached dangerous levels, causing seafood lovers to suffer neurologic deficits such as lethargy, neuropathies, and memory loss. One in six children born in America now has a toxic level of mercury that contributes to learning disabilities, lower IQs, and developmental delays.

Fish on the top of the food chain can no longer be eaten. You should never eat shark, swordfish, king mackerel, marlin, tilefish or tuna (chunk light in the can is actually safer than the larger tunas). Both the FDA and EPA agree that pregnant women and children should never eat these fish, and even fish that are low in toxins should be eaten no more than two times per week. Until our government restricts the industrial giants from dumping vast amounts of waste into our rivers and oceans, we all have to limit our appetites for fish. Solution: Eat wild Alaska salmon, because it is the least contaminated and most nutritious. Other healthy options include herring, rainbow trout, tilapia, anchovies and Alaskan pollack.

Vigilance is necessary, but fish is still an excellent source of protein, Omega-3, and other nutrients. Cultures that are based on eating fish have less heart disease and increased life-spans. So what's the best way to get nutritious fish while avoiding mercury, PCB, and other contaminants? Try to fill your seafood plate with *wild* salmon and rainbow trout. These fish are loaded with Omega-3 and protein. Wild salmon is still fairly free of contaminants, whereas farmed salmon is full of toxins such as dioxin and PCB. Another way to avoid the toxins is to take fish oil capsules that are purified. Fish oil capsules won't help you gain any protein, but they are still full of Omega-3 and other fortifying nutrients.

Other than wild salmon, trout, wild game, and organic meats, try to stick with plant sources as much as possible. There is more than sufficient protein in soy (all of the essential amino acids), whole grains, beans, nuts, and seeds. Despite what the beef lobbyists have ingrained into the American psyche, red meat and pork are not necessary at any stage of life. Physiologically speaking, humans are herbivores who have developed the ability to use meat as an emergency food source. Humans and other herbivores have long, convoluted gastrointestinal tracts in order to extract nutrients from plant sources. Pure carnivores have short and straight

intestines in order to rapidly dump out the harmful aspects of red meat as soon as the nutrients are absorbed. It has been repeatedly shown that the more red meat and pork that humans consume, the more health problems they develop. This is partly due to the way meats acidify our blood. However, if you feel carnivorous, organic red meat twice a week is fine for most folks.

Pork is a different story. From a religious, historical, and physiological perspective, pigs are not designed for human consumption. Even if they were, the penned-up fatty pigs of today are a far cry from their lean razorback ancestors. If you love the taste of pork, the same spices can be found in turkey/veggie bacon and sausage.

Good Sources of Protein: organic soy (soymilk, tofu, edamame), wild salmon, rainbow trout, whole grains, raw nuts, natural nut butters (oil on top), seeds, beans, pasture-raised organic poultry, hummus, and wild game.

Fats

Fats are your body's source of slow-burning fuel. The healthy types of fat are also the building blocks for hormones, neurons, and cell membranes. Lots of diet gurus and food manufacturers have made a fortune off of the 'low-fat' craze. Once again, it is not the fat that's bad, it's the *type* of fat. Natural fats, particularly those from fish and plant sources, are exactly what your body needs. It doesn't matter how many fat grams are in guacamole, nuts, fish, soymilk, olive oil, etc. These foods are fortifying in every way, and nothing is better for appeasing the appetite. There is no need to feel any guilt about satisfying your body's natural hunger for fats, as long as it's not 'hydrogenated' by the food manufacturers.

Beware of the labels on the front of the package, for they are often misleading. ‘Fat-free’ is nothing to be proud of, especially since many of these ‘fat-free’ foods actually have 0.5 grams of hydrogenated fat per serving, and the small servings add up fast. Even worse, these ‘fat-free’ foods are invariably loaded with sugar, which ironically ends up as body fat. Also, beware of the labels that simply say ‘No Cholesterol’ or ‘100% Vegetable Oil’. These foods are usually full of hydrogenated fats. Get to the truth by reading the list of ingredients on the back. Please don’t buy it if the ingredients include hydrogenated oil.

Please don’t be afraid of the good fats, especially extra virgin olive oil. ‘Extra virgin’ means that it was naturally pressed instead of extracted with chemical solvents. Olive oil is the key to the benefits of the Mediterranean lifestyle because it’s loaded with nutritional fats and antioxidants. Plus, it is the best oil for cooking because it’s relatively heat-stable. However, do not over-heat any oil because it lessens the nutritional value. If heated to extreme (deep-frying), the oil loses all health benefits. Ideally, try to add most of the olive oil to the pot after cooking is complete.

There are several other healthy oils to consider. For baking, you can use canola oil. Unfortunately, regular canola oil contains a small amount of toxins. Fortunately, it’s easy to find organic canola oil. For Asian cooking, you can mix some dark sesame oil with the olive oil. Virgin coconut oil can be added to Asian and Caribbean dishes after cooking. Buy oils in dark glass containers, and store them in a cool dark cabinet. Keep flaxseed oil and sesame oil in the refrigerator.

Saturated fats from plant sources (coconuts, avocados, nuts, etc.) are actually healthy overall, particularly for your skin. However, saturated fats from meat and dairy make the body

gain weight, and they damage your internal organs. The body makes enough of its own brand of cholesterol and saturated fats, so most of the fats brought in by meat and dairy are harmful excess fats which sit as sludge in the arteries. This creates poor circulation to all organs. The end result is heart attack, stroke, asthma, kidney disease, and erectile dysfunction. The typical Red-blooded American now has yellowish blood due to the fats floating in the bloodstream.

The saturated fats found in meat and dairy are bad, but what's worse are the chemically altered fats used to manufacture factory food. Hydrogenated fats now make up the majority of America's dietary fat consumption. Due to unstable chemical bonds, these artificial fats cause a multitude of ailments (particularly inflammatory diseases and cancer). Not only do hydrogenated fats clog the arteries and widen the love handles, but they also prevent the good fats from getting absorbed and doing their jobs. The body needs the good fats for healthy skin and long-term fuel. The good fats are also used as building materials for hormones and neurons (mental health). Hydrogenated fats inhibit this vital building process. People hooked on factory foods are slowly losing their minds, literally. Not only are the neurons of lesser quality, but the actual size of the brain decreases as a person becomes overweight from consuming factory foods and hydrogenated fats. It has been shown that overweight people have 4% less brain mass than normal-weight people, and obese people have 8% less brain mass. Their brains also degenerate prematurely into Alzheimer's and other types of dementia. The oxidized fats in fried foods are especially destructive, and they are a primary cause of dementia, heart disease, erectile dysfunction, autoimmune disease, and cancer.

Bottom line: Avoid factory foods as well as saturated fat from animal sources. Palm oil should generally be avoided as well, since it is loaded with saturated fat and a staple in factory

food. As for the age-old question: “*Which is better, butter or margarine?*” Avoid both, and dip your bread in olive oil.

Good Sources of Fats: extra virgin olive oil, milled flaxseeds, flaxseed oil, virgin coconut oil, coconut milk (in moderation), organic soy, avocados, raw nuts, nut butters (the natural kind that has the oil on top), organic canola oil, sesame seeds, pumpkin seeds, purified fish oil capsules, wild salmon, and rainbow trout.

Omega-3 Fatty Acids

This is a hot topic for two simple reasons:

1. Omega-3 fatty acids are vital for mental and physical health.
2. The modern American diet has been slowly depleted of Omega-3.

The current epidemic of clogged arteries and inflammatory disease is partially due to the decreasing amounts of Omega-3 fatty acids in our food supply. Recommending fish and flaxseed oil is not a fad, it is a necessity. Hundreds of studies have proven their benefits in preventing and treating a wide range of diseases, particularly those involving the skin, joints, heart, brain, and immune system. The human body requires Omega-3 fatty acids, but food processing and the animal factories have slowly drained our food supply of this vital nutrient.

For the sake of your body and brain, try to eat something with Omega-3 fatty acids every day. Fish and flaxseeds are the best sources. Fish oil capsules are a great way to get the health benefits of fish without the toxins, particularly if they are labeled ‘USP certified’, ‘purified’, or ‘molecularly distilled’.

Good Sources of Omega-3: purified fish oil capsules, algae capsules, flaxseed oil (refrigerated), milled flaxseeds, chia seeds, wild salmon, and rainbow trout. Smaller amounts of Omega-3 can be found in organic canola oil, organic soy, pumpkin seeds, wheat germ, and walnuts.

Vitamins & Minerals

Well-balanced meals provide nearly all the nutrients that people need, and a daily multivitamin will fill in any gaps. Even if people eat a perfect variety of wholesome foods, they still could benefit from a daily multivitamin because of the overall food quality of the 21st century. Modern farming methods are impressively efficient, but they have depleted the topsoil of some key minerals and nutrients. Fix that problem by taking a daily multivitamin (which includes minerals).

There are a few situations when additional vitamins/minerals are required on top of the multivitamin. You may require additional iron and sublingual B12 if you've been diagnosed with anemia. Additional zinc can be helpful when you get an infection. If osteoporosis is a concern, you can take additional daily calcium, preferably as a combo pill with Magnesium and vitamin D3. Additional vitamin D3 is also a good idea on days that you do not get sun exposure, and it is especially important if you suffer from an autoimmune disease. An additional daily B-complex vitamin is good for any disorder of the nervous system. Formulations differ and recommendations are in constant flux, so follow the instructions on the bottle for proper dosing.

One of the most important supplements that may be necessary for some people is sublingual Vitamin B12, which is important for the health of your nervous system and prevention

of anemia. If you choose to be a vegetarian, be sure to consume something with vitamin B-12 at least once a week. Older folks also need B12 supplementation, because B12 deficiency is a cause of dementia. The aging gut is less able to absorb B12, so older folks (and young people with absorption problems) must use the sublingual form or receive monthly injections. It is prudent to use the methylcobalamin form of B12, not cyanocobalamin (synthetic). Good sources of B12: fortified soymilk, fortified cereal, tempeh, dark beer, brewer's yeast, and multivitamins.

For proper absorption, take vitamins immediately after a meal. If you're taking the multivitamin with breakfast, then consider taking an extra 1000 mg of vitamin C with dinner to help prevent infections and other diseases. A good multivitamin should be made from condensed whole foods rather than synthetic chemicals. Vitamin A should be in the form of carotenes, Vitamin D should be D3, B12 should be in the form of methylcobalamin, and vitamin E should be in the form of food-derived or **d**-alpha-tocopherol, not **dl** ('l' is for loser). If you have no desire to become an amateur biochemist, just go to the health food store, VitaCost, or Amazon and buy a Garden of Life multivitamin derived from concentrated whole foods. This means that the vitamins and minerals are still in their natural forms, just as they are in real food. This may sound like micronutrient nitpicking, but it can be crucial. The few studies that showed possible adverse effects from vitamins were done using mega-doses of synthetic forms. Unfortunately, nearly all the vitamins sold at supermarkets are synthetic, so online is the way to go (Garden of Life vitamins are the best; New Chapter is a close second). Use the natural forms at the recommended dosages, and you'll get nothing but benefits. If you consistently eat a wide variety of real foods, then you can take fewer vitamins than the recommended dosage. If you eat super healthy, you could take just one or two whole-foods multivitamins per week.

Phytonutrients

Phytonutrients (e.g., beta-carotene) are found primarily in fruits and vegetables, giving these foods their variety of colors and wealth of nutritional value. Nuts, beans, whole grains, spices, and herbs also have plenty of phytonutrients. Scientists are finding more every day, and they are continuing to discover why they are so nutritious. For one thing, phytonutrients perform as powerful antioxidants which protect the body from disease. Phytonutrients also boost the immune system and kill cancer cells. The elimination of phytonutrients is one of the reasons why processed factory foods are causing so many diseases. Real foods are loaded with phytonutrients that work in synergy with all of the other nutrients. Food processing eliminates phytonutrients and destroys that fundamental balance.

Good Sources of Phytonutrients: blueberries, cherries, pomegranates, sweet potatoes, watermelon, cranberries, apples, spices & herbs, raw nuts, red beans, black beans, brown rice, green tea, pumpkin, tomatoes, red wine, dark chocolate, and all colorful produce.

“Overweight is now the most common medical condition of childhood.”

The American Academy of Pediatrics

Pediatric Nutrition

How frivolous are those lawsuits against fast-food chains and other pushers of factory foods? At first, it sounds like just another nail being hammered into the coffin of personal responsibility. However, consider the numerous diseases caused by addictive factory foods. Also, consider that they purposefully get kids hooked on factory foods to create life-long customers. It is probably time for the food manufacturers to be held accountable for their destructive actions. It is definitely time for parents to protect kids from food that deteriorates health.

Factory foods (a.k.a. processed foods or junk foods) are manufactured with ‘enriched’ flour, sugar, high-fructose corn syrup, hydrogenated fats, palm oil, chemical preservatives, dyes, and artificial flavors. Animal factories are another source of high-chemical, low-quality food. Children’s growing bodies are extremely vulnerable to the harmful effects of these foods. The chemicals are especially destructive to a child’s developing brain.

The chemicals are as addictive as they are destructive, but it is the sweeteners that really get the kids hooked. Sugar and high-fructose corn syrup are chemically processed, and they are responsible for numerous pediatric ailments (infections, diabetes, ADHD, etc.). Unnaturally large amounts of these sweeteners are put into factory foods made for children. Excessive sugar and corn syrup are not only addictive, but they also slowly destroy the natural cravings for real food.

Growing stomachs and immature minds gravitate toward the highest-calorie food source available, regardless of nutrient content. This all begins with advertising specifically targeted at young minds.

The food manufacturers spend billions on TV ads bombarding children with cartoon characters and psychological tricks. This manipulation is for the sole purpose of hooking our kids on factory foods which contain addictive chemicals. The Center for Science in the Public Interest (CSPI) monitored a children's TV network and found that 88% of the food commercials were for junk food.

In between the commercials trying to get American kids to eat factory foods are commercials asking for your donation to help send real food to kids in impoverished countries. The irony is that the average child I treat in the developing-world clinics is lean, strong, and happy. The average child I treat in America is overweight, congested, and has behavioral issues.

Please don't let the food manufacturers win the battle for our children's health. They often spend more on cartoon packaging and advertising than on the meal itself. They will even sell the meal for less than it costs to produce, simply because it is a good long-term investment. They know that tastes are developed in childhood, so they are creating a life-long customer.

Don't underestimate the power of the food manufacturing industry. Their lobbyists control Congress, which is why numerous chemicals that have been banned worldwide are still allowed in American food. When a major TV network tried to run public service announcements warning kids about the dangers of junk food, the food industry and sugar lobbyists demanded that the TV network stop or face a heavy lawsuit. The sugar lobby also leaned on Congress to

stop funding the World Health Organization because of a WHO report that showed excessive sugar was responsible for numerous global health problems.

Morbid obesity is now a common childhood disease. Over the past few decades, it has reached epidemic proportions. The percentage of overweight children has continually escalated since the 1970s. It's not just a matter of more kids being overweight, it's also a matter of the 'heavy' kid in class being much heavier than ever before in recorded history.

Now that kids are reaching adult weights, they are becoming afflicted with adult diseases. We are now seeing ailments that were previously unheard of in pediatrics, such as kidney stones and gallstones. Unfortunately, there are even worse diseases afflicting our children. Hypertension and Type 2 diabetes (formerly called Adult-Onset diabetes) are now commonly seen in children, when just a generation ago they were extremely rare. Studies performed on children are now showing clogged carotid arteries to their brains and clogged coronary arteries to their hearts. Because of factory foods, our kids are now afflicted with cardiovascular disease. They're not having strokes and heart attacks thanks to the resiliency of youth, but their adult lives are condemned to be diseased. This is especially true since it's difficult for adults to lead healthy lives when they were not exposed to proper eating habits as children. Bottom line: factory food are significantly increasing the chances of that child growing up to be a diabetic with heart disease. Even worse, these kids have a significantly increased risk of getting cancer. The factory foods also cause children to suffer from allergies, asthma, infections, headaches, behavioral disturbances, and learning disabilities. So, it is time to rise above the influence of commercials and the modern 'tradition' of factory foods.

Fortunately, there are factors more powerful than clever advertising and the empty allure of processed sugar. The two most important factors are Mom and Dad. Youngsters' brains are wired for mimicry when it comes to food, so the most important factor is for the parents to always be seen eating real food. Lead by example.

Kids will eat real food when it is provided for them, especially once the kids realize that factory foods are not an option. Feeding your child only real food may sound unreasonable to some parents, but remember that kids are highly adaptable. For the most part, kids eat what their parents feed them. Yes, it can be difficult at first. But if real food is all that is available, then your kids will learn to love it. End the temptation and avoid the battles by keeping factory food out of your house. Kids won't waste any time screaming for sugar cereal and doughnuts once they realize that you will no longer buy that junk. Countless arguments will be avoided when your refrigerator is full of orange juice instead of soda. There is no need to struggle over how many potato chips and factory-made cookies they are allowed to eat if you have neither in the house. It is such a relief to let kids eat anything they want, secure in the knowledge that you only have real food in the house. Parental consistency is vital when feeding children. If you can put up with a few tantrums initially, you will be rewarded with everlasting peace and quiet. Your kids will be rewarded with life-long health.

Once they know that factory foods are off limits, let your children take part in selecting their own foods, both at the grocery store and in the kitchen. If possible, make a garden and let your kids experience real food from the ground up. If there is no time or space for a full organic garden, then grow some herbs like mint, stevia, and basil (kids enjoy watering the herbs then eating the harvest). Kids also like to put the basil on little pizzas made of whole grain toast and marinara sauce. For snacks, find combinations that they like such as apple slices with walnuts

and raisins. Offer a wide variety of simple foods they can choose from: pickles, olives, green beans, corn, raw nuts with salt, pumpkin seeds, baby carrots, seaweed squares, baked beans, smoothie popsicles, pineapple spears, and organic berries.

Positive reinforcement is more effective than negative, so compliment your kids when they choose natural whole foods. You can describe it as ‘big and strong’ food for younger kids, whereas you may need to appeal to the vanity of older children. Either way, you’ll be surprised how soon the kids actually begin to enjoy real foods that they previously disliked. Of course, a wide variety needs to be offered so they can pick their favorites. Forcing a child to eat broccoli is not necessary since there are plenty of other green vegetables to choose from.

Here are some other ways to encourage your kids to eat healthy:

Presentation: make fun shapes on the plate, and keep in mind that some kids hate it when their foods are touching or, heaven forbid, mixed together.

Dips: pasta sauce, salsa, guacamole, bean dip, hummus, almond butter, mustard, organic ketchup.

Simplicity: kids are not impressed by gourmet chefs; the less ingredients the better.

Texture (use your blender): If they like the texture, they like the taste. Kids may not eat fruit, but almost all kids love fruit smoothies. Kids may not like chunky salsa or pasta sauce, but most kids will eat sauce when smooth; same for soup.

Effort: A few minutes of extra parental effort will make a lifetime of difference in your child’s health. Slicing up an organic apple or putting vegetable soup in the blender can make all the difference. Oftentimes, the kids will eat it simply because a parent put some effort into preparing the food just for them.

There are thousands of real foods to choose from, so find the ones that your child likes and build from there. The food distribution system has done an outstanding job of providing a vast selection of fruits, vegetables, poultry, fish, grains, nuts, etc. Even finicky kids will find several real foods to love once they get used to them. It is great to live in an age when we have so many healthy options.

Unfortunately, the supermarkets are also full of unhealthy options. Granted, a little candy or soda will not do too much harm by itself. However, there are three problems with occasional treats:

1. They are no longer occasional. A century ago, kids got a piece of candy or a cookie approximately once a week, and it was made from natural ingredients. In modern times, kids receive candies/cookies and other factory food nearly every day, and it is made primarily of chemicals and refined sugar.
2. Sweet treats now contain addictive substances, so it is difficult for a child to resist becoming gluttonous.
3. Rewarding a child's *good* behavior with candy or soda implants the idea that these things are prizes to be sought after, leading to lifelong cravings.

The answer to these problems is to find real foods that your child really enjoys and use those as treats. Once kids know that junk is not an option, they're happy to get a reward of strawberries, peaches, mangos, blueberries, or smoothies. There is nothing wrong with an occasional treat of ice cream or fruit pie, as long as they're made from natural ingredients.

The nutrition chapters in this book apply to kids as well as adults. Eliminating the empty junk calories is especially important for growing bodies. Grandma was right: junk food really does spoil the appetite for nutritious foods. She was also right about that apple a day keeping the doctor away, especially since all the apples back in her day were organic. The only thing that Grandma was wrong about was demanding that we eat everything on our plates. Please do not force children to eat until they have a ‘clean’ plate, because it creates a life-long psychological desire to continue eating past the point of a full stomach.

So, do you raise your child on cheeseburgers or cabbage? The answer is in between. The beef and dairy lobbies influenced the government to spread a great deal of misinformation about the necessity of red meat and cow’s milk. This has inspired some people to feed their kids red meat and dairy three times a day. On the other end of the unhealthy spectrum is *macrobiotic* vegetarianism, a restrictive diet that limits nutrients. These two extremes do not meet the nutritional needs of children.

However, a child can be raised perfectly healthy as either a meat-eater or as a vegetarian, as long as they eat a variety of real foods. The most important thing is to avoid the factory foods. Children raised on salmon, organic poultry, and eggs are quite healthy as long as they keep red meat, pork, and cheese to a minimum. Children raised as either vegetarians or vegans receive all the necessary nutrients and are extremely healthy as long as they eat well-balanced meals. Dr. Spock, the legendary pediatrician and Olympic gold medalist, recommended that children should be raised as vegans for optimal health. Regardless of your cultural eating habits, the key is to keep factory foods and animal fats to a minimum. It is also important to give your child the maximum amount of organic foods possible, whether it’s meat or produce.

There's no need to be overly concerned that your child has phases of eating one particular food while neglecting others. That is perfectly normal. No matter what phase they're in, just be sure to keep making those wholesome real foods readily available. This will ensure optimal growth and excellent health.

A child's tendency toward erratic eating patterns is one reason why a children's daily multivitamin is essential, at least a few times per week. Even if your child is eating nutritionally perfect meals, there could still be some minor deficiencies. Supermarket vitamins are inadequate, because they are synthetic. Health food stores, VitaCost.com, and Amazon have high quality children's multivitamins that are made from condensed whole foods. This ensures that the nutrients are in their natural forms. Garden of Life is the preferred brand for children's chewables.

Also, consider giving your child a daily fish oil capsule (they have sweet-tasting chewables and drops for kids). Some kids prefer algae capsules over fish oil. Either way, the Omega-3 fatty acids are great for brain development, healthy skin, and a strong immune system. Carlson and Nordic are two excellent brands. Fortunately, purified fish oil doesn't contain the toxins that plague modern-day fish.

Due to industrial dumping, children can no longer eat more than two servings of fish per week. Wild Alaska salmon is the best fish to feed your child. For more information on the benefits/risks of eating fish, please see the *Protein* section of *The Nutrients* chapter. Another good option for receiving Omega-3 is flaxseed oil and milled flaxseeds. Lesser amounts can be found in organic soy, pumpkin seeds, chia pouches and walnuts. Whatever you choose, please remember that it's difficult for a child to mentally and physically thrive without a daily source of Omega-3.

If your child suffers from chronic congestion and frequent ear infections, consider the strong possibility of a milk allergy. Milk and eggs top the pediatric allergy list. A few children have obvious allergic reactions to cow's milk, but most kids have more subtle and chronic reactions (congestion, stomach aches, constipation, eczema, wheezing). Even if they are not allergic, most kids develop excessive mucous production when exposed to cow's milk.

Alternatives: organic soymilk is the best option for kids, since it's a complete protein and easily digested. Almond milk is another healthy option.

Of course, cow's milk is much healthier than soda, but it is not as healthy as the label indicates. It is difficult for a child's intestinal tract to properly digest cow's milk and absorb the nutrients. This is because the proteins and other nutrients were designed for the intestines of calves. For kids, cow's milk has too many saturated fats and inflammatory proteins, plus it decreases absorption of iron. As for the dairy industry's mantra that milk builds bones, that turns out not to be true. Milk proteins actually leech calcium out of the bones. (Regular exercise and sun exposure are the best ways to build strong bones.) Also, keep in mind that the milk in today's supermarkets is not the stuff that milkmaids churned a hundred years ago. Whether it's due to allergens or the poor quality of modern milk, many pediatric ailments are linked to dairy products. These include colic, ear infections, sinus congestion, colds, bronchitis, asthma, eczema, and acid reflux. If you choose cow's milk, buy organic so you can avoid the unnatural hormones and chemicals.

There is one type of mother's milk that is extremely healthy, but it's not from a cow's udder. Human infants thrive on human breast milk. Breastfeeding is the single most important thing that can be done for an infant. Formulas have improved, but they are still inferior to the real

thing. Infant formula is a relatively new invention. Thousands of generations have been breastfed, but only the past few generations have experimented with factory-produced formula. It pales in comparison to the dynamic original. Mother's milk contains crucial immune factors needed by the baby to fight off infections. Breast milk is also perfectly formulated for human growth requirements, containing the ideal balance of nutrients that work in synergy to promote optimal health. There are literally hundreds of nutrients in breast milk that are absent from formulas, plus the nutrients in formulas are not easily absorbed. Nothing is easier for an infant to digest than mother's milk.

Compared to formula-fed infants, breastfed babies have been shown to have better vision, superior motor skills, and higher IQs. They also have fewer infections. When they grow up, those who were breastfed are less likely to develop obesity, diabetes, asthma, and cancer. Any amount of breastfeeding is helpful, but to get the full benefits, a mother should breastfeed for at least six months to a year.

The mothers themselves also benefit from breastfeeding, and not just because it's the fastest way to lose those extra pounds of pregnancy. Mothers who breastfeed are significantly less likely to get post-partum depression, heavy menstrual cycles, osteoporosis, and cancer (especially breast cancer). It will also be easier for the mother to raise a healthy child who has bonded with her during infancy.

Problems with milk production and nursing can almost always be resolved with patience and the proper counseling. Hospitals have breast-feeding specialists, and doctors should be capable of teaching the basics. (If not, ask the nurse.) There are also support groups such as *La*

Leche League which are extremely helpful in teaching women the essential art of breastfeeding (www.LLLUSA.org).

All of these things are important, because the basic dietary truth is this: **What you allow your children to consume will determine their present and future health.** This all begins with what a mother consumes during pregnancy, and it continues every day into adulthood. No more rationalizing poor choices. We must fight for the health and dignity of the next generation.

As a parent, you have the opportunity to alter the course of your child's life. Nothing is more important than the nurturing of a parent. From infancy to adolescence, the parent wields the greatest amount of influence over the mental and physical health of the child.

As an American, you have the opportunity to alter the course of children's lives all over the world. We are still the most influential country on the planet. As we have exported the good parts of our culture (entertainment, technology, freedom), we have also exported the bad (soda, factory foods, pediatric psychiatric drugs). A new age of disease is the result. Obesity, diabetes, cancer, and behavioral disorders have become worldwide pediatric pandemics in the last few decades. It is time to focus on our children's health issues, and American parents have the unique opportunity to lead the way.

“Nature alone cures.”

Florence Nightingale

The End of ADHD

There is a solid link between what a child eats and how a child behaves. Parents have known this since the beginning of time, and science has finally proven it. When kids stay healthy with good nutrition and exercise, they have been shown to get better grades and have fewer discipline problems. They also have a significantly reduced incidence of depression, anxiety, and attention deficits.

Poor behavior and learning disabilities can no longer be blamed on random chance or television. There are more important causative factors such as caffeine, refined sugars, chemicals in food, and a general lack of exercise. All of these things have been linked to ADHD.

Behavioral problems also arise from deficiencies in healthy nutrients, such as Omega-3 fatty acids. Omega-3 and the other healthy fats are vital for the proper formation of neurons and hormones, which translates into learning capabilities and behavior. Saturated fats found in red meat and dairy are not helpful in this respect, and the hydrogenated fats in factory foods actually inhibit the good fats from doing their job. If you want your kid to excel in school and be well-behaved at home, then decrease the factory food and increase the good fats (extra virgin olive oil, organic canola oil, flax oil, and capsules of fish oil).

There are also other nutritional deficiencies which cause poor behavior. When grains are processed into 'enriched' flours, nutrients are lost. Specifically, nutrients which help to stabilize children's behavior are lost. Chromium, zinc, complex carbs, fiber, and a host of phytonutrients are processed out. This is why it is vital for all kids, especially those diagnosed with ADHD, to eat 'whole' grains and take a daily children's multivitamin.

The refined sugars in factory foods give kids a sugar buzz, followed by an insulin burst which causes a dip in blood sugar. The body responds to that by releasing adrenaline hormones to raise the sugar again. When the blood sugar erratically goes up and down, the brain loses the ability to focus. Simply put, this yo-yo effect of sugar causes kids to act like yo-yos. The caffeine in soda makes the attention span that much shorter. If you want your child to stay focused in school, then you must eliminate the sodas and factory foods.

Your child's mind needs real food with complex carbs, protein, and healthy fats at least three times a day. Encourage them to not skip any meals. In order to maintain steady blood sugar throughout the school day, some kids may need healthy snacks to take with them.

Skipping breakfast sets off a daylong blood sugar rollercoaster, so make sure they eat at least a bowl of cereal with fruit before going to school. Oatmeal with a smoothie is another great way to start the day. If time is short, then toss them an apple and a granola bar as they head out the door.

Or, you can let the pharmaceutical industry brand your child with ADHD (Attention Deficit Hyperactivity Disorder), also known as ADD. They added the extra 'H' to expand the definition of disease and increase the number of pharmaceutical consumers. **These medications are amphetamines.** Even the websites sponsored by the drug corporations admit that

medications do not cure ADHD. At best, these drugs can only briefly cover up the symptoms. They artificially speed the brain up which gives a brief period of 'focus', but there are serious repercussions. One of the main drugs used for treating ADHD was linked to so many sudden cardiac deaths (adults and children), that it was banned in Canada. These drugs are linked to suppressed growth, movement disorders, cardiovascular disease, insomnia, anxiety, aggression, and psychosis. However, that's just the tip of the iceberg. The real problem is that we are giving illicit drugs to children, and it has been well-established that amphetamines create addiction and debilitation in the long-run. ADHD medications are being bought on the street by drug addicts, crushed into powder, and snorted to get high. Prescribing them for our children is unconscionable.

Are we really going to raise a generation of young Americans on prescribed amphetamines? Has America become such a myopic, quick-fix society that we can no longer handle the natural exuberance of our children? Many exceptional kids have an abundance of mental energy which requires numerous outlets. Is that a disease? If it is, then nearly every great artist and innovator in the history of the world 'suffered' from this affliction. Luckily for all of us, the psychiatrists did not cure Leonardo Da Vinci, Mozart, Newton, Jefferson, Edison, Ford, and Einstein of their attention deficits.

The drug corporations have a large financial incentive to turn children into patients, and they do not require scientific evidence to do it. There are no lab studies for ADHD. There are no evidence-based independent diagnostic tests. There is just a hodgepodge of highly subjective quizzes which are designed to have high failure rates. Most worrisome of all, there are no studies indicating that it is safe to give children a daily dose of amphetamines. Even the drug industry admits to this. The two drug corporations which manufacture the most popular brands of ADHD

medications have warned consumers in official statements: ‘Sufficient data on the safety and efficacy of ADHD medications when used over three weeks are not yet available, and the mode of therapeutic action of these medications is not known.’

Almost 4 million American kids are currently on these prescription amphetamines, and there is no legitimate medical science to support this trend. ADHD is based on opinion, and the opinion-makers have become extremely wealthy. Sales of prescription amphetamines for ADHD have more than quintupled in the past decade. ADHD is a multi-billion dollar industry based on a subjective diagnosis invented by drug corporations in collaboration with a few psychiatrists. Fifty years from now, people will most likely look back on the ADHD/amphetamine phenomenon like we look back on lobotomies.

ADHD is not a disease; it is a two-fold problem:

1. ADHD kids are energetic children who need creative outlets, sports, consistent parenting, and loving discipline.
2. Being full of energy becomes problematic when fueled by caffeine, sugar, and factory food.

The parent is the primary factor in determining the health of a child. Therefore, the parent needs to deal with the real causes of ADHD. Doctors need to learn how to give effective advice on proper nutrition and lifestyle modifications instead of prescribing amphetamines to children. There are advanced treatment options for troubled kids, such as psychological counseling and social skills training. There are also helpful books, such as *The CBT Toolbox for Children & Adolescents* by L. Phifer, PhD. We need to save our children from being labeled with a ‘disease’, and we must stop them from being submitted to the drug industry’s latest fad, which is a true

gateway drug. Instead, dump the sodas, remove the factory food from the house, and motivate your child to get off the couch by doing some type of fun exercise with them (bonus: it will keep you young). Channel your child's energy into something positive, and then give them the confidence to stay on task. Kids need one-on-one time with parents, they need sports, and they need to create. Encourage your children to learn a musical instrument, train for a 5K, write a journal, join a soccer team, learn martial arts, paint what they feel, or pursue anything positive that is special to them.

“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.”

John F. Kennedy

The Art of Exercise

Use it or lose it, a fundamental truth. The human body was designed for action, but these days all of our actions are performed by machines. They open our garage doors, move us from place to place, do much of our work, and even entertain us. Convenient and progressive, but the body suffers and slides into decline. Since we no longer walk the earth in a daily search for food, exercise is a necessity.

The interplay between eating and exercise is continuous. The better you eat, the more energy you'll have for exercise. The more you exercise, the more you'll crave real foods instead of junk. This is because exercise plus real food equals a high metabolism. In other words, stop being a couch potato, and you'll no longer crave potato chips. A well-nourished person loves to get a runner's high, but the junk-food junky suffers the tortures of the damned when forced to jog. Reverse the downward spiral. There is no neutral in human health; you are either degenerating or rejuvenating. Start by slowly improving your nutrition, and then enjoy the journey upward. Excessive exercise is neither required nor healthy. Marathon running and bodybuilding are usually more destructive than constructive. A moderate amount of daily exercise is the key, and eating real foods will give you the energy to accomplish this naturally.

Exercise is more than just going to the gym. It is a way of life, and it starts with exercising your postural muscles. Maintaining a good posture throughout the day not only builds your back muscles, it also takes the weight off of the internal organs and keeps all systems in alignment, especially the circulatory system. The lungs bring in more oxygen, the intestines move properly, and the brain gets an increase in blood flow. After a few months of working on your posture, it becomes second nature. Also, additional exercise becomes easier. Becoming a hunchback with osteoporosis is rarely the result of calcium deficiency, it is usually the result of not staying active and upright. (For other causes, please see the *Osteoporosis* section in the chapter, *List of Common Diseases*.)

Daily exercise does a lot more than just making you look good. It also significantly decreases your risk of getting nearly every type of disease, particularly heart disease, diabetes, infections, bowel dysfunction, arthritis, lower back pain, hypertension, and cancer. Motion is medicine. If you're worried about your cholesterol level, exercise will lower it. High blood pressure? Exercise will lower it. If you're tired of catching every cold and flu going around, exercise increases the efficiency of your white blood cells and boosts overall immunity. If you're doing a charity run for cancer, please know that the actual running done at these events is preventing and curing more cancer than the chemotherapy being bought by the fundraiser.

Strength training doesn't just make your biceps bigger, it also improves the function of your internal organs. The most impressive muscle in your body is the heart, and it becomes very efficient with certain exercises (power yoga; weight-lifting with low-weight and high-reps). It's the same situation with the other organs, primarily due to increased blood flow and oxygenation. However, the benefits are not just due to the direct effects of weight-lifting. It's also because

exercised muscles release rejuvenating myokines. Just remember that your internal organs benefit from moderate strength training even more than the muscles you can see.

To increase mental sharpness, exercise is crucial. It increases blood flow and oxygen delivery to the brain. If you want to rapidly clear that morning brain-fog, remember that exercise is more effective than caffeine. As the workday wears on, prioritize your health and find time to do a quick set of push-ups, office isometrics, or climb a few flights of stairs. This will give your brain a boost quicker than coffee. Don't be embarrassed to take a quick break at work in order to exercise. Top companies encourage their employees to exercise in order to increase performance.

Emotional well-being is another benefit of exercising. Exercise is proven to be more effective than antidepressants for treating depression, and it's well known that workouts are the best stress-relievers. Running is better than medication for panic attacks. Exercise also has other benefits, such as boosting the libido. Being naturally active makes you feel better, both mentally and physically.

Everyone is unique, so no single exercise routine can be universally recommended. You must find your own level. If you are out of shape, start slowly with neighborhood walks and gentle stretching. Factory foods and red meat clog arteries, so you may be at risk for heart attack if you do too much too quickly. But that's not the only reason you shouldn't torture yourself. If you don't enjoy it, then you won't do it, at least not for any meaningful length of time. Gradually accelerate your workouts, and keep challenging your body.

Please don't make the mistake of being sedentary all week and then working out like a madman on Saturday. That approach leads to fatty build-up and strained muscles. The body

responds much better to regular, moderate exercise. Aim for an hour of daily exercise six days per week.

If you don't believe you have the time to exercise, it is time to re-arrange your priorities. Staying active is a natural part of life and a fundamental part of health. Always remember that daily exercise takes much less time than dealing with poor health (doctor visits, pharmacy trips, sick days, hospitalizations, daily lethargy).

If you get injured, use the injury as an opportunity to change your workout, not as an excuse to stop exercising. There is always something you can do which does not stress the injured area, so modify your workout. This doesn't mean you should disrespect your pain. Real pain is there for a reason. Your body is telling you to stop what you are doing to allow for recuperation. Taking a pain pill, getting a steroid shot, and running on an injured knee will only lead to accelerated degeneration and chronic problems. Rest the injured part until it is pain-free, and use that opportunity to focus on other muscle groups.

Exercise RITE (Routine Is The Enemy). The body becomes efficient and bored with the same routine, just like your brain gets tired of a repetitive mental task. You won't get any smarter playing tic-tac-toe every day, and you won't get any stronger doing the same daily exercise routine. Add more reps, more weight, and new exercises to the workout before complacency sets in, otherwise you'll stop building muscle and begin to gain back the fat. Mind and muscles need challenges to grow.

Gyms are fantastic places to get a variety of workouts, and I strongly encourage you to join one. Even if you do join a gym, you should still invest some money in a home gym. You are definitely worth the investment. It's convenient to have workout equipment at home, plus you

have control of the TV remote. Invest in two home fitness machines, one for strength and one for getting your heart rate up. If you don't have the room or money for machines, then buy some dumbbells, stretch bands, and a yoga mat.

There are four main elements of exercise: stretching, aerobic, strength, and core training. (A fifth element for athletes is plyometrics.) You have to do a moderate amount of all four in order to keep your body in balance. People who obsessively focus on just one or two elements are not as healthy on the inside as they appear to be on the outside. Doing the same types of exercise repetitively may create the appearance of a healthy physique, but it's much healthier to be an all-around athletic person. Having gigantic biceps or the ability to run 26 miles are not accurate indicators of overall health.

The **first element** of exercise is **stretching**. Stretching can be done as the workout itself, but usually it is done to loosen up before another activity. Before running, lifting, or any other form of exercise, stretching enhances performance. It not only increases the health benefits, it also prevents injury. Hold the stretch for at least three seconds, concentrate on breathing deeply, and don't bounce. If it hurts (especially the knees or lower back), then you are trying to do too much too fast. Relax your mind and the muscles will follow. After finishing any workout, the best way to prevent soreness is to stretch a little and drink a lot (water, please).

The **second element** of exercise is **aerobic** (cardiovascular). You'll get great cardio from running, cycling, swimming, aerobics, Pilates, yoga, and playing sports. However, for the sake of convenience, you also need something in the house. Invest in an elliptical machine, stair climber, treadmill, or whatever floats your boat. Less expensive options include aerobics/Pilates/yoga videos, an exercise ball, and a jump rope. If you don't have any money, do jumping jacks and

squat-thrusts. There are options for everyone. A good choice for people with lower back problems is the recumbent stationary bike. Lean back and pedal in comfort.

When you do have the time, please make an effort to get outside for your cardio workout. Ride a bicycle or walk instead of driving. Play tennis or go for a short run to give your body some variety. Keep in mind that a two-mile run has more health benefits than a ten-mile jog, and it's a lot easier on the knees and lower back. If you have access to a pool, swimming is a great way to avoid arthritic pains. If swimming is too difficult, try water aerobics. There's something out there for everybody. Whatever you choose to do, find your own pace. Once you find a comfortable pace, push it just a little bit further so your body is challenged. If it leaves you gasping for breath, slow down. If it leaves you with chest pain, go to the ER.

The **third element** is the one most neglected by people who are new to the health game. This is a shame, because **strength training** not only burns calories while you do it, but the added muscles actually eat up calories 24 hours a day. Lifting weights isn't just for male athlete meatheads. It's for everyone, including women and seniors. Women need not worry about bulking up. Unless they're on horse steroids, strength training merely tones those feminine muscles.

Strength training doesn't need to involve a lot of equipment. There's nothing wrong with going old school (push-ups, sit-ups, chin-ups, and dumbbells). But if you have the funds, you should also invest in a quality home-gym strength machine. Cheaper options include dumbbells, power yoga videos, resistance-stretch bands, and a chin-up bar that easily slides over your doorframe (mounted into the doorframe is even better).

Unlike stretching or cardio, strength training should not be done every day on the same muscle groups. Your muscles need about 48 hours of rest to fully recuperate from a challenging strength-training session. So, work your arms one day, legs the next. Sit-ups/crunches can be done daily as long as your abdomen does not ache from the previous day.

When lifting weights, exhale on exertion. Do five to ten repetitions, add some weight, and then do another set. However, don't obsess over numbers. Just listen to your body. You should feel pumped with a little burn, but you should stop if you have sharp pains in the muscles or any pain in the joints. Remember, the body needs to be challenged, so add weight and vary the lifts as soon as it begins to feel routine. Once you get familiar with the equipment, you can do the warrior workout (forget the routine, get the adrenaline flowing, and pick up whatever looks challenging).

The **fourth element** is the **core**. True strength doesn't come from giant biceps, it comes from the core. Balance comes from a strong torso, and balance is the key to athleticism. However, it's not only the athletes who benefit from core training. As people age, a weakened core leads to hunched-over backs, chronic pain, and frequent falls. Core training is good for everyone, and there are many different ways to build a strong core: sit-ups, crunches, push-ups with one leg up, chin-ups while lifting legs, yoga, Pilates, martial arts, and using the big inflatable exercise ball.

Here are a few specific core movements that require no equipment:

Hold the plank position, which means to freeze in the half-pushup position (elbows at 90 degrees) and alternate between lifting each leg slowly.

Hold the V position, which means to sit while lifting your legs and arms to form a V.

Hold the Superman position, which is lying on your belly while lifting arms and legs at the same time. Cape not included.

For athletes, there is a **fifth element** of exercise: **Plyometrics**, a.k.a. Explosive Power. Strength plus speed equals power, and the only way to develop explosive athletic power is to add this fifth element. It involves a combination of strength and speed training, or simply put: use your muscles quickly. The key is to explode upward immediately after bending. Example: jump high immediately after landing with bent knees. You must be fit and flexible before attempting plyometrics. Always warm-up and stretch before plyometrics, and drink plenty of water to avoid muscle damage.

Plyometric exercises for the lower body (athletes only):

Do a standing long jump and then sprint 40 yards.

Bend the knees fully before jumping side to side and back and forth.

Do the same jumps but with almost straight legs so you're just using the calf muscles.

Use wooden boxes of different heights (2-4 feet high boxes) and alternate hopping up and down on each box.

Hop up stadium stairs or sprint up a hill.

Make successive long jumps.

Jump up and tuck knees into chest while in the air.

Plyometric exercises for the upper body (athletes only):

Clap between each push-up.

Push-up to a full standing position (with a little hop forward).

Rapidly perform chin-ups, then rapidly perform military presses.

Throw a heavy medicine ball side to side, then as high as possible.

Chest pass and overhand throw with medicine ball while kneeling.

So, those are the four elements to exercise (stretching, aerobic, strength, core), plus the fifth for athletes (plyometrics). There are thousands of exercises out there, most of them combining more than one element. If you think exercise is boring, then you haven't explored enough options.

Speaking of exploring options, an often overlooked one is yoga. Many American males consider yoga to be hippie meditation for housewives, but it was actually developed to train ancient warriors. Modern warriors (including U.S. Special Forces & NFL players) utilize yoga to improve their balance, core strength, and mind/body coordination. Yoga is a key part of training successful athletes from a variety of sports, including football, rugby, and martial arts. It's not a fad. Yoga has been around for 5,000 years because it works. If you're not comfortable with yoga studios, then learn different poses from a video and do it in your backyard or while watching a ballgame on TV. If you're a guy who still thinks yoga is for women, you're right in one way: yoga increases your libido exponentially.

Once challenged, your body will respond beautifully, no matter what your body-type may be. However, people who are trying to completely alter their body-types are in for nothing but disappointment. If you were born to be lean and mean, don't guzzle the protein drinks and shoot

steroids for the dream of playing defensive tackle. If you are a young woman in search of a physical role model, then look at a yoga instructor, not the malnourished models in fashion magazines. Your body will tell you where it wants to be. Play to your strengths and unleash your potential.

Another key to getting in shape is becoming involved in some type of sport. Competition is more powerful than vanity. A challenging workout regimen planned only for the sake of slimming your waistline is difficult to sustain. But if you get involved with a local sports league, the competitive juices will start flowing and you'll naturally get the urge to train year-round. An hour playing basketball flies by, but an hour on the treadmill can be downright dreary. Find something and get active, because athletic competition fortifies the human spirit. Whether it's basketball, martial arts, tennis, 5k runs, soccer, rowing, or rugby, there is something out there for everyone. If injuries become problematic, then give refereeing a try. If you feel that competitive athletics aren't for you anymore, then try tai chi, low-impact aerobics, swimming and brisk daily walks. Just remember, nobody is too old for a little friendly competition. It's good for body and soul, so keep an open mind to new challenges. No matter which activities you choose, just find something enjoyable that keeps you in the game.

Before playing in any competitive game, please prepare yourself. First of all, make sure that you are well-hydrated. This protects your muscles and enhances performance. Go for a short warm-up jog, and then gently stretch all the muscles, including the neck. This is followed by a short *dynamic stretching* routine (knees to chest, lunges, leg kicks, etc.). Pre-game is the time to get loose, not the time for prolonged stretches. Excessive stretching temporarily decreases explosive power. The next section has more advice on how to excel in sports.

Sports Nutrition

Success on the playing field begins in the stomach. Nutrition is what turns a good athlete into a champion. Eating wholesome real foods and taking a daily multivitamin will make sports supplements unnecessary. However, there are a few safe options for athletes who feel the need to gain bulk.

For the sake of your health, always avoid anabolic steroids. The short-term effects are bad enough (acne, personality deficit, muscle/tendon tears). However, what's even worse is the effect on long-term health (cancer, liver failure, atrophied testicles, male breast enlargement).

There are no shortcuts to lifelong strength.

Instead of trying to trick your body with steroids or growth hormones, you can assist your body in gaining bulk with protein drinks, creatine, and glutamine. With proper nutrition, these supplements are unnecessary. However, if you feel the absolute need to gain strength and size, moderate amounts of creatine, glutamine, and protein shakes will give your body the raw materials they may need to gain muscle mass. These supplements are particularly effective for male vegetarians, as well as those who need shortened recovery times. Creatine is most effective when taken 20 minutes prior to a workout, and glutamine should be taken immediately after the workout. Creatine also helps post-traumatic cognitive abilities, while glutamine can also boost the immune system. Creatine and glutamine are both natural substances found in the body, but you should still not exceed five grams daily of each. Excessive amounts may cause cramping, muscle tears, and kidney strain. Do not use these products if you have kidney or liver disease. Make sure to drink approximately 72 ounces of water daily while taking these supplements in

order to protect your kidneys and enhance liver function. Thorne and Creapure are reputable brands, which are both used by multiple sports franchises and Olympic squads. If you choose another brand, please do your research and ensure it is USP or NSF certified. Creatine monohydrate is by far the best tested of the creatine types, and it is usually sold in a pure form. It is prudent at this time to avoid 'proprietary blends' and other untested, poorly-regulated forms. Please always remember that the most important sports supplement is a healthy diet. Focus on food and exercise first, then consider if creatine and glutamine could be of some additional benefit.

Good nutrition is the key factor to athletic performance, particularly as athletes grow older. If you want to reach optimal performance levels, it's important to eliminate empty calories. Many habitual runners and high-intensity athletes make the mistake of thinking they can eat junk food since they are burning so many calories. This is why some marathon runners and professional athletes are getting cancer and having heart attacks in their thirties. Just because you're not getting obese doesn't mean that your internal organs are happy with what you're eating. These people may look good on the outside, but they're slowly rotting on the inside. No matter how many calories are being burned, the body still needs quality nutrients. Eat wholesome real foods and avoid the processed junk (factory foods).

When it comes to energy bars, read the ingredient list. At health food stores (and VitaCost.com), you can find energy bars that will help your performance. These energy bars are made from condensed whole foods and packed with nutrients. However, most energy bars from supermarkets are just candy bars in clever packaging. Candy manufacturers have re-packaged their products in the hopes of making them look healthy. It's still just junk food. However, the supermarkets do sell one energy bar that is chock-full of nutrients and high-energy carbs. It only

costs a quarter, and it's called a banana. If you look closely along the sidelines, you'll notice many pro-athletes eating them along with orange slices. The television cameras tend not to show the athletes eating real food and drinking water, possibly out of respect for their advertisers.

In order to maintain a top athletic performance, it is of the utmost importance to stay hydrated. Your body will tell you how much water to drink (if you're in tune with it). You need to heed the warning signs of dehydration. If you haven't urinated in two hours, or if your urine is dark yellow, then you are already behind. Also, keep in mind that tired muscles, general fatigue, and dizziness are signs of dehydration. If you're into numbers, then remember that the baseline water requirement is approximately 64 ounces a day, plus you need to drink even more depending upon your amount of exertion and how much you sweat. If you don't have time to worry about the numbers, just drink enough water to keep your urine light yellow.

Nothing hydrates the body better than water. As the wise old coaches say, "*you can't outwater water*". Sports drinks are usually no better than cheap supermarket energy bars. Once again, read the ingredient list. Sports drinks are made with refined sugars, dyes, and other harmful chemicals.

However, there are situations when sports drinks are useful. That is when you are sweating and playing a high-intensity sport for more than 90 minutes. You should alternate a sports drink with water every other cup. A healthy alternative to the standard sports drink is to make your own: a quart of water plus a quart of apple juice (muscles love fructose) with a teaspoon of salt.

For those who are prone to muscle cramps, sports drinks may be a necessity. You should also eat a salty meal plus a banana the night before a game. An additional measure you can take is to drink a half cup of organic pickle juice before the game. Sounds silly, but it works.

In situations when you will be performing for over two hours, a small pre-game snack approximately 45 minutes before the event will be of benefit. These light snacks need to be chewed thoroughly and ingested with plenty of water to gain optimal performance. You might try a smoothie, banana, carrots, fruit pouch, or energy bar made from condensed whole foods. Find out which foods your stomach can digest quickly. Avoid the junk. Refined sugars might give you an initial burst, but fatigue from a drop in blood sugar will soon follow. Not only will a snack of wholesome real food enhance your performance during a game, it will also increase the length and benefits of your everyday workouts.

If you have a game late in the day, a sizeable pre-game meal should be eaten three hours before competition. Keep in mind that everyone's gastric emptying times are different, so listen to your gut wisdom rather than sticking to a rigid schedule. The pre-game meal should be heavy on complex carbs ('whole' grains). Stay away from fried foods, dairy, factory foods, and anything that you are not regularly accustomed to digesting.

If you have a long race coming up, it may benefit you to 'carbo-load' one or two days prior to the event. 'Whole' grain pasta and brown rice are ideal for this purpose. The longer the race is, the greater the benefits of carbo-loading will be. If you have any digestive problems, consider loading with gluten-free options (oats, rice, millet, corn, potatoes).

If you choose a vegetarian lifestyle, don't be concerned about weakening your athletic performance (watch *The Game Changers* on Netflix for a quick tutorial). Many elite athletes

have adopted a vegan diet for the sole purpose of improving their endurance. Taking a daily multivitamin plus weekly sublingual B12 isn't absolutely necessary, but it will ensure that no micronutrients are missed. Protein should be consumed at every meal (nuts, beans, organic soy, etc.). Strength will not be an issue unless empty junk calories are consumed instead of wholesome real foods.

Always remember that exercise is essential at all stages of life, and so is a little friendly competition. Show your kids how to play sports on a grass field instead of a flat video screen. Sign yourself up for a sport you've always wanted to learn, and coach a sport you already know. Stay active and get intense, because sports elevate the spirit as well as the heart rate.

Mens sana in corporo sano.

A sound mind in a sound body.

Mental Health; Coping with Life

Case #1: After a long night of tossing and turning, it takes the blare of an alarm clock and two cups of coffee to wake up his sluggish brain. He would love to skip work, but he has too much credit card debt. Grudgingly, he leaves the house, a large house which needs costly repairs and still has another twenty years of mortgage payments due. He tries to forget about the four years of payments left on his luxury car, but his stress returns when the cell phone rings to remind him that he has an appointment for a biopsy. The seatbelt pinches the embarrassment that has become his belly, but he tries to cheer himself up by eating another doughnut. The empty pleasure on his tongue soon gives way to the greasy feeling in his gut, which is a poor way to start yet another workday under the fluorescent lights. His back hurts, plus he thinks he's coming down with bronchitis again, so he swallows a few decongestants and pain pills along with his morning antidepressant, washing them all down with his first soda of the long day.

Case #2: After eight hours of sleep, he awakens refreshed and without aches. He goes outside to stretch and take a quick, easy run. He eats a bowl of oatmeal with blueberries, then sips a hot cup of green tea. Leaving his humble but tidy house, he gets in his modest car for a quick commute to his part-time job.

Hopefully, Case #1 doesn't remind you at all of your life. But sad to say, it is now a typical day in the lives of many Americans. How did this happen? The Industrial Revolution was supposed to make our lives easier and more enjoyable. In many ways, it has certainly done this. At the beginning of the 20th century, there was talk about companies moving toward a twenty-hour workweek since the machines could handle most of the work. But most Americans are working longer and longer hours while job satisfaction ratings have plummeted. Meanwhile, credit card debt nearly tripled between 1990 and 2000, and it continues to skyrocket (In 2023, Americans carried over 1 trillion dollars in credit card debt, not to mention car and house loans). People cope with these miseries by eating addictive factory foods and taking daily pharmaceuticals. There are better solutions, and they will be discussed after hammering out the problems.

First of all, we must always appreciate that technology and modern medicine can be extremely beneficial to society. Who would give up hot showers, the Internet, smart phones, and life-saving surgery? Numerous corporations and institutions have improved our lives with their innovations.

However, corporate greed is out of control, and it is affecting our collective mental health. Corporations must continue producing and selling more products whether people want them or not. Advertisers know more about your brain than you do. There is an entire field called neuromarketing which uses eye-tracking, EEGs and MRIs in a massive effort to figure out how your brain responds to advertising. Subliminal marketing is then utilized to manipulate people into over-consumption. Manufacturers and credit card companies make trillions as people sink deeper into debt, chasing after the transient happiness of material products.

At a subconscious level, working long hours and being in a continual state of debt is extremely stressful. Even when your conscious mind is unaware of it, the constant stress leads to breakdown of the body. First of all, stress cripples your immune system, and this increases your risk of getting infections and cancer. Second of all, stress throws your autonomic nervous system out of balance. This over-works your 'fight or flight' response and diminishes the part of your nervous system that controls rebuilding/restoration. Cortisol is produced in excess, and the body begins to break down. These are the reasons why psychological stress manifests as physical disease. Stress is a significant cause of hypertension, weight gain, skin disease, diabetes, digestive disorders, ulcers, infections, headaches, strokes, premature dementia, erectile dysfunction, insomnia, heart disease, and cancer. Long story short: Debt causes stress, and stress kills.

For the sake of your health, it's time to stop being a slave to material possessions. This means that it's time to start living comfortably below your means. Studies show that experiences make people happier than material possessions. The initial thrill of a material purchase is followed by more stress than satisfaction, whereas a good experience produces more happiness as time goes by. There are plenty of experiences that are inexpensive: hiking, fishing, visiting parks, playing sports, gardening and playing games with the kids.

Wealthy people with abundant possessions are generally more depressed than people in the middle class who stay debt-free. The truly rich person is not the one who owns the most, but the one who needs the least. You can't buy self-esteem. Please don't fall into the psychological trap of obsessively pursuing designer labels and fancy cars. You are more complex than a material object, and you can't be defined by one. There is little point in accumulating excess

wealth, because the only things that cannot be taken from you are your health, integrity, and memories.

The average size of the U.S. home has tripled, and so has the average stress load. People sacrifice so much (family time, play time, sleep, health) for the pursuit and maintenance of material possessions. Ultimately, integrity is sacrificed, always with the rationalization of “I have to pay the bills”. The bills aren’t difficult to pay if you live happily below your means, and neither health nor integrity needs to be sacrificed. Shelve your ego and live simply. Work less, spend less, and stay as debt-free as possible. This is vital for both your physical and mental health.

The drug corporations disagree. They have their own answers for dealing with stress and depression. They say that you have a mental disease, which results in a ‘chemical imbalance’ that requires their expensive and addictive psychoactive drugs. These drugs have a myriad of objective side effects, not to mention the subjective loss of humanity. It’s important to realize that the ‘chemical imbalance’ tagline is not science, it’s advertising. Studies actually show that depressed patients have normal levels of serotonin, which is the neurotransmitter that antidepressants elevate.

How well do their drugs work? Well, one side effect of antidepressants is that they increase the risk of suicide. That bears repeating: Antidepressants increase suicidal thoughts and the risk of suicide. This is particularly true in children, which is why Great Britain has banned the most widely prescribed antidepressants in pediatrics. In the United States, drug corporations suppressed the studies which showed a link between their antidepressants and suicide. A large meta-analysis of 87,000 patients was done on SSRIs (serotonin boosters), the most widely

prescribed class of antidepressants. This study showed that when depressed patients were treated with antidepressants, the patients were more than twice as likely to attempt suicide as depressed patients given just placebo. Many studies have reached this conclusion, plus real-world observations confirm the findings: a vast majority of the suicidal patients seen in the ER are on antidepressants. This is true for both attempted and completed suicides. Why are these drugs still on the market? A top U.S. Congressman cancelled a hearing on the safety of antidepressants, and soon after accepted a new job. What's his new job? He was hired to work for the pharmaceutical industry with a starting salary of \$800,000 a year. This is not an isolated case. This is typical of how medicine is regulated. It's not about your health, it's about money. So much money, in fact, that a recent \$3 billion (yes, billion) dollar fine levied against one drug corporation did little to alter their methods. (The fine was for making false claims about antidepressants.) They can easily afford to pay a few fines, because their advertising propaganda has convinced millions that happiness can be found in addictive pills.

Not many patients know that their antidepressants target the same molecular receptors in the brain as cocaine and amphetamines. This manipulation of neurotransmitters (serotonin, dopamine, and/or norepinephrine) explains why antidepressants are addictive, and why they have a multitude of side effects such as sexual dysfunction. Exercise, on the other hand, has only beneficial side effects (including increased libido), and exercise has been proven to be more effective than drugs in relieving stress and depression. Also, exercise stops the degenerative aging process of the brain, whereas psychiatric drugs accelerate cerebral degeneration.

Physiologically speaking, psychiatric drugs cause just as much brain damage as illegal drugs, although many of the symptoms are delayed. This is a major reason why Alzheimer's dementia has become so prevalent. People's brains atrophy as they make the futile search for the

perfect chemical cocktail which will keep them in psychological balance. The drugs cannot achieve this balance, but therapy and lifestyle changes can.

Psychiatric drugs have become so pervasive that we are now using them on children. Instead of taking the time to discuss nutrition and exercise, doctors are just writing prescriptions for amphetamines and antipsychotics. Hyperactive kids are given amphetamines, and moody kids are given antipsychotics. This epidemic began when an influential Harvard psychiatrist strongly recommended that kids with mood swings be diagnosed with pediatric bipolar disorder, and he pushed for these kids to be treated with antipsychotics. His recommendations were instrumental in triggering a 40-fold increase in kids labeled with this 'bipolar' diagnosis between 1994 and 2003. His small studies were funded by the pharmaceutical corporation that made the drugs. This corporation also put 1.6 million dollars into his personal bank account. His two colleagues also recommended pharmaceutical treatment for kids with behavioral problems, and they each received over a million dollars from the pharmaceutical corporation. While creating the treatment guidelines, these psychiatrists failed to disclose this conflict of interest. The psychiatric 'experts' are becoming wealthy by making childhood behaviors into pathological conditions. The saddest part is when the schools encourage it, because the school receives extra funding for every 'learning disabled' kid enrolled, including straight 'A' students who have been labeled ADHD or bipolar. Being full of energy and having a wide range of emotions are not diseases. Kids need athletic and artistic outlets for all of that emotional energy. They need to be free of sugar, caffeine, and factory foods. If that's not enough, then they should receive psychological counseling rather than psychiatric drugs (a.k.a. 'kiddie cocaine'). The long-term side effects of psychiatric drugs are particularly devastating to children's developing brains. Sadly, these kids have no choice but to take whatever their parents are giving them. Over 4 million American kids

are on amphetamines for ADHD, and 500,000 kids are on antipsychotics. This is institutionalized child abuse. Fortunately, there is a better way. We need to feed our kids real food and consistently guide them with loving discipline, not drug them.

If you read through the primary textbook of psychiatry (DSM), you will soon realize that everyone can be diagnosed with a mental disease. The DSM is the bible and billing manual of psychiatry. Many of the diagnoses are subjectively created by panels of psychiatrists, and there is little scientific evidence for many of these “illnesses”. The DSM is constantly adding to the number of mental ailments and expanding the definition of each illness. This allows psychiatrists to bill insurance companies and the government for billions of dollars. The end result is that millions of healthy Americans are inappropriately prescribed addictive psychiatric drugs. This situation is continually getting worse, and even psychiatrists know that the era of overprescribing is getting out of hand. Dr. Leon Eisenberg, a respected Johns Hopkins and Harvard psychiatrist, stated that modern psychiatry is currently in a state of “mindlessness”, and he strongly criticizes the current overuse of psychiatric drugs. Dr. Allen Frances, the chairman of the panel which wrote the last edition of DSM, wrote that the new DSM will be a “bonanza for the pharmaceutical industry”, and he criticized the dangerous expansion of diagnoses which turn many ordinary people into psychiatric patients.

The panels of psychiatrists who write the DSM are heavily influenced by the pharmaceutical industry. For instance, 100% of the panel members writing treatment recommendations for Sleep Disorders (which now includes Restless Leg Syndrome) have strong financial ties with the pharmaceutical industry, and they recommend drugs as first-line treatment for problems which are easily fixed by lifestyle change. It has been shown that psychiatrists receive more money from the pharmaceutical industry than any other type of physicians.

Psychiatrists and the pharmaceutical industry have ‘pathologized’ human behavior, and they are reaping huge profits. Sometimes they make up new diseases, and sometimes they take real diseases (e.g., autism) and expand the criteria. Personality types that were considered introspective in past generations are now labeled ‘depressed’ and put on psychiatric drugs. Intelligent children are labeled ‘autistic’ and put on psychiatric drugs. Energetic personality types are now labeled ‘manic’ or ‘ADHD’ and put on psychiatric drugs. Creative types are now labeled ‘bipolar’ and put on psychiatric drugs. Pharmaceutical corporations prosper, while the minds of Americans are mired in chemicals. Disability rates are skyrocketing. Life holds challenges for everyone, but that does not mean everyone needs to be labeled and drugged.

Another epidemic of over-prescribing is occurring with chronic pain patients. Stress, smoking, factory foods, and lack of exercise are key factors in the exponential growth of chronic pain syndromes. These syndromes include low back pain, ‘bulging discs’, fibromyalgia, etc. The only effective treatments are exercise, therapeutic massage, good nutrition, weight loss, smoking cessation, ibuprofen, cannabinoids, and psychological counseling. However, it’s rare to see a patient with chronic pain who is receiving any significant treatment other than narcotic pain pills. Chronic pain conditions are often physical manifestations of stress, coupled with degeneration from an inflammatory diet and toxin exposure, so the last thing these people need is a narcotic addiction on top of their current problem list. The cure for chronic pain and depression will not be found inside a pill bottle, it starts outside your front door. Take a walk with friends or stretch in the park to begin the alleviation of your physical and psychological pain.

The sad irony is that prescription narcotics actually *cause* pain when used chronically. First of all, they create a debilitating addiction which causes suffering for the patients as well as their families. Secondly, covering up pain enables the person to ignore the root cause, which

further worsens the situation (e.g., covering up knee pain with narcotics and then continuing to walk only increases the damage). Thirdly, the side effects of the narcotics create pain by causing numerous disruptions in normal physiologic functioning (e.g., narcotics create bowel spasms which cause abdominal pain). Fourthly, narcotics cause pain by disrupting the hormones (e.g. prescription narcotics lower testosterone levels). However, the most important reason that pain meds cause pain is that narcotics lower the pain threshold, making routine aches feel unbearable.

Narcotic pain pills make the neurons less sensitive to endorphins and future narcotics. Endorphins are the body's natural pain-relievers. As the narcotic-dependent patient becomes desensitized to endorphins, pain begins to build. More pain, more pain pills, and the downward spiral begins. In the last decade, hospitalizations for the overuse of prescription narcotics have quadrupled. The only difference between heroin and hydrocodone is who makes money from the addiction.

“But I don't take anything that's not prescribed by a doctor,” complains the narcotic-dependent patient. It is a valid complaint. However, keep in mind that a generation ago, some doctors did commercials promoting cigarettes as a way to get healthy lungs. Two generations ago, some doctors prescribed heroin and cocaine. A medical degree does not automatically confer common sense. A large proportion of what is prescribed by one generation of doctors is condemned by the next. Please remember one of medicine's general rules: The skill of a physician is inversely proportional to the amount of narcotics prescribed.

Covering up chronic pain with narcotics is like fighting a house-fire by turning up the air conditioning. We need to put out the fire. Fix the pain problem once and for all by switching to a natural lifestyle. Obviously, pain medicine is needed occasionally, but just popping pills and

covering up chronic pain is fatalistic futility. God and/or evolution put pain receptors in our bodies for a reason. Acute pain is telling you to stop doing the activity that is causing the pain until your body has a chance to heal itself. Chronic pain is your body telling you to change large parts of your lifestyle, because how you've chosen to live is not conducive with health. "Does it hurt when you do that? Then don't do that!" It is the oldest doctor joke in the book, but there is plenty of truth in it.

There is no ultimate reward for falling victim to the victim mentality. Consider accepting more control, because you often have the ability to end your own suffering. Granted, it does take time and effort, but that's how great character is built. Short-cuts simply do not work in the long-run. You can easily pay a psychiatrist to label you with a mental 'disease' and prescribe a drug, but that does not fix the underlying problems. You can begin to address these problems by exercising more, improving your nutrition, and decreasing your stress by living below your means. Get rid of the unnatural things that are causing your pain (factory foods, smoking, excess medications, excess chemical exposure). Popping synthetic pills will not give you health, and rationalizations will not give you peace. Rationalizations kill more people than cancer. If you're in too much pain to exercise, start with gentle stretching. Addicted to factory food? Start your recovery by slowly replacing the junk with real food, one step at a time. You don't need to be rich to get healthy. Filtered tap water is a lot cheaper than soda, and there aren't too many foods cheaper than vegetables, fruits, beans, and brown rice. Luckily, gaining control of your appetite won't be necessary, because it will adapt to the real food and allow you to finally eat to contentment.

Nutrition plays a surprisingly large role in emotions and behavior (i.e., when you eat garbage, you eventually feel like garbage). Factory foods are manufactured primarily from cheap

chemicals, and the various artificial components are linked to numerous psychological ailments. Factory foods are high in refined sugar and low in fiber, making the blood sugar erratic and contributing to anxiety as well as depression. Everyone should know that **factory foods cause anxiety and depression**. When combined with caffeine, these types of foods also lead to ADHD, stress and insomnia. The preservatives and dyes in factory foods have been linked to attention deficits, fatigue, body aches, and emotional disorders. Diets low in Omega-3, essential minerals, and B vitamins have all been shown to cause depression, behavioral problems, and attention deficits. Diets low in vitamin C will inhibit the proper functioning of neurotransmitters (the brain's messengers). When a person drinks soda instead of staying hydrated with water, the brain is unable to function at top efficiency. Cigarettes cause significant structural brain damage and decreases cognitive functioning. Et cetera, et cetera. **The complete list of chemicals that destroy mental health is too depressing to write, and the list of nutrients that improve mental health is too long to print.** Simply remember that you need to make every effort to eat real food and take a daily multivitamin plus Omega-3 supplement. Also, please avoid factory foods, caffeine, and cigarettes for the sake of your mind as well as your body. (Exception: Green tea has approximately 35 mg of caffeine, but its natural and full of phytonutrients, so one cup in the morning is actually healthy for mind and body.)

Lack of nutrients is a major cause of mental disease, but poor nutrition causes stress indirectly as well. Overeating leads to guilt, followed by anxiety when trying to deny the cravings for addictive factory foods. Being overweight often creates low self-esteem and depression. This negative relationship with food brings on a sense of helplessness. If you can make the transition to real food, your appetite will change, and you'll have no more stress or guilt over what you eat. You will be able to eat until you're full at every meal without a second

thought. If you keep living on factory foods, then emotional and medical problems are inevitable. Not only will that add considerably to your own stress, but it will also inflict hardship upon your friends and family.

Be aware of common substances which affect mental health. If you are suffering from anxiety or ADHD, avoid sugar and caffeine. If you are suffering from depression, avoid alcohol. If you desire long-term mental stability, please avoid nicotine.

Another fundamental aspect of mental health is sleep. Between seven and nine hours of sleep every night will fully replenish both mind and body. You need to rest from the rigors of daily life. It's not optional. It's not being lazy. It's a biological imperative. Your mental health depends upon the restorative effects that occur during REM and stage 3 deep sleep. Please see the *Insomnia* section in the List of Common Diseases chapter for tips on how to get a good night's rest.

The final problem that afflicts our national health is lack of social involvement. While many people are working themselves to death chasing material goods, others are making the exact opposite mistake by sitting at home and not interacting with society. We can leave it to the political pundits to argue about which societal problems have created this situation, but we all need to consider the health of those who feel that they have no stake in society. Our ever-growing entitlement system was created with the best of intentions, but the result has been to condemn the disenfranchised to lifelong poor health. People need opportunities and integration, not synthetic pills and paltry institutional housing. It has been shown that both mental and physical health are greatly improved when people have a sense of purpose. As General Washington once said, "Human happiness and moral duty are inseparably connected."

Contributing to your community, eating well, exercising regularly, and living debt-free are attainable goals, but it will obviously take some time. Instant perfection is unnecessary. If you get frustrated, just remember the philosopher Voltaire's words, "perfect is the enemy of good." Just do the best you can, and try to improve a little every day. Never forget to enjoy life, just don't do it at the expense of your health and long-term happiness. These are simple things we all need to remember. Otherwise, ill health and petty thoughts begin to cloud perspective.

Here are some other common-sense solutions to help you cope with the stress of life:

Naturalize your Home: Stress and chronic anxiety can be caused by a cluttered house and walls painted with unnatural colors (e.g., bright yellow is anxiety-provoking). Paint the walls in natural tones, include as much wood as possible in furnishings, display artwork of natural subjects, and keep plenty of plants in the home. A soothing environment can make all the difference.

Organize & Prioritize: Get those buzzing ideas and worries out of your head and into print. Whenever things get chaotic, write down a list of things that need to be done, and eliminate those that are less important. When stress becomes severe, determine what is causing your anxiety and write a brief plan of action. When the stress is due to a big decision, write down the positives and negatives of each option. These simple methods sound a little silly, but they work because your subconscious relaxes when you download your problems to paper.

Don't Overdose on Daily News: When feeling stressed, avoid the daily media barrage of demoralizing stories. There are plenty of ways to stay informed without subjecting yourself to sensationalist TV news. Weekly news magazines, Internet newspapers, and even the comedy newscasts do a better job of keeping you up to date on significant events without drowning you

in hateful punditry and irrelevant ‘scare’ stories. When you are really stressed or depressed, avoid the news altogether.

Breathing/Relaxation: You may think that meditation is just for gurus, but it is medically proven that a daily deep breathing routine can benefit everyone. Release the stress by focusing on your breathing. Take slow, deep, long breaths that fill your chest, and then fully empty the lungs. Try to breathe through the nose, but do whatever is most comfortable. Some people relax by silently counting the respirations. Others benefit by silently repeating *In* and *Out*, or you can use words that have special meaning to you. Take at least one minute every day to practice this most fundamental of life’s activities. It’s easy to do while stretching or before bedtime. If you are prone to panic attacks or extreme stress, make sure that you have a breathing routine prepared in advance for when you need it. It’s much more than a psychological trick. Deep breathing actually re-balances your autonomic nervous system and stops the inappropriate release of adrenaline.

Massage: Releasing the tension from your muscles is a quick way to relieve the stress of your mind. A certified massage therapist is technically the best, but a gentle massage from your loved one using massage oil or coconut oil has many of the same benefits.

Spiritual: We’ve slowly replaced faith in spirituality with faith in pharmaceuticals. The most prevalent religious movement of the 20th century was pharmaceutical psychiatry. America is a faith-based nation, but we seem to have forgotten to have faith in important things such as the recuperative powers of our minds and bodies. The human cortex and consciousness are true miracles of life. And the miraculously complex systems of your body, particularly your immune system, requires the mind to be balanced and believe in something, even if it’s just faith in the importance of a dignified life. So, it’s time to re-establish some true spirituality. The power to

heal yourself truly does reside within you. (There is substantial scientific evidence proving this statement to be true for most maladies.) Whatever your belief system may be, take a little time every day for quiet reflection. Nature, music, art, and literature are all excellent ways to achieve a spiritual state of mind. Anything that naturally lifts your spirit will shield you from the petty irritations of life.

Rushing is slow, Focus is fast: If you've turned yourself into a stress-ball by frantically multi-tasking, please be aware that your productivity is actually diminished. Breathe, focus on one single task, then gracefully move to the next one. This will increase not only your productivity, but also your longevity (not to mention the benefits to your mental health).

Maintain Perspective: Many people who survive a near-death experience say that it was the greatest gift of their lives. It taught them to appreciate what is important in life, so they no longer stress over insignificant things. The petty anxieties which bog down others have little effect on someone with true life experience.

Acceptance & Coping: Accept the fact that there is a wide spectrum of human emotions. Depth of character is not a disease. Everything from grief to euphoria is part of the human experience. Grief is a natural step in overcoming a loss, and euphoria is the joy of life. Pharmaceutical corporations and many psychiatrists tell us that grief is clinical depression and euphoria is mania, and that these are unacceptable disorders which must be suppressed by drugs. These are subjective judgments made by people who profit greatly from expanding the definition of disease. Antidepressants have been shown by multiple studies to be no better than placebo for curing mild and moderate depression, but they do affect personality and perception. Why sacrifice your personality to a pill? We certainly shouldn't force children to take mind-altering drugs. We must learn how to cope with adversity so that we can deal with stress throughout life.

If you are unable to cope, you may need professional help. But before running to a physician or **psychiatrist** and demanding a pill, you should first go to a **psychologist** or trained counselor and make an effort to talk through these problems. Psychiatrists have little training in psychology; thus they rely on drugs to manipulate behavior. Granted, some psychiatrists have trained themselves in psychology and lifestyle therapies, prescribing drugs only as a last resort. Unfortunately, these noble physicians are the exception. Most psychiatrists adhere to the guidelines created by the pharmaceutical corporations, which require the drugs to be prescribed frequently and aggressively. Patients who are dealing with psychological problems must now also deal with a snowballing drug addiction.

Pharmaceuticals are merely the latest tools of psychiatry. Previous tools included lobotomies, injections of malaria, insulin-induced comas, and drilling holes into the skull. Keep in mind that the original antidepressant promoted by psychiatrists was cocaine. There hasn't been significant improvement in psychiatric drugs since then, despite what the commercials repeatedly tell us. Your mind is much too complex to be fixed by a pharmaceutical. As they say in drug rehab, there is no chemical cure for a spiritual problem. Future historians will most likely condemn this age of chemical behavioral modification.

There are much better options. Psychotherapy, particularly Cognitive Behavioral Therapy, has been shown to be better than sedatives and antidepressant drugs. In addition, therapy comes without the terrible side effects of these addictive psychiatric medications. Psychotherapy has proven to be a useful treatment for many emotional problems, including depression and anxiety. **Psychologists** can analyze your thought patterns and find out what is causing you so much strife.

If you are too busy to speak to a therapist, then consider buying a book on Cognitive Behavioral Therapy or DBT (e.g., *The CBT Toolbox* by J. Rigenbach, PhD; or *The Dialectical Behavioral Therapy Workbook* by M. McKay, PhD). If you are too strapped for cash to buy a book, then take a look at the following axioms of psychology:

*Do not allow stress to take on a life of its own. It's important for you to realize that the stress itself is usually worse than the event that caused the stress. Let it go before it does you harm.

*Slow down the pace of your life and stop overbooking. People on their deathbeds rarely wish that they had accomplished more on their daily chore list. They wish that they had spent more time relaxing with family and enjoying life. As an elderly gentleman once said to me on his deathbed, "Never forget to be happy."

*Forgive yourself. What do you say to friends who make mistakes? Chances are that you forgive their errors in judgment quicker than you forgive your own. Do not punish yourself by re-running the same negative thoughts through your head day after day. Learn the lesson, forgive yourself and move on, for your own sake and for the benefit of those around you.

*Learn to focus on the solution to a problem rather than stressing over the problem itself. Think about ways to prevent it from happening again, then forget about the mistake and move forward. As the football coaches say after interceptions, "Great quarterbacks have short memories".

*Recognize the things that are beyond your control, and don't waste any energy worrying about them. Turn that energy toward things you can influence, and take care of your small corner of the world.

*Learn from the past and consider the future, but obsess over neither. Focus your attention on the present, because that is the only place where life occurs.

*Silence your critics with your actions, not your arguments. If they still criticize you after you've taken positive action, then they are the ones who appear foolish. Living well is the best revenge.

*Be a person of substance, and do not worry about appearances. If you are not doing anything that creates critics, then you are not doing anything. Even Mother Teresa had critics, and Gandhi was shot. You will be criticized by somebody no matter what you do, so you might as well relax and just do the right thing.

*Speaking of Gandhi, one of his best insights was this: "Happiness is when what you think, what you say, and what you do are in harmony."

*Try to be more truthful with yourself and others. Lies and half-truths cause an enormous amount of subconscious stress.

*Count your blessings. Nearly all of us have a safe roof over our heads and plenty of food to eat. Historically speaking, modern-day Americans have fantastic daily lives.

*Do not give hateful people the power to make you feel bad. It's usually the only power that they have. Misery loves company, and hateful people will drag you down to their level if you let them. Don't take the bait. Smile, walk away, and don't rent them any room in your head.

*Drama is draining. End negative relationships as soon as possible. You are under no long-term obligation to continue interacting with an adult who makes you feel bad, no matter who they are. In order for a positive change to occur, sometimes people need to know that you won't put up with their negativity any longer.

*Lives aren't ruined, only life-plans. If you feel that your life is being ruined, then change your plan. One door shuts, two doors open.

*How you handle the inevitable hardships of life is what defines you. Do you want to make rationalizations and spread misery, or can you develop the strength of character to overcome adversity and lead by example?

*After suffering a great loss, it might be helpful to remember the words of the philosopher Sartre, who once said "Life begins on the other side of despair."

*Life isn't clean and simple for anyone. It would be boring if it was. The miracles of life and civilization can be appreciated once you learn to enjoy the complexities.

*As Abraham Lincoln once said, "Most folks are as happy as they make up their minds to be."

“The doctors treated him, bled him, and made him swallow drugs;

Nonetheless, he recovered.”

Tolstoy, War and Peace

The Pharmaceutical Flood

When used appropriately, pharmaceutical medications can alleviate suffering and save lives. It is very comforting to live in modern times, because we have high-powered medications available whenever our lives are in danger. However, due to the ludicrous amount of overprescribing, the overall effect of pharmaceuticals is that they actually cause more diseases than they cure.

We’re publicly fighting a ‘War on Drugs’ while privately becoming a nation hooked on prescription drugs. Four billion prescriptions are filled annually in the United States. America’s new national pastime is filling prescriptions, which is why many of the richest companies in the world are drug corporations. This is not conducive with health. Occasionally, pharmaceuticals can be helpful. However, they are being drastically over-prescribed while the causes of illness are being ignored. The diseases caused by chemicals in foods are treated by using even more chemicals in the form of medicine. This is a perfect example of how two wrongs do not make a right. Frequently, the pharmaceutical cures have side effects which create the need for progressively more pharmaceuticals. People on numerous medications lack vigor even on days when they are not sick, and this is due to the slow degenerative effects of chemical overload.

Fortunately, not everyone believes in better living through chemistry. They follow the original American way of life. These people have maintained clear minds and healthy bodies despite societal pressures. High-functioning people over the age of 80 all seem to have two things in common: they eat real food, and they refuse to take pills except for emergencies. These people should be our medical role models.

True health cannot be found in a drug. Our culture has developed an almost religious faith in pharmaceuticals, even though the amount of lives saved by medications is small compared to the lives saved by good nutrition. Most people are looking for answers in all the wrong places. Their focus is on getting more healthcare, more tests, and more drugs. Their focus should be on what goes into their grocery carts. As Theodore Roosevelt once said, “If you could kick the person in the pants responsible for most of your trouble, you wouldn’t sit for a month.” Each of us has the power to end this era of failing health.

A good example of pharmaceutical futility is acid indigestion. This burning pain is the body telling the brain that unnatural eating habits need to stop. Many people choose to ignore this warning. Instead of switching to digestible foods, millions of people choose to cover up the warning sign with an antacid pill, and then they continue to consume the sodas and factory foods which are slowly destroying their internal organs. Simply covering up the symptoms expands the disease to other organs. The medicine itself also causes problems. Taking something as simple as an antacid pill doesn’t concern most people. However, antacid pills cause numerous problems, starting with decreased absorption of nutrients. This is why antacids cause weakness, osteoporosis, and bone fractures. Antacids also decrease the ability of the stomach to kill bacteria, which is why antacids significantly increase the risks of getting intestinal infections and pneumonia. Even more shocking is the fact that long-term antacid use is one of the causes of

dementia. To make matters worse, antacids cause a rebound of acid reflux once they are discontinued, even in people who never had acid reflux. However, the real damage comes from the combined long-term degenerative effects of chronic pharmaceuticals and factory foods. This creates snowball pharmacology (drug covers up a symptom, the disease spreads, more drugs are prescribed, side effects of drugs create the need for even more drugs).

Except for a few exceptions (e.g., type 1 diabetes), daily pharmaceuticals should not be a mainstay of American life. People are not helpless victims of genetics requiring a constant supply of drugs. Despite what the ads continually proclaim, most diseases can be cured without the aid of pharmaceuticals.

We are inundated (consciously and subconsciously) on a daily basis with advertisements for pharmaceuticals. Drug corporations spend billions of dollars advertising directly to patients, which is illegal in every country except the United States and New Zealand (New Zealand is fixing this problem). American kids are growing up with the subliminal message that pharmaceuticals are a daily necessity.

The drug corporations also spend billions convincing doctors that pharmaceuticals are indispensable to the lives of all Americans. The majority of physicians are ethical people, but some doctors find it difficult to reject the free lunches, medical equipment, vacation seminars, and other gifts from the pharmaceutical industry. This is especially difficult to resist for the impressionable young doctors struggling with debt. I still remember my first stethoscope. At the end of our first year in med school, they presented us with white coats and stethoscopes donated by a drug corporation (I still remember the name). We thought it was a sign of respect for all of our hard work. It never dawned on us what was really happening: For just \$60, that drug

corporation had bought the brand loyalty of a young doctor who would write millions of dollars' worth of prescriptions.

Doctors think they are too smart to be swayed by such crass propaganda, but the drug corporations wouldn't be making the investment if it didn't increase sales. One study counted the number of prescriptions written for a certain drug after that corporation sponsored a free lunch. The prescriptions more than doubled after the free meal. The good news is that this situation has improved over the past decade thanks to Sunshine Laws and physician groups such as *No Free Lunch*, which remind all doctors that we must maintain the highest degree of ethics. There is still room for improvement, however.

Of course, all medicines are not bad. In fact, science has given us a multitude of good medications. It's not an all-or-none proposition. We certainly don't want to throw out the baby with the bath water (actually, Olympic-sized swimming pool of dirty water - if you wish to make the analogy accurate). Obviously, there are medicines which safely and effectively cure many acute diseases. For instance, Excedrin stops a headache, and ceftriaxone cures bacterial meningitis. Medicines can be particularly effective when they are used sparingly. If you don't take pain-relievers for every minor ache, then you won't get rebound pain. If you don't take unnecessary antibiotics for every viral illness, then the antibiotics will be extremely effective when you really need them (pneumonia, MRSA, meningitis, etc.).

The problem is that the drug corporations have convinced consumers that there is a safe and effective pill for every single problem. That simply is not the case. People clamor for more healthcare and more medications, but research has shown repeatedly that populations who live in areas with limited access to healthcare actually have better outcomes than those who live in areas

where frequent visits to the doctor are customary. Among people with equal risk factors for disease, those who go to the doctor demanding meds for minor problems end up with significantly more long-term health problems.

Historically, medicines have always been popular because both patients and doctors are enamored with the idea that prescriptions will fix the problems. However, the medicines are often credited with fixing diseases which the body actually cured. That was fine in the old days when most medicines were benign botanicals. However, medicines are no longer just harmless placebos, and the side effects are becoming increasingly toxic, not to mention the millions of people on immunosuppressants (inhibiting the immune system is one of the reasons behind the Covid pandemic). Also, a higher percentage of people are taking medicine than in the past. Medical ‘researchers’ (employees of the drug industry) have widened the definition of disease to the point where everyone can be prescribed numerous drugs.

Acute medicines can be life-saving, but medications taken chronically have a degenerative affect. There are many reasons for this, but one you will be hearing about more in the future is the effect on the autonomic nervous system (ANS). The ANS controls heart rate, blood pressure, breathing, sleep, intestinal motility, urination, sexual arousal, the immune system, and the body’s ability to repair itself. Most chronic medications (antidepressants, antihistamines, ADHD meds, blood pressure meds, dementia meds, etc.) have an adverse effect on the ANS, which is a leading reason why diseases tend to snowball. If you take an antidepressant, then in the future you may need to take drugs for insomnia, irritable bowel, urinary retention, and impotence. This is how medication lists grow. But since more drugs means more profits, these facts are rarely discussed.

Furthermore, research from the Institute of Medicine shows that 1.5 million hospitalized Americans are adversely affected every year from accidental medication errors. These are significant problems caused by dosage errors and accidentally administering the wrong drug while a patient is in the hospital. However, this problem is small compared to the damage done by the side effects of medications.

There are millions of ER visits every year for problems caused by medications. You are ten times more likely to be hospitalized for a medication side effect than from a car accident. Antidepressants have literally hundreds of documented side effects (insomnia, sexual dysfunction, weight gain, anxiety, increase in suicidal thoughts, etc.), but they continue to be highly profitable for the drug corporations. The acute side effects are damaging, but the chronic degenerative actions are far more debilitating. Simply put: Medicine creates the need for more medicine.

Being a hypochondriac in our healthcare system is a self-fulfilling prophecy. For the most part, we have a complaint-based system rather than an evidence-based system. If a person complains, they will receive a diagnosis and a prescription. Inevitably, the medications prescribed for subjective disease will eventually cause actual disease. This is further proof of FDR's famous quote, "We have nothing to fear but fear itself."

We simply do not need all of the medications that they are producing. Be aware that drug corporations manipulate statistics in order to justify their products. As Mark Twain liked to say, "There are three kinds of lies: lies, damned lies, and statistics." Medications are approved based on studies done by the drug corporation that made the drug (please read this sentence again and let it sink in). These have little scientific validity, because cherry-picked statistics can prove

anything the researcher wishes to prove. Recently, a drug corporation had to pay a \$3 billion dollar settlement for suppressing negative studies and cherry-picking data, but that didn't stop them from continuing to profit from this statistical manipulation. There is no greater lie than a half-truth.

In order to overcome this, doctors and patients must utilize a method which looks at the end result. This method is called the **Numbers Needed to Treat**. For example, the NNT is 217 for statins (most common cholesterol medicine). This means that 217 people (low-risk) need to be treated daily for five years with statins in order to possibly prevent one heart attack. The other 216 people receive little to no benefits, but they are at serious risk for developing muscle breakdown, kidney disease, diabetes and/or liver failure. The NNT for blood pressure medications is 128 for patients with mild hypertension, which means that the drug corporations sell 467,200 pills (2 pills a day x 128 patients x 365 days x 5 years), and only one of these 128 patients might show a possible benefit, whereas 11 of these patients will suffer significant harm from side effects. Many approved medications have no NNT, because no significant benefit can be found in any legitimate study. You can check out the effectiveness of your medications at www.thennt.com. Unfortunately, the NNT frequently shows that harm is achieved more often than benefits. On average, 1 in 50 patients benefit, but at least 3 in 50 suffer from significant harmful side effects. By the way, the long-term intervention that received the best NNT for post-heart attack survival wasn't a daily medication, it was the Mediterranean diet.

We naturally assume that we need pharmaceuticals that are prescribed for us. Sometimes that is the case, but often there are other reasons why a medicine is prescribed:

1. Financial incentives
2. Fear of bad customer satisfaction surveys
3. Fear of lawsuits
4. Treatment protocols (created by pharmaceutical corporations)
5. Time

1. Most doctors put patient-care first, and money second. Nonetheless, few humans are completely immune to financial pressures. Insurance companies and Medicare/Medicaid inadvertently influence doctors to make a higher-level diagnosis and prescribe more treatments in order to be reimbursed. Doctors and hospitals are paid based on level of care. This means that if a multitude of tests and drugs are given, then they receive more money. If doctors just tell patients they have a cold and to take Sambucol plus vitamin C, then reimbursement will not cover overhead expenses.

2. Doctors have another financial incentive to over-prescribe, because their salaries are determined by customer satisfaction surveys. It was previously called *patient* feedback, but now it is the all-important *customer* satisfaction survey that controls nearly every aspect of the healthcare system. Customers have been bombarded with pharmaceutical advertising since birth convincing them that there is an effective drug for every subjective problem. Doctors feel pressured to tell customers what they want to hear and to treat every symptom with drugs, even if the problems will more than likely resolve on their

own. The end result is that nearly everyone receives a prescription, whether they need it or not. Many of these prescriptions are no more effective than placebos, and some of these prescriptions are dangerously addictive. But customers continue to demand prescriptions, and physicians are required to keep the customers satisfied. (Yes, doctors are fired for poor customer surveys.) A landmark 2012 study titled 'The Cost of Satisfaction' published in the Archives of Internal Medicine matched patients with similar health backgrounds and symptoms, and it showed that the patients who wrote the highest customer satisfaction surveys were the ones who received the most prescriptions. These customers had a 26% higher mortality rate compared to the patients who were unsatisfied with their care. So, in order to get higher satisfaction surveys, more prescriptions and more testing was done. The end result: 26% more deaths in the highly satisfied customers. This is literally killing people with kindness. Treating patients like customers has cost them their health, and it costs our healthcare system over a trillion dollars per year. Be careful what you demand from your doctor, for you will likely receive it (regardless of benefit).

3. In order to avoid lawsuits, many doctors practice what they call CYA medicine (cover your gluteus maximus). This is also known as 'defensive medicine' or '1 in 100' medicine. Here's how it generally works: Even if a patient only has about a 1 in 100 chance of a bad outcome if untreated, medicine is prescribed. Therefore, approximately 99% of patients who receive prescriptions do not need the medicine, and the long-term harm done to the 99 from drug degenerative effects is far greater than the short-term benefit to the one. However, doctors rarely get sued for giving too many prescriptions. Doctors frequently get sued for not giving enough prescriptions. In previous generations,

doctors could just follow-up with patients and see if they were getting worse, then they could prescribe the medicine when needed. Those days are mostly gone due to patients' expectations and doctors' fear of lawsuits. This is one of the reasons why our expensive healthcare system often results in poor health.

4. Even if the drug is officially recommended in a treatment protocol for your condition, the people who make the protocols may not have your best interest at heart. If doctors had time to trace the funding behind the numerous studies and protocols which guide their treatments, they would find that the money-trail often leads back to the drug corporations. More often than not, the drug corporations fund and control the studies which test their drugs. If they do not like the results, they simply do not have them published. They often repeat the studies on the same drug until they find a study which suits their purposes. The drugs are approved by the FDA's drug division, which receives 75% of its funding from the pharmaceutical industry. After the drug corporation gets its medication approved, it hires a panel of 'expert' academic doctors to recommend its protocol. The drug corporation then makes a substantial donation to medical governing associations. End result: the drug becomes part of treatment protocols regardless of its effectiveness. Our top medical associations lobbied against reducing insurance premiums for people who make healthy lifestyle choices, but strongly recommend expensive pharmaceuticals which have been proven to be ineffective. Doctors who do not follow these recommended drug protocols are being sued for not following 'standard of care'. The whole system is controlled by politicians, who each receive millions in campaign contributions from the drug corporations. Unfortunately, this is not a conspiracy theory. This is just an inside look at how the current healthcare system works.

5. Time is a crucial factor in determining whether a prescription is warranted. It takes about one hour to explain to a patient how to cure a disease with lifestyle changes, nutrition, vitamins, herbs, and hydration. It takes about one minute to write a prescription.

Capitalism can be a wonderful societal force when there is fair competition between many options. But there is really only one healthcare system, so legitimate competition is limited. The business model of medicine has failed. You would naturally assume that a desire to make people healthy would be the driving force behind healthcare decisions, but that is often not the case. Profit drives healthcare, not compassion, and certainly not common sense. Overprescribing is highly profitable for the drug corporations, but it is currently our most dangerous epidemic.

If you do not believe that over-prescribing can cause an epidemic, then consider the fact that there are over 500,000 cases of pediatric adverse drug reactions *every year* in the United States. That is a lot of American kids suffering because of medicines. Approximately 30,000 of these reactions are severe enough to require hospitalization. Antibiotics are the number one drug responsible for these adverse reactions, and it has been well established within the medical community that antibiotics are drastically over-prescribed.

Speaking of drugs being drastically over-prescribed, it's great that Americans are finally starting to come to terms with the insidious danger of narcotics, but we still have some progress to make. America has only 5% of the world's population, but we consume 80% of the world's prescription narcotics. Why? One big reason is that healthcare executives (in conjunction with the well-intended, but uninformed federal government) decided two decades ago that physicians

were not prescribing enough narcotics. This is because the #1 complaint on the customer satisfaction survey is that the physician did not give enough pain medication (narcotic addicts are frequent visitors, and they have the highest likelihood of filling out surveys). Through various carrots and sticks, physicians have been pressured into writing more narcotic prescriptions. Result: widespread addiction. According to CDC records, the number of people coming into Emergency Rooms seeking narcotic prescriptions for non-medical use increased 112% in just four years. Prescriptions for narcotics increased four-fold in the past decade, and deaths from prescription narcotics also quadrupled. Prescription narcotics are now the #1 cause of accidental death in America, overtaking car accidents. Compared to 15 years ago, teenagers are more than twice as likely to receive a prescription for controlled substances. There are also three times more infants born with narcotic withdrawals. In November 2011, the CDC finally declared prescription narcotics to be an epidemic.

What is the most devastating health epidemic in the past century? Answer: Addiction to prescription drugs. Millions are on Disability because of their addiction to prescribed drugs. We must realize that today's cures often become tomorrow's poisons. Heroin was invented by a hospital researcher, and the pharmaceutical corporations sold it as a cure for respiratory discomfort. The pharmaceutical corporations also mass-produced cocaine, and they promoted it as a cure for many ailments. In the ultimate act of pharmaceutical irony, cocaine was prescribed as a treatment for morphine addiction. Quaaludes were mass-marketed as a non-addictive sleeping pill. Amphetamines were invented in 1929 as a cure for asthma (ineffective). The list is extensive, and it continues to grow. As soon as people realize that any possible short-term gain is not worth the guaranteed long-term degenerative effects, the pharmaceutical corporations make

trivial alterations to the drugs and sell them to the next generation (oxycodone, alprazolam, ADHD meds, etc.).

Over the past four decades, no industry has been as profitable as the drug corporations. U.S. Congressman Richard Durbin stated that the pharmaceutical lobby has a “death grip on Congress”. This is not surprising since they have more than a thousand lobbyists in Washington DC, the most of any special interest group. The pharmaceutical industry spends hundreds of millions annually to directly influence Congress. The drug corporations are often #1 on the list of special interest groups, both in number of lobbyists and contributions. Senators who are on committees that regulate the healthcare industry receive millions every year in campaign contributions from the healthcare lobbyists. The Secretary of Health under the second Bush administration received an estimated \$13 million from the drug industry after he endorsed pro-pharmaceutical policies. Remember, almost 70% of healthcare dollars come from the government, so Washington DC has a heavy influence on medical treatment guidelines. Under the direction of the drug corporations, the federal government has turned our healthcare system into a drug delivery system. This is a big part of the reason why Americans have been misled into believing that daily pharmaceuticals are a necessary part of life, even though the majority of people who receive less treatment for their diseases have better outcomes. The drug industry is in control of healthcare policy, and the people are getting sicker. It sounds rash, but the truth is that our physical and economic health is in peril. Please don't wait for healthcare reform to come from Washington. It has to start with you.

Even though we need to get rid of the drug industry's crushing influence on American medicine, we still need to acknowledge their beneficial accomplishments. Drug companies need to be down-sized and strengthened, and you can do that with your consumer vote. We need to

hold them to a higher ethical standard, because we can occasionally benefit from some of their higher-quality pharmaceuticals as long as they are used judiciously.

If the drug industry would re-direct all of their promotion/lobbying money into research, we would undoubtedly have a greater number of legitimate cures for significant diseases. As it is now, we have a relatively small amount of evidence-based, overall beneficial medications. Unfortunately, we have a significantly larger number of degenerative drugs that do more overall harm than good. Nonetheless, the majority of people still have an irrational faith in the benefits of all pharmaceuticals.

The ‘pill for every problem’ attitude is not only costing Americans their personal well-being, but it’s also eroding the nation’s economic health. Americans spend an astronomical amount on healthcare, and the ever-rising percentage of GDP that we spend is unsustainable. This absurd rate of growth will continue until we’ve gone bankrupt, or until we realize that there is no substitute for natural living. When the term ‘bankrupt’ is used, this includes at least two future generations. Are we really going to spend all of our kids’ and grandkids’ future tax-dollars in this futile pharmaceutical pursuit? The majority of politicians are unable to adhere to spending limits, so they just continue to borrow and print money to feed our unnatural lifestyles. The two fastest growing parts of the federal budget are Medicaid/Medicare and interest payments on the national debt. The extreme overuse of medications must be reined in so that we can experience the true benefits of modern medicine. It is time to make people healthier so that the great American healthcare system will become affordable and effective once again.

“Natural forces within us are the true healers.”

Hippocrates

Less Healthcare, More Health

After a heated debate, I once asked an egotistical cardiac surgeon why he thought so much of himself. In a God-like manner, he answered that he performed the ‘ultimate act of healing’ by performing surgeries on diseased hearts. This prompted me to ask a second question. Wouldn’t it be the ‘ultimate act of healing’ to prevent heart disease from occurring in the first place? He refused to consider the question.

An ounce of prevention is worth a pound of cure. No matter how advanced our cures become, they will never be better than prevention. However, I’m not referring to what the medical industry calls prevention (more radiating tests, more drugs). I’m referring to true prevention through a natural lifestyle.

Unfortunately, most doctors are not trained in the art of prevention. Physicians are trained to diagnose and prescribe drugs. Nutrition and health are scarcely taught in medical school, and they’re rarely discussed during residency. Most physicians are experts at medicine, but surprisingly few are health experts (nearly none fully understand nutrition).

More than a few doctors have slipped into poor health and are under the burden of multiple medications, looking worse every time you see them. Taking advice from an unhealthy

doctor is like going to a financial advisor who is bankrupt. Doctors need to improve their own health in order to better understand disease prevention.

Most diseases can be prevented and treated with nutrition, exercise, moderate sun exposure, vitamins, and other health supplements. Medical schools need to increase their focus on these remedies. Doctors need more tools at their disposal than just a prescription pad. When all you have is a hammer, every problem looks like a nail.

Granted, sometimes the problem is a nail that can be hammered down effectively by modern medicine. Many of the pharmaceutical and surgical advances we have made are unequivocally beneficial. This makes it even more heartbreaking to see the benefits of these high-tech remedies overshadowed by the harm done by over-testing and over-prescribing. Modern medicine and surgeries are incredibly effective when utilized as a last resort by people with healthy lifestyles.

Unfortunately, most people have sunk into unhealthy lifestyles and frustration. Patients have lost patience. They now put enormous pressure on doctors to over-radiate, over-diagnose, and over-prescribe. This pressure is also applied by patients' families, healthcare administrators, and malpractice attorneys. Doctors are trained to always *do something*, and patients usually demand that something be done. That's a dangerous combination since most doctors and patients equate 'doing something' with ordering CT scans and prescribing drugs. That also creates unnecessary expense considering that the body is designed to heal itself of most ailments when given time and support.

As a general rule, the less radiation and pharmaceuticals that patients receive, the quicker they heal. A Dartmouth research team compared similar patients with similar diseases across

America. They found that patients who were treated aggressively have worse outcomes than patients who were treated conservatively. Less is usually more when it comes to medicine.

In addition to all of the pharmaceutical damage discussed in the previous chapter, a further cause of deaths from over-prescribing and over-testing is the increased incidence of fatal mistakes. The Institute of Medicine (and also several consumer protection groups) estimate that approximately 100,000 Americans die every year in healthcare facilities due to errors made by physicians/nurses/techs. Pharmaceuticals and radiologic tests are toxic enough as they are, but particularly deadly when mistakes are made. Good hospitals and focused staff can eliminate many of these mistakes, but some errors will inevitably occur due to the complexity of the system, chronic short-staffing, and the overwhelming patient load.

It often takes a lawsuit to fix an institutional problem, but your physician's constant fear of a malpractice lawsuit is actually creating a bigger problem. Over-prescribing drugs is one part of defensive medicine, and over-testing with radiation is another. Americans are exposed to seven times more radiation from medical procedures than they were in the 1980s. Doctors get sued for missing the one-in-a-million headache patient who has a small brain bleed (usually inoperable anyway), but doctors don't get sued for ordering unnecessary CT scans which significantly increase the risk of cancer. This is one of the reasons why our incredibly expensive healthcare system often results in worse overall health outcomes.

When one adds up all of the morbidity and mortality caused by the dysfunctional parts of our healthcare system, then modern medicine ironically is found to be one of the primary causes of death and disease in America. Millions suffer from medication overdose, medication side effects, medication degenerative effects, physician/nursing errors, and cancer caused by

Xrays/CT scans. What's even worse is that our 'pill for every problem' system gives a false sense of security to people who continue with their unhealthy lifestyles.

Top 4 *root* causes of disease in the United States:

1. Factory food
2. Smoking
3. Excessive use of pharmaceutical medications/drugs/alcohol
4. Lack of daily exercise

The good news about this is that the vast majority of diseases can be avoided. Our health is our choice. If you want to fix our nation's healthcare crisis, then the emphasis needs to be on prevention.

Prevention is key, but is 'preventive medicine' the answer? Preventive medicine sounds like a good idea, but it's a complex topic. Of course, preventing disease with nutrition and exercise is the ideal. Unfortunately, what our healthcare system calls 'preventive medicine' is a different concept altogether. Here is a typical example: All older men are encouraged to go through screening tests to see if they're at risk for prostate cancer. In the men who are found to be at risk of developing prostate cancer, we must treat 71 men daily for 7 years to possibly prevent one case of cancer. These treatments can cause impotence, incontinence, weakness, dizziness, and dementia. 70 of these men receive no benefit, because they would not have gotten the cancer anyway. So the question arises, is it worth it for all 71 of the men to suffer so the one patient does not get cancer? Before answering, you must realize that it may not even be worth it to the one who would have developed prostate cancer, because it is likely that he would have

been asymptomatic and died of something else first. The death certificate will say that a patient died of prostate cancer, even when the true cause of death was chronic heart disease. Also, keep in mind that many deaths attributed to prostate cancer were actually due to the treatment, not the disease. However, there are some men who do suffer from treatable prostate cancer, which is why this is a complex and emotional issue.

In general, the modern concept of ‘preventive medicine’ is this: make everyone go to screening tests (often radiation), and then treat those who might develop the disease with daily pharmaceuticals for approximately ten years in order to possibly save 0.1% of people from a specific disease. Meanwhile, the screening tests and drug treatments cause at least 5% of people to develop a different disease. In other words, we diminish the health of the many to possibly benefit a few. The only definitive beneficiaries of this system are the hospital corporations and the drug industry.

When the doctor presents all of the options to you, never forget to ask the single most important question: “Doctor, if you were in this situation, which option would *you* choose?” You’ll be amazed at how often the doctor will then change the recommendation to conservative management (fewer tests, fewer drugs, watch and wait). This is assuming that the doctor can be completely open and honest with you, which is difficult due to the constant threat of poor customer surveys and frivolous malpractice lawsuits. At the very least, please read the list of side effects before starting a medication.

We can regain control of our own health. Even poorly understood autoimmune ailments such as lupus, Crohn’s disease, psoriasis, and multiple sclerosis are much more prevalent in populations which adopt the modern American lifestyle. There are hundreds of examples of this phenomenon, yet we continue to ignore the root causes. For instance, most people believe that

kids are just naturally born with asthma, but the real causes are environmental and nutritional factors which affect genetically-predisposed children. The CDC reports that the prevalence of asthma is increasing rapidly. This is just one of many diseases which have become epidemics in the past thirty years.

The modern American diet of factory food is an inflammatory diet, and it's not just due to chemicals. It's also because it is low in fiber, phytonutrients, and Omega-3. These factors (particularly Omega-3) are involved in prostaglandin production, a key factor in controlling inflammation. Excessive inflammation contributes to every disease from arthritis to heart attacks. Most patients tell their doctors that they eat 'pretty healthy', but the majority of what fills their grocery carts is factory food. It's no wonder that most people suffer from aches, fatigue, congestion, and other symptoms of inflammation. The good news is that these problems are not 'just part of aging'. These problems are within your control.

The most self-destructive substance that people routinely put into their bodies is cigarette smoke. The second worst is soda. Both cigarettes and soda are slow-acting poisons, literally. Webster's Dictionary defines poison as 'a substance that through its chemical action usually kills, injures, or impairs an organism.' Smoking and soda impair every organ system, causing multiple health problems and premature death.

Society has now finally accepted what a killer smoking is (480,000 deaths a year in the United States, plus at least 50,000 deaths annually from second-hand smoke), but what about soda and factory food? Ischemic heart disease (clogged arteries) has escalated to the point that it is now the #1 killer. This disease is caused by ultra-processed food and the saturated fats produced by the factory farms. Let's take a look at the other official causes of demise:

CDC's Top 10 Leading Causes of Death in the U.S. (2022)

1. Heart disease
2. Cancer
3. Accidents
4. Covid
5. Strokes
6. Chronic Respiratory disease
7. Alzheimer's
8. Diabetes
9. Kidney disease
10. Liver disease

This list is only a general guideline, because numerous causes of death (hospital errors, smoking, medication side effects, etc.) rarely go on death certificates as the primary cause of death. Also, as someone who actually signs death certificates and has worked closely with others who also do this difficult task, I can candidly tell you that it is usually more subjective than objective (i.e., it is not like TV). The reality is that only 7% of the deceased receive autopsies.

Nevertheless, this list is still a good starting point. Nine of the top ten are caused by chemicals, immunosuppressants, smoking, factory food and lack of exercise. We are out of sync with nature and rampant disease is the result. Amazingly, people do not seem to have much fear

of these preventable diseases since they have become so commonplace. Instead, people worry about homicide, Zika virus, Ebola, Asian bird flu, alpha-gal ticks, monkey pox, or whatever else the media is pushing that month. The profit-driven media conglomerates know that the best way to sell advertising spots is to perpetuate irrational fear of exotic threats. Statistically speaking, the factory food in your pantry is at least 8,000 times more likely to kill you than a home-intruder, so it's time to focus on the everyday dangers that face us. If you eat real food and stay active, then you don't need to worry about any of this. You'll live a long and dignified life.

As alluded to above, not included in the Top 10 Leading Causes of Death is something else that is preventable. The over-use of medications would be in the top three if it were included on this list. Adding up all of the deaths caused by prescription drugs is an immense task, but it includes: overdoses, kidney failure, liver failure, fatal infections and cancers caused by drugs that suppress the immune system, accidents while people are under the influence of meds, anaphylaxis, and death from premature degeneration (heart disease, strokes, dementia, etc.). No matter how you analyze the statistics, over-prescribing pharmaceuticals is one of the leading causes of disease and premature death.

So, instead of relying on a pharmaceutical fix for every problem, let's get back to basic human health. Here's a quick rundown of the fundamentals:

Good health begins in the womb. A pregnant woman who avoids drugs, smoking, and factory food is significantly decreasing the chances of her child going through life with chronic disease. Breastfeeding for at least six months further ensures the health of her child.

No need to throw in the towel just because your parents and grandparents had diabetes, heart disease, cancer, etc. Heredity is rarely the chief determinant of health. A diseased family

tree is usually the result of unhealthy lifestyle habits being passed from one generation to the next. Even when genetics plays a role, the choice is still usually yours. Your lifestyle choices determine *if* you'll get a disease, and genetics determines *which* disease you'll get if you choose to be unhealthy. A good example of this is provided by immigrants to America. Second-generation Americans suffer from far more diseases than their immigrant parents. For example, the Pima Indians of Mexico are genetically susceptible to diabetes, but they rarely become diabetic unless they cross the border and adopt the American diet. Knowing that you are at high risk for getting a disease should not discourage you. It should just give you the extra incentive to eat real food and stay fit.

Please remember that your body is intricately designed to fight off disease, even the 'emperor of all maladies': cancer. In fact, your immune system destroys cancer cells every day. The bad news is that everyone has a few cancer cells in their body. The good news is that you have 30 trillion healthy cells working for you, including your immune system, which is very effective at hunting down and destroying these cancer cells. We are all cancer survivors, thanks to our immune systems. Cancer only becomes life-threatening when a diminished immune system is unable to kill it, or when the body faces an overwhelming number of carcinogens.

It's good that we have focused attention on beating cancer. However, if there was really a 'War on Cancer', then cigarettes and soda would be banned (or at least detoxified). The 'War on Cancer' is primarily a redistribution of taxpayer and charitable money to drug corporations. Meanwhile, dealing with the actual causes of cancer receives exponentially less funding. We spend billions on the search for the most toxic chemo cocktail, but the truth is that we already have a cure for most cancers: prevention through healthy living. While we certainly do not want to blame the victims of cancer, we do want to help more people avoid that tragedy.

Perfection is not possible, but better choices must be made. This begins with what a pregnant woman chooses to put into her body, then choosing to breastfeed, then the choices made by parents when feeding their children, and finally the health choices that adults make for themselves. It is also a matter of what our government chooses to allow into our environment and food supply.

How well you take care of your body will determine your frequency and duration of illness. Chronic diseases are rare in well-nourished, physically-fit people. Of course, occasionally even healthy people get ailments or injuries requiring the aid of surgery or medicine. When it does happen, well-nourished people recuperate much faster than people who live on factory food. The healthier you eat, the faster you heal.

The body is constantly surrounded by chemicals, radiation, and germs. Fortunately, we are blessed with defenses at every level. From microscopic DNA repair molecules to the giant detoxifying factory called the liver, self-healing mechanisms exist to fend off all germs and harmful substances. The body has a myriad of defense mechanisms. The most important one is the immune system, which is the body's primary defense against germs, allergens, and cancer cells. It is only when all of these defenses get overwhelmed that disease occurs. The body gets sick in two basic circumstances:

1. Immune system is weak: This happens when a person takes immunosuppressant pharmaceuticals or lives on factory food with the resultant sedentary lifestyle, thus weakening the defenses.
2. Immune system is overwhelmed: This happens when the body is over-exposed to allergens, germs, chemicals, and/or radiation.

It is usually a combination of these two factors that create disease. The bad news is that most Americans are currently victims of both. The good news is that both of these factors are predominantly within your control.

If your immune system is weak, then you can strengthen it by exercising every day and eating real food. Antioxidants and phytonutrients found in natural whole foods are crucial for maintaining your immune system, and you can further boost your immunity with a high-quality multivitamin (e.g., Garden of Life). A moderate amount of sun exposure (for natural Vitamin D production) is also helpful in maintaining a strong immune system. Also, consider the advice of Cal Tech's Linus Pauling (the only person to ever win two Nobel Prizes by himself). He was a strong proponent of taking between 2,000 and 18,000 mg of vitamin C daily to boost your immune system. Granted, he had many critics, but Linus outlived them all (he died at 93 years of age). More importantly, he was very active, productive, and seemingly content till the end.

If the body's defenses are well maintained, you can fight off everything from the common cold to cancer. A well-balanced immune system also prevents autoimmune and inflammatory diseases. Please remember that another important function of the immune system is regulating allergies.

Allergens are oftentimes the first wave in overwhelming the immune system. You may want to consider avoiding indoor pets if you suffer from chronic congestion or frequent colds. Secondhand smoke is another major allergen. A HEPA vacuum and a quality air purifier (e.g., BlueAir) can help cut down on allergens, but dealing with the source is sometimes necessary. If congestion persists, then consider going to an allergy specialist for a full allergen panel (skin tests are usually superior to blood tests). If the allergies are severe and due to the environment,

then consider moving to a different geographic region. That's drastic, but there is nothing more important than your health. If at all possible, avoid taking daily antihistamines because they have degenerative effects on the autonomic nervous system (the ANS controls numerous bodily functions, including the immune system).

Proper hygiene will prevent over-exposure to bacteria, viruses, and fungi. This includes simple measures such as keeping a clean house and frequent hand washing. However, do not let a fear of germs create stress. It's not a matter of *if* you are exposed to germs, it's a matter of amount. There will always be some exposure, but a healthy immune system can handle germs as long as there is not an excessive quantity.

Your body is also designed to handle a moderate amount of chemicals, but it cannot deal with being constantly inundated. There are currently 84,000 chemicals used commercially, the majority of which have not been tested for adverse health effects. Today's safe chemical is tomorrow's carcinogen. Try to limit your exposure to pesticides, dyes, chemical bath products, cosmetics, chemical cleaners, and factory foods. There are plenty of natural alternatives, starting with organic food. Your liver and kidneys are capable of detoxifying the body if you make an effort to minimize chemical exposure.

It's the same for radiation. Your cells have mechanisms to fix radiation damage, but they can certainly become overwhelmed. Try to limit exposure to microwaves, tanning beds, sun exposure between 10 a.m. and 4 p.m., X-rays, CT scans, etc. You might also consider not having a cell phone glued to your body 24/7. Ask if the X-rays or CT scans ordered by your doctor are absolutely necessary. CT scans are estimated to cause 2% of fatal cancers, and the numbers keep growing. One average CT has the same amount of radiation as 200 X-rays.

The damage from chemicals and radiation is cumulative, so the harmful effects build up slowly over time based on your total amount of exposure. Cancer is the most severe of the adverse outcomes, but there are a wide range of common ailments caused by excessive chemicals and radiation (including frequent infections). Fortunately, all of this is avoidable, and damage that has already been done can be repaired. If you make the effort to keep your exposure to a minimum, your body will detoxify and repair the rest.

Patients and their doctors tend to ignore their general health, instead choosing to obsess over a few numbers such as blood pressure and cholesterol. These are markers of disease which naturally decrease with exercise and real food. Simply taking a pill to artificially reduce the number doesn't erase the effects of unhealthy living. Fix the problem, not just the number. There are many ways to do this.

First and foremost, appreciate the power of positive thinking. Everything from fighting off minor infections to pushing a cancer into remission can be attributed to faith and a positive outlook on life. Whether it's faith in your body's natural defenses or faith in religion, any belief system is capable of boosting your immune system and eradicating disease. When you believe that you are going to get better, chances are substantially increased that you will. Patients who heal the fastest are those who view illness as a challenge that their bodies will overcome.

Mood affects health. It's amazing how many patients in chronically bad moods develop malignant illness. It's tragically ironic how many anxious hypochondriacs develop diseases caused by stress. But there is one mood which creates more disease than any other: powerless pessimism. The victim mentality is the surest way to put your physical and mental health on a downhill slide. Optimistic people simply don't become sick as often as their pessimistic

counterparts. On the pathway to health, the biggest roadblock is resignation. The scientific reasons for this are complex, but it is primarily due to an interplay between the immune system and the autonomic nervous system. The simple thing to remember is this: happiness and health are forever intertwined.

Find the time to relax. Stress and poor coping skills are the source of innumerable ailments. Swallowing stress feeds the ulcers, and heartache leads to heart attacks. Be aware of the signs. The stomach and the skin are usually the first to manifest symptoms of stress. Headaches, hypertension, and lower back pain soon follow. Swallowing a sedative doesn't fix the problem; it simply covers up the acute symptoms and turns them into chronic physical disease.

If you are a caregiver, realize that it's not selfish to take time for your own needs. Neglecting yourself for the sake of others leads to your own debilitation. Always remember to take care of yourself, because you need to keep up your strength if you wish to help others.

Living a natural life based on these fundamentals will prevent and effectively treat the majority of diseases. However, there certainly are times when conventional medicines and surgeries are necessary. Meningitis, appendicitis, pneumonias, asthma attacks, heart attacks, trauma, broken bones, and basically anything that causes severe acute pain are what American hospitals handle best. It is not the best system for moderate and mild ailments, but our healthcare system is outstanding when it comes to managing emergent conditions.

Unfortunately, patients' expectations of the medical profession are out of step with what it can effectively provide. Simply put, there is not an effective drug for every disease. When conventional medicine cannot cure the disease, it compensates by covering up the symptoms. This neglects the disease process and frequently makes it much worse in the long run. Symptoms

such as fever, coughing, vomiting, and runny nose are actually your body's natural defense mechanisms working to eradicate disease and compensate for illness. If the body is not well maintained, then occasionally these defense mechanisms become unbalanced. However, usually the defenses are doing their job well. Much more often than not, your body knows what it is doing. The human brain and body are intricately designed to cope with disease. We need to support and balance the body's natural defenses, not suppress them with drugs and defeatism.

There is much confusion about what a disease is, as opposed to a symptom of disease. For instance, hypertension is occasionally an isolated disease, but it is often just a symptom of poor health. Most Americans eat red meat and hydrogenated fats which harden and clog the arteries. The body responds to this health crisis by creating hypertension. The clogged and stiffened arteries require higher blood pressure in order to maintain blood flow to the vital organs. Western medicine's answer to this problem is to simply prescribe drugs that artificially lower the blood pressure and have numerous side effects. Blood pressure medicines do not usually treat the actual problem, they just make the numbers look better while the diseased blood vessels remain untreated (statins are insufficient). The artificially decreased blood flow to the vital organs starts a slow snowballing of chronic diseases. Blood pressure should be naturally reduced by nutrition and exercise, which actually fix the root disease. Medicines can be used in the meantime to maintain a safe blood pressure (less than 140/90).

Psychiatric drugs are another example of Western medicine conflating symptoms and disease. Chronic anxiety and depression are symptoms of poor health, stress, and deeply-rooted psychological challenges. The issues must be dealt with, even though it's easier to take a drug to temporarily suppress the symptoms. The psychological conflict worsens as the drugs give the

short-term illusion of cure. The majority of people who commit suicide are on multiple prescriptions for sedatives and antidepressants.

Physical and mental health are firmly within your control. We can treat diseases with a natural lifestyle. But even more importantly, we need to focus on disease prevention. As soon as you achieve natural health, you will no longer need to worry about chronic disease. Until then, please check out the next chapter.

“Each patient carries his own doctor inside him.”

Nobel Prize winner, Albert Schweitzer, M.D.

List of Common Diseases & Natural Treatments

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This chapter deals with specific ailments. If you follow the health advice in this book, you can rest assured that you are at much lower risk of suffering from any of these diseases. Remember, you don't need to obsess over particular diseases and specific cures. Focus on your overall health. Eating a wide variety of real foods is the single most important cure for all of these problems. Nonetheless, certain things do need to be emphasized when a particular disease occurs.

Your first line of defense should be nutrition. Secondly, turn to vitamin therapy and other natural supplements. Surgery or pharmaceuticals should be considered when all other options have failed to resolve the problem. If the symptoms are severe, then surgery/pharmaceuticals

move up to the first line of defense. Obviously, you should seek advice from a physician for any emergent medical problem (i.e., there ain't no herb for appendicitis).

In this section, recommendations for natural supplements are provided as an option for those who occasionally need a boost but want to avoid the toxic side effects of long-term pharmaceuticals. These herbal/natural remedies gently enhance the body's ability to fight the disease, as opposed to chemically covering up the symptoms. A complete review of every supplement is well beyond the scope of this book, but I encourage you to research natural cures for your particular ailment. Let your doctor know what you are taking, since herbs can occasionally interact with drugs (especially warfarin). Legitimate side effects of natural supplements are rare, but please consult a physician if you have any problems or questions.

Dosages are found on the labels of natural supplements; however, the treatment indications will not be. This is because the FDA drug division, which receives 75% of its funding from the pharmaceutical industry, states that only pharmaceutical drugs can cure disease. Basically, if it cannot be patented, then it cannot claim to be a cure. Therefore, natural supplements are not allowed to print the diseases they cure on the bottle, no matter how many hundreds of independent studies have proven their efficacy. Keep in mind that the pharmaceutical industry is dedicated to discrediting natural supplements, and the majority of studies which 'prove' them to be ineffective are sponsored by the drug industry. Also keep in mind that many of our best medicines began as natural remedies. Treatments such as aspirin, the penicillin family of antibiotics, fish oil, probiotics, and vaccinations all began as natural remedies that the medical establishment initially claimed were ineffective.

As for the quality of supplements, you get what you pay for, so don't grab the cheapest supplement on the shelf. Stick with quality brands (e.g., Thorne, Garden of Life, New Chapter, Pure, Sambucol, Nordic, Carlson, etc.). For children, use only pediatric formulations. Multivitamins should not be the synthetic supermarket brands; they should be made from condensed whole foods (Garden of Life). Dosages for supplements vary depending on formulation, so it is best to take the recommended dosage on the bottle's label.

Acne

Decrease: sugar, fried foods (especially French fries), hydrogenated fats, peanut butter, potato chips, soda, dairy, milk chocolate, factory foods, stress.

Increase: Omega-3, olive oil, avocados, whole grains, salmon, walnuts, yogurt, fruits, vegetables, garlic, apple cider vinegar, coconut water, green tea, kombucha tea, water, exercise.

Natural Remedies: natural vitamin E capsules ('dl' is unnatural), fish oil capsules (high in DHA/EPA), evening primrose oil capsules, zinc, vitamin B5, probiotics. Topically: tea tree oil, aloe vera, cbc cream, coconut water, Korean herbal acne creams.

Discussion: Staying extremely well-hydrated is much more important than people realize; when the skin becomes too dry, oily skin is the body's defensive response. Oily skin + excess stress + poor nutrition will cause acne in those who are prone to it. Excessive acne is a warning signal that the body needs a major lifestyle change. Daily exercise plus moderate sun exposure is necessary, and regular sleep is also key. Avoid sleeping on your face if possible. Try to keep your nails trimmed, wash your hands frequently, and wash your face twice daily with glycerin soap.

Allergies, Asthma, Eczema

Decrease: exposure to smoke, pet dander, stress, factory foods, fried foods, food dyes, preservatives, sulfites (food/wine), sulfates (shampoo/detergent), red wine (red wine is high in histamine), gluten, cow's milk/cheese.

Increase: Omega-3, fruits, vegetables, water, organic foods, local honey (not for infants), clean air.

Natural Remedies: vitamin C 2000 mg twice daily (vitamin C is a natural antihistamine), stinging nettles, evening primrose oil, ginkgo, fish oil capsules.

Discussion: Low-grade milk allergy is actually very common and one of the few problems that is under-diagnosed. Cow's milk is a primary cause of eczema, asthma, and sinus congestion. You might also need to consider the possibility of a gluten allergy. These food allergies often manifest as colic in younger children, but then morph into mild skin disorders and respiratory ailments as we age. Consider getting a full allergen panel from an allergy specialist (skin tests are more accurate than blood tests), but the milk and gluten tests are not as accurate as simply eliminating these foods for two months. Either way, it's important to replace factory foods with real food. Clean air is as important as pure food; it's worth the investment to buy a few HEPA air purifiers.

Anemia

Decrease: antacids, dairy, soda.

Increase: whole grains, dark leafy greens, dried apricots, nuts, pumpkin seeds, raisins, beans, water, fruit.

Natural Remedies: tomato sauce cooked in an iron skillet, iron pills, B-complex vitamins, sublingual B-12.

Discussion: Eating fruit every day is important because vitamin C increases the absorption of iron. It is also vital to take a multivitamin with iron every day.

Anxiety, PTSD

Decrease: smoking, caffeine (especially energy drinks), soda, sugar, factory foods, hard liquor, drugs, TV commercials, TV news, hours at work, multi-tasking, debt, square footage (more house, more problems).

Increase: exercise, yoga, stretching, deep breathing exercises, organic foods, Omega-3, probiotics/fiber (the gastrointestinal nervous system is the second brain), gardening, sunlight exposure, long walks, sleep (please see the *Insomnia* section of this chapter).

Natural Remedies: Valerian, passionflower tea, green tea, cannabinoids, myrcene, linalool, ashwagandha, aromatherapy with lavender, deep tissue massage, sauna/hot baths.

Discussion: Occasional stress is natural, but chronic anxiety is the result of an unnatural lifestyle in a forced environment. Like most mental problems, the cause is multi-factorial. At the core of anxiety is subconscious stress, which is exacerbated by caffeine and lack of exercise. People then become overwhelmed by consciously stressing over their entire workload instead of taking on one task at a time. Sedatives may cover up the symptoms temporarily, but then anxiety turns into a chronic and progressive problem. Daily yoga is very effective at relieving stress, especially when you match the breathing with the movement. A daily multivitamin is also important, because the body and brain get physiologically stressed from nutrient deficiencies. When having a panic attack, go for a quick run or do push-ups until your autonomic nervous system is able to rebalance itself (i.e., drain your adrenaline). Nobody's anxious after running a mile.

PTSD responds particularly well to daily exercise (especially power yoga) and night-time cannabinoids. The cannabinoids help to extinguish bad memories as well as reducing nightmares. Also, everyone should consider non-pharmaceutical therapy from a well-trained psychologist; CBT (Cognitive Behavioral Therapy) and DBT (Dialectical Behavioral Therapy) are proven effective. A trained psychologist who makes a true connection with your unique personality may take some time to find, but it's worth the effort (telehealth makes it easier, and some may benefit from just reading a book, such as *The CBT Toolbox* by J. Rigenbach, PhD; or *The Dialectical Behavioral Therapy Workbook* by M. McKay, PhD). Please consider reading the *Coping with Life* chapter in this book for a full discussion.

Arthritis, Rheumatoid & Autoimmune Disorders

Decrease: smoking, factory foods, sugar, red meat, pork, hydrogenated fats, fried food, dairy, soda, stress, body fat, narcotic pain pills.

Increase: organic fruits & vegetables, whole grains, Omega-3, flax oil, cinnamon, black peppercorns, oregano, walnuts, pumpkin seeds, apple cider vinegar, daily sun exposure (in moderation), stretching, yoga, swimming, brisk walks in high-quality shoes, and gradual strength training of muscles surrounding painful joints.

Natural Remedies: vitamin D3 4000 IU daily, glucosamine, chondroitin, capsaicin cream (topical), probiotics, MSM, PRP, Boswellia, bromelain, cannabinoids, myrcene, fish oil capsules, borage or evening primrose oil capsules, ginger & turmeric/curcumin. Turmeric is the yellow spice in organic pickles, mustard, and curry. Curcumin is the most potent phytonutrient in turmeric.

Discussion: Factory foods cause prolonged inflammation, which is the main cause of the arthritis and autoimmune epidemics. Furthermore, being overweight is unnaturally burdensome on the joints. Every single additional pound adds four pounds of mechanical stress. Routine use of pain pills turns acute pain into chronic pain. Please don't just cover up the symptoms. Eliminate the inflammation by eating real foods. Stretching the muscles around the joint is crucial in preventing muscle spasms and inflammation. Between episodes of pain, strength-training builds the muscles that support the joint. Stability is gained, and pain is eradicated.

Rheumatoid Arthritis is one of the most important diseases to treat with lifestyle change. A healthy vegan diet with daily exercise will often cure RA. The pharmaceuticals prescribed for

RA do not cure the disease, and these highly toxic drugs cause numerous other diseases (kidney failure, liver disease, frequent infections, eye disease, diabetes, cancer, etc.).

Asthma (please see Allergies)

Back Pain, Neck Pain

Decrease: smoking, stress, soda, factory foods, red meat, pork, hydrogenated fats, narcotic pain medications, body fat, golf.

Increase: good posture, deep breathing exercises, core exercises, yoga, fruits, vegetables, whole grains, Omega-3, hot showers, swimming.

Natural Remedies: acupuncture, ginger, turmeric (organic pickles, mustard, and curry), cannabinoids.

Discussion: Be aware that stress (psychological and physical) causes spasms of the spinal muscles. This is exacerbated by walking around all day in unpadded footwear, and then triggered by a sudden awkward movement like bending at the waist. So for starters, relax and wear padded shoes (e.g., Asics with Dr. Scholl inserts). Whenever you need to lift anything, keep the back straight, bend the knees, look up, and lift with your thigh muscles.

Also be aware that smoking cigarettes cuts off blood circulation to the spinal column, which leads to chronic back pain. Another cause of chronic pain is chronically taking narcotics. When used in excess, these drugs diminish the ability of the body to rebuild and cope with pain.

The position in which you sleep can both cause and cure back pain. Adjustable beds are great for some people; flat firm mattresses are better for most. A quality pillow and mattress are two of the best investments you can make in life. In order to relax the spinal muscles, you should sleep on your side in the fetal position with your chin up (not tucked into your chest), head neutral (side of face on one medium pillow), top arm on top hip, and a pillow between your legs (knees and ankles). At the beginning of the night, you can sleep flat on your back with 3 pillows beneath your knees for lumbar spasms.

Maintaining good posture is also key when sitting for prolonged periods (working at a desk or driving). Chin up, chest out, shoulder blades back, and arch that lower back. A lumbar support pillow (or at least a rolled-up sweater) is usually helpful. Remember to listen to your body to achieve the optimum position, and acknowledge that using the postural muscles counts as exercise. Speaking of exercise, *gentle* dance maneuvers (think belly-dancing or moving the hips Latin-music style) can help prevent the slow-slumped spasm and sciatic nerve irritation of prolonged sitting. If you need help straightening and decompressing the spine, consider buying a high-quality inversion table (this can make it easier to maintain good posture throughout the day).

Daily exercise prevents back pain, so long as you avoid activities that put pressure on the spine such as deep squats with heavy weights or long slow jogs. Build up your abdominal muscles to support the lower back. Staying lean and active keeps the spine in line.

When the pain is in the upper back/neck region, think spasm of the rhomboids and/or trapezius. There are multiple ways to relieve this spasm, but “working it out” with quick movements of the neck or rough amateur massages tend to worsen it. Instead, go to YouTube and

type in “Dr Rowe rhomboid” or “Dr Rowe trapezius” for some excellent spasm-relieving maneuvers.

By far the best exercise for the back is yoga. It builds the core muscles which surround the vertebrae, and yoga also increases blood circulation to the spine. Severe back spasms can often be cured in five minutes using gentle yoga (windshield wiper, cat, cow, and child’s pose). This is also a good way to start the day, so awaken a little earlier so you can loosen up the back muscles before jumping out of bed. Buy a yoga program specific for lower back pain, or at least search the internet to learn the basic poses. Also, you can go to YouTube and type in ‘Celest, low back’ or ‘Dr Rowe, low back”, then watch a series of excellent therapeutic yoga poses and PT maneuvers specific for herniated disk and low back pain. Yoga has been around for 5,000 years because it works. Incense and chanting not required.

Baldness

Decrease: stress, radiation, chemicals in foods, chemicals in hair products.

Increase: olive oil, Omega-3, organic foods, ginger, water.

Natural Remedies: borage oil or evening primrose oil capsules, fish oil (or algae) capsules, ginger shampoo.

Discussion: Make sure to take your daily multivitamin derived from condensed whole foods.

Saw palmetto may help balding men, but it is not recommended unless you also have a swollen prostate. Don’t waste too much money on the magic tonics; none of them have been proven to be much more effective than moisturizing placebo. Concentrate on good nutrition and stress

reduction. Shampoos should be naturally derived from plants (e.g., the ‘shampoo ginger’ plant). If the above measures do not help, then the balding is probably a natural event which should be accepted gracefully (less hair, more time).

Bowel Dysfunction, Diverticulosis, IBS, Crohn’s, UC, SIBO, etc.

Decrease: soda, factory foods, fried foods, sugar, dried fruit, gluten, beer, popcorn, peanuts, cow’s milk/cheese, pork, low-quality red meat, artificial sweeteners, coffee, stress, smoking. Pork and low-quality red meat from the factory farms are particularly destructive due to their lack of fiber and high content of carcinogens/toxins. This is a dangerous combination since the toxins sit in contact with the bowel for a prolonged period of time. High-quality organic lean meats are certainly better, as are the easily-digestible proteins (please see below).

Increase: wild salmon, organic soy, tofu, walnuts, pecans, fiber, water, oats, brown rice, millet, soft non-citrus fruits like bananas, apple sauce, cooked vegetables, baked yellow plantains, sweet potatoes, wild Alaska salmon, seaweed, algae capsules, apple cider vinegar, non-dairy yogurt, kombucha tea, smaller meals, frequent digestible snacks, exercise (especially walking and yoga).

Natural Remedies: psyllium, prebiotics (powdered concentrate, or it can also be found in whole grain/fiber, onions, garlic, apples, bananas), refrigerated probiotics, oral cannabinoids (decrease inflammation and regulate motility), triphala, beta-caryophyllene, peppermint oil capsules, marshmallow root, bromelain, oral aloe vera, ginger, turmeric/curcumin. Basil and fennel for gas/cramps. If gas is a significant problem, thoroughly chew a teaspoon of fennel seeds after every meal. Most bowel problems respond well to refrigerated probiotics. Chamomile/ginger tea

and cannabinoids an hour before bedtime can give your bowel and brain some much-needed restorative sleep.

Discussion: The three key factors to a happy bowel are regular *exercise* to maintain gastrointestinal movement, *fiber* to sweep the bowel clean, and plenty of *water* to flush everything through. The exception would be when you are having acute bowel symptoms (cramping, gas, bloating, etc.), and then you might get relief from a low-fiber, liquid/soft diet until symptoms resolve (a.k.a. bowel rest).

If you are having chronic problems, consider the possibility of a food allergy/intolerance (particularly cow's milk, peanuts, or gluten). Discontinue cow's milk and peanuts for 6 weeks. If you're not healed, go gluten-free for 6 weeks. If bowel dysfunction persists, try a restrictive elimination diet for 6 weeks in which you eat only brown rice, millet, cooked vegetables (no corn; no nightshades), extra virgin olive oil, apple cider vinegar, ginger, turmeric, fresh garden herbs, wild salmon, organic poultry, tofu, green tea, soft fruits (no citrus), coconut yogurt, and oats with rice/coconut milk. That has a high probability of resolving the issue, but if not, consider a low FODMAP diet (low saccharides; extremely restrictive) for 3 weeks. Once you achieve bowel happiness, then gradually (one new food every two days) re-introduce your favorite foods (eliminate forever the ones that cause digestive problems).

For all bowel problems, it is crucial to eat slowly and thoroughly chew your food before swallowing (digestion begins in the mouth: mechanically with teeth, and enzymatically with saliva). This is particularly important if you have been diagnosed with diverticulosis (pockets in the bowel created by red meat and factory food). Foods with small seeds and kernels should be

avoided. When having diverticular pain, go on a liquid diet plus oatmeal for 24 hours. When pain-free, eat daily fiber and stay well-hydrated to help heal the bowel.

Crohn's and Ulcerative Colitis require potent immunosuppressant medications during flare-ups, so it is of the utmost importance for these people to make serious nutrition and lifestyle changes in order to avoid these drugs and the ensuing long-term health issues. It must be acknowledged that these are not just gastrointestinal and inflammatory issues, but also indications of an autonomic nervous system and immune system imbalance. Sorry, but true healing will require most of the advice in this book (nutrition, exercise, yoga, sun exposure, mental health, sound sleep, etc.). And yes, even these serious ailments are curable, but it does take patience and a very healthy lifestyle.

Cancer

Decrease: smoking, factory foods, fried foods, sugar, artificial sweeteners, dyes, red meat, pork, processed lunch meats, body weight, radiation (tanning beds, sunburn, microwaves, unnecessary X-rays/CT scans).

Increase: organic foods, fruits, vegetables, fiber, organic soy, whole grains, brown rice, garlic, onions, green tea, Omega-3, mushrooms (reishi, maitake, shiitake), exercise, water.

Natural Remedies: turmeric, ginger, cannabinoids, alpha lipoic acid, coenzyme Q10, concentrated antioxidants, leaves of the moringa tree, mushroom extracts.

Discussion: There are numerous books on natural cures for cancer. One of the best is *Beating Cancer with Nutrition* by Patrick Quillin, PhD. *It is never too late* to start eating healthy; in fact,

it is especially important for those with cancer to feed their troops (white blood cells). Also, preventive health measures prevent new cancer cells from forming.

Factory food is the main cause of the cancer epidemic for several reasons: First of all, the artificial chemical ingredients damage cells and cause them to mutate into cancer cells. The sugar in factory food inhibits the immune system's ability to fight cancer, and the cancer cells thrive on that sugar. Also, obesity increases the risk of getting any type of cancer by greater than 50%.

Focus on the factors you can control. Exercise has been shown to reduce the incidence of almost all types of cancer, and it helps treat it as well. Water is especially good at flushing out the toxins that can lead to colon and bladder cancers. Buying organic keeps the cancer-causing pesticides off of your food, and it ensures that you're not eating genetically-engineered foods. Nearly all organic foods help your white blood cells destroy cancer cells. Mushrooms, vegetables, brown rice, and berries are particularly potent cancer fighters.

Cancer treatment is not as clear-cut as it is often made out to be. Surgery and focused radiation are often beneficial, but chemotherapy frequently does more harm than good (keep in mind that certain cancer patients do have success with chemo, especially when used in low doses with Interventional Oncology, i.e. targeted delivery). The pharmaceutical corporations have convinced us that if a cancer patient does not use their drugs, then the patient is giving up. In reality, the best defense for cancer is a healthy immune system, and widespread chemotherapy is toxic to the immune system.

Chemotherapy was invented by the U.S. Department of Defense when they were attempting to find a use for excess stockpiles of chemical weapons after World War II. The DOD sold the chemical weapons to the pharmaceutical industry after demonstrating that the chemicals

killed cancer cells (chemical weapons kill all cells). The overall therapeutic benefit of chemotherapy for many types of cancer has always been debatable.

Chemotherapy does kill many cancer cells, but it also cripples the immune system. A healthy immune system is needed to destroy cancer cells and infectious organisms. The bone marrow is particularly devastated by chemotherapy, and that is where both white and red blood cells are made. Most of the horrible symptoms that people associate with cancer (fatigue, confusion, vomiting, hair loss) are actually side effects of chemotherapy. Patients endure it because they assume all cancer survivors owe their success to chemotherapy, when in fact the success was often due to the immune system, nutrition, surgery, and/or radiation therapy. A large comprehensive study showed that only 2% of cancer patients who received chemotherapy benefitted from it. Other researchers state that 5% may benefit. Whether it's 2 or 5% who may benefit, the percentage of people who suffer from the chemotherapy is significantly higher. Once again, every cancer/stage/patient is different, so keep all options on the table at the beginning. Educate yourself by reading helpful books, such as *Cancer Secrets* by J. Stegall, M.D., an integrative oncologist.

We don't need to completely reject chemo in all cases, but it is time to finally acknowledge the limitations of these expensive and toxic drugs. Chemotherapy has devastating effects on quality of life due to numerous side effects, and it also causes a great number of secondary diseases. Ironically, this treatment for cancer actually causes leukemia. Chemotherapy adversely affects every organ, including the brain. Worst of all, chemotherapy is often lethal, and the fatality is attributed to the cancer. There is a growing consensus among doctors that chemotherapy is over-utilized, but there is still a great deal of debate over exactly when it should

be used. The medical associations which promote chemotherapy are primarily funded by the drug corporations.

However, it is important to acknowledge that there are several types of cancer in certain stages which do respond well to chemotherapy. Talk to your doctors at length to determine the true success rates. Be aware that opinions are often biased, so you must also do your own internet research for your particular type and stage. On the plus side, there are medications in development which target and destroy only cancer cells. Hopefully, future chemotherapy will be more effective and far less toxic than what is currently available. If you do choose chemo, cannabinoids are key to deal with the side effects; an informative book to delve further into that topic is *Medical Marijuana* by Mikhail Kogan, MD.

Except for a few types, we are not winning the war on cancer, and the cost of cancer care has doubled in the past decade. Most of the statistical gains are simply because we diagnose many small cancers at early stages which would formerly have been undiagnosed and cured by the immune system. We are losing battles because the root causes of cancer are not being dealt with sufficiently.

But this is a winnable war. Always remember that your immune system is designed to destroy cancer, which is why nutrition and natural therapies have better cure rates than chemo. Plus, Interventional Oncology and Precision Medicine are getting more effective every month. With the help of some experts, you are capable of defeating cancer.

Cholesterol Disorders (please see *Heart & Vascular Disease*)

Constipation

Decrease: narcotic pain pills, antihistamines, antidepressants (wean off over two weeks under physician supervision), factory foods, cheese, red meat, pork.

Increase: exercise, fiber, whole grains, water, brown rice, avocados, apples, mangos, pineapples, raisins, prunes, figs, flaxseeds, olive oil, apple juice, apple cider vinegar, the 3P juices (prune, pear, peach). Also, please read the *Bowel Dysfunction* section in this chapter.

Natural Remedies: psyllium, fish oil, flaxseed oil, drinking aloe vera juice, refrigerated probiotics, daily vitamin C (4000 mg) plus magnesium (1000 mg).

Dementia, Alzheimer's, Chronic Dizziness, and Neurodegeneration

Decrease: antihistamines, aluminum antacids, sleeping pills, narcotics, sedatives (wean off over two weeks under physician supervision), factory foods, soda, excess alcohol, red meat, pork, fried foods, smoking, cooking with uncoated aluminum pans, fish high in mercury.

Increase: water (the brain is 80% water), Omega-3, organic foods, fruits (especially berries and pomegranates), dark chocolate, nuts (raw almonds, pecans, cashews and walnuts), pumpkin seeds, avocados, whole grains (brown rice), vegetables (especially leafy greens and broccoli), wild Alaska salmon, coconut milk, virgin coconut oil, exercise, walks in the park, organic gardening, tai chi, mental hobbies (crossword puzzles, chess.com, etc.), involvement in the community, natural sleep (please read the *Insomnia* section of this chapter).

Natural Remedies: fish oil (or algae) capsules, ginkgo, ginseng, ALA (alpha lipoic acid), vitamin B-complex, sublingual B-12, creatine monohydrate (not only helps build muscles for balance, but also helps cognitive abilities), green tea, ashwagandha, black peppercorns, ginger, turmeric. Turmeric is what gives the yellow color to organic pickles, mustard, and curry. One of the countries with the lowest incidences of Alzheimer's is India, and this has been attributed to their high intake of curry and ashwagandha. (Lately, however, the Indian dementia rates are rising as they adopt the Western lifestyle/lifespan.)

Discussion: Dementia is not just the most common neurodegenerative condition, it is also an inflammatory disease. Therefore, nutrition is one of the key factors. Another primary factor is avoidance of excess chemical exposure. Many seniors have lengthy medication lists that have snowballed into a chaotic chemical mixture, thus they suffer from a dizzying disease called poly-pharmacy. Sit down with your physician and talk about weaning off of the unnecessary and conflicting medications. There are many common medicines which obviously worsen dementia (sedatives and antihistamines), but there are even more that insidiously lead to dementia (statin cholesterol meds).

Even though drugs frequently cause dementia, most doctors still prescribe drugs to treat it. When patients come to a doctor with a complaint, they leave with a prescription. The *Prescriber's Letter*, a well-respected medical journal, gave a straightforward description of dementia medications that were up until recently prescribed to most of our elderly patients: "*TV ads imply that children who love their aging parents should get them on one of these drugs soon after dementia symptoms appear. The ads don't highlight that cholinergic stimulation (side-effects of the drugs) can slow heart rate, leading to a higher risk of fainting, falls, hip fractures, and pacemaker insertion. The benefit is usually modest at best... only 1 in 12 patients will show*

improvement.” So, 11 out of 12 patients receive no benefits while most of them suffer the side effects, and this is all for the sake of a ‘*modest at best*’ benefit for 1 in 12. Placebos have better results than that. The commercials imply that if you do not get your elderly parents on these drugs, then you are uncaring and uninformed. The doctors wrote the prescriptions as per the standard-of-practice guidelines. In 2023, these meds were finally thrown into the wastebin of pharma history, just in time to usher in the latest advance (monoclonal antibodies), but the unbiased research of this new remedy have thus far been disappointing (more brain swelling than subjective improvement). Meanwhile, the direct-to-consumer pharmaceutical commercials continue to promise cures, but they will not tell you that Omega-3 is a natural way to prevent dementia, and that the food manufacturers have processed most of the Omega-3 fatty acids out of our food supply for the sake of extended shelf-life and cheaper livestock management. Pharmaceuticals are poor substitutes for real food, but profits take precedence in both industries.

‘Use it or lose it’ takes on even greater importance in the Golden Years. The mind needs to be kept active or it will literally shrink (cerebral atrophy). People need to explore, garden, learn music, read non-fiction, work part-time, play challenging games, or whatever else is fun and keeps those neurons firing. Exercise is a must. Just about everyone can enjoy the benefits of light stretching, dancing, water aerobics, yoga, tai chi, or walks in the park. The greater a person’s muscle mass, the smaller the chance of getting Alzheimer’s. Those who just sit on the couch after retirement are condemning themselves to premature mental and physical immobility.

Organic gardening and cooking are perfect hobbies because they defeat the two biggest causes of brain atrophy: inactivity and factory foods. Many older people sink into the habit of skipping meals and becoming chronically dehydrated, so please encourage your elders to eat regular meals and drink 72 ounces of water daily. Junk food junks up the mind, so stick with real

food. Numerous studies have shown that berries, avocados, nuts, and fish oil protect the brain from aging. Also, remember that what's good for the heart is good for the head, so please read the *Heart & Vascular Disease* section in this chapter.

Dental Disease, Cavities, TMJ

Decrease: sugar, candy, sugary gum, soda, smoking, coffee, factory foods, gummies.

Increase: fiber, vegetables, whole grains, stevia, calcium, vitamin D, water.

Discussion: The teeth are your pearly barrier against disease. Many systemic inflammatory conditions start in the gums. Therefore, you need to floss before bedtime, and please brush after every meal (preferably with a battery-powered toothbrush). If you are not at home (toothbrush unavailable), then rinse your mouth with water or chew xylitol gum. In order to protect your enamel, be sure to rinse your mouth with plenty of water and brush your teeth after consuming dried fruit, citrus fruit, red wine, and chewable vitamin C.

Solutions for bruxism (jaw clenching, teeth grinding) and TMJ begin by reducing your stress (please see *Anxiety* section of this chapter). Relax/stretch your jaw muscles prior to sleeping and every time you awaken. Remind yourself consistently at bedtime to not clench your jaw. Also, consider seeing a dentist to make a specialized dental guard. You can purchase a considerably cheaper, do-it-yourself dental guard online (\$25).

Depression

Decrease: sugar, factory foods, soda, fried foods, alcohol, antacids, sleep medications, antihistamines, beta-blocker hypertensive medications (consult physician).

Increase: exercise, stretching, yoga, cooking, organic vegetables, organic fruits (especially apples), honey, whole grains (brown rice), probiotics/fiber (happy gut, happy life), wild Alaska salmon, hobbies (especially music), playing sports, gardening, community involvement, and walks in the sunshine.

Natural Remedies: fish oil (or algae) capsules (Omega-3 nourishes brain), acupuncture, licorice, vitamin B-complex, linalool, ashwagandha, St. John's Wort. Be sure to let your doctor know if you begin taking St. John's Wort, since it has multiple interactions with prescription drugs.

Discussion: A happy, healthy mind requires that you stay well-hydrated and eat regular meals. Most importantly, never forget that exercise is the best antidepressant. Any outdoor activity in the sunshine can cure depression. Keep in mind that old country doctors prescribe gardening, not SSRIs, for their depressed patients. A quicker remedy for a few brave souls is cold water: taking a quick, invigorating cold shower is somewhat similar to a safe (seizure-free) ECT shock; it increases the sympathetic nervous system, circulation, and endorphins (plus the hot shower that follows makes you feel happy with modern civilization). Also, please consider non-pharmaceutical therapy from a well-trained psychologist; CBT (Cognitive Behavioral Therapy) and DBT (Dialectical Behavioral Therapy) are proven effective for depression as well as anxiety. A trained psychologist who makes a true connection with your unique personality may take some time to find, but it's worth the effort (telehealth makes it easier, and some may benefit just from reading books, such as *The CBT Toolbox* by J. Rigenbach, PhD; or *The Dialectical Behavioral*

Therapy Workbook by M. McKay, PhD). Please consider reading the Mental Health chapter of this book for further discussion.

Diabetes

Decrease: sugar, soda, factory foods, saturated fats, pulp-free juices, white rice, processed carbohydrates (white flour, ‘enriched’ flour, semolina, etc.), statin medicines.

Increase: fiber, whole grains, sprouted-grain bread, vegetables, avocados, apple cider vinegar, Omega-3, cinnamon, stevia, exercise.

Natural Remedies: berberine, chromium, leaves of the moringa tree, cbd, myrcene, cinnamon, stevia. Make sure to take a daily multivitamin because nutrients such as chromium are needed to stabilize blood sugar. Adding a high dose (200-1000 mcg daily) chromium picolinate supplement can potentially be effective in controlling blood sugar and preventing heart disease. Diabetics should also sprinkle a teaspoon of cinnamon on their food every day because it helps lower both blood sugar and cholesterol levels.

Discussion: The most important issue for diabetics is to eat a steady diet of real food. This means replacing factory foods with whole grains, fruits, and vegetables. Increase your fiber intake because it stabilizes blood sugar, and get plenty of Omega-3 because it increases the effectiveness of insulin.

Eliminate sugar by using stevia, a natural herb that should soon replace artificial sweeteners. Stevia has zero calories, stimulates the release of insulin, and decreases insulin resistance. This makes stevia the perfect sweetener for diabetics.

Exercise is essential to the lives of diabetics. If you're overweight, it is vital to lose that extra fat because it increases insulin resistance. Strength training is also important because the extra muscles improve the body's response to insulin. Diabetes can be conquered with nutrition and exercise.

Diarrhea

Decrease: high-fructose corn syrup, fried foods, cow's milk, apple juice, sorbitol.

Increase: fiber cereal with organic soymilk, brown rice, bananas, filtered water, whole grain/sprouted-grain bread, apple cider vinegar, yogurt, kombucha tea.

Natural Remedies: psyllium, zinc, probiotics, oral cannabinoids (regulate motility).

Discussion: The best otc treatment is Pepto-Bismol; it is slow but effective. Cow's milk is a mild irritant to the bowels which slows the healing process. However, yogurt does not irritate the bowels, and it is a good source of probiotics. Even better are the probiotics available in the other areas of the refrigerated section, such as kombucha tea and soy/coconut yogurt. Probiotics are very effective for upset bowels in both adults and children. They can cut the length of a diarrheal illness in half.

Diverticulosis (please see Bowel Dysfunction)

Dry Skin, Wrinkles, Chapped lips, Dandruff, Brittle Hair

Decrease: smoking, hydrogenated fats, steroids, factory foods, meat/dairy (cholesterol causes bags under the eyes; cow's milk causes numerous skin problems), sugar, gluten, sunburn, tanning beds, excess pharmaceuticals, cosmetics/soaps/lotions/shampoos made of chemicals.

Increase: extra virgin olive oil, flax oil, virgin coconut oil, coconut milk, Omega-3, nuts, leafy greens, berries, water.

Natural Remedies: evening primrose oil or borage oil capsules, fish oil (or algae) capsules, biotin, zinc, vitamin B2, vitamin C capsules. Aloe vera and vitamin C can be used topically. Virgin coconut oil can be ingested as well as used topically (thin layer; not daily).

Discussion: Staying consistently well-hydrated is vital for vibrant skin. A humidifier may be necessary, especially in winter. Use a glycerin or coconut oil soap. Shampoos should be derived from plants (e.g., the 'shampoo ginger' plant). Try to use a body moisturizer as soon as you get out of the shower, and make sure the moisturizer is made from natural substances (coconut oil, aloe vera, calendula, chaparral, etc.). Dipping chapped lips in olive oil or coconut oil is the natural remedy. Solar lentigos (sun spots, liver spots) can be treated with topical vitamin C or cryotherapy (otc: wart freezing treatment). Consider growing an aloe plant for skin care (remember to drain out the irritating yellow liquid when harvesting).

Eczema (please see both Allergies and Dry Skin sections)

Erectile Dysfunction, low Libido

Decrease: stress, debt, smoking, sodas, alcohol, antidepressants (wean off over two weeks under physician supervision), blood pressure medications (consult physician), narcotics, steroids, dairy, pork, factory foods, hours at work.

Increase: exercise, fruits, vegetables, whole grains, Omega-3, water, dark chocolate.

Natural Remedies: L-arginine, saw palmetto, ashwagandha, creatine monohydrate (in conjunction with weight-lifting), ginkgo, ginseng.

Discussion: If it clogs the arteries to the heart, then it clogs the arteries to the penis. In other words, you must avoid smoking and unhealthy fats in order to stay fit and firm. Exercise and staying well-hydrated are the other key factors. The fastest growing cause of impotence is poly-pharmacy. Men need to be aware that there are numerous medications which lead to impotence and decreased testosterone. Also keep in mind that some other aspects of the modern lifestyle (stress, radiation and chemical exposure) have led to a 50% decrease in sperm counts in the past 40 years, primarily in the Western countries. These problems can be fixed with a healthy diet, avoidance of excess chemicals, and not keeping a cellphone/laptop next to your groin. If all else fails, consider checking testosterone levels and initiating replacement therapy.

Eye disease, Macular Degeneration, Cataracts

Decrease: hydrogenated fats, factory foods, red meat, pork, dairy, smoking, steroids, unnecessary medications, UV radiation.

Increase: Omega-3, extra virgin olive oil, yellow & orange fruits/vegetables, grapes, watermelon, tomatoes, leafy green vegetables, exercise, the use of UV protective sunglasses.

Natural Remedies: bilberry, ACES vitamin, ginkgo.

Discussion: Daily exercise increases blood flow to the eyes, and exercise also prevents numerous diseases that affect vision (diabetes, hypertension, etc.). Blood flow to the eyes is decreased by smoking, pork, red meat, dairy, and hydrogenated fats.

Fibromyalgia, Chronic Pain, Neuropathy, CFS

Decrease: factory foods, gluten (yes, gluten can cause myalgias and neuropathy), cigarettes, soda, artificial dyes, chemical preservatives, sugar, narcotic pain pills, sedatives, excess body weight, statin cholesterol medicines.

Increase: organic foods, brown rice, fruits, vegetables, filtered water, Omega-3, sleep, exercise, stretching/yoga, daily sun exposure.

Natural Remedies: ginger, turmeric, magnesium, vitamin D3, cannabinoids, myrcene, vitamin B-complex, sublingual B-12 (methylcobalamin), ginseng, coenzyme Q10 (especially if you take statin drugs), creatine monohydrate.

Discussion: Most people with these ailments are heavily medicated, but drugs just turn these problems into chronic debilitating diseases. The best pill for long-term neuropathic relief is B-complex. Real food and gentle exercise are the two most important factors for boosting energy and eliminating chronic pain. Oftentimes, if you lose some body fat, then you will lose some body aches. It is also helpful to get a moderate amount of daily sun exposure (natural Vitamin D

production) and to use a good pair of walking shoes. Psychotherapy is extremely helpful if there is any co-existing depression. Cognitive Behavioral Therapy has been shown to be more effective than medication, and without the side effects. High-quality chiropractic treatment and therapeutic massage can be curative, as well as sleeping on a premium pillow and mattress. Consider taking creatine monohydrate 3-5 grams a day before exercise in order to increase strength and energy; Thorne and Creapure are reputable brands of creatine.

Foot Disease, Fasciitis, Athlete's Foot, Toenail Fungus

Decrease: high-heeled shoes, pointed boots, dyed socks, excess body weight, sugar (fungus loves sugar).

Increase: ginger, garlic, clean cotton socks, sun exposure on your feet, high-quality walking shoes (Asics with Dr. Scholl's inserts), foot washing in the shower.

Natural Remedies: tea tree oil for fungus.

Discussion: For arch pain (plantar fasciitis), lay on your belly after you awaken and slowly roll your ankles to stretch the arches before walking. You can roll your foot over a cold lime or frozen OJ can for pain/inflammation. Also, please buy a fasciitis foot roller from the internet (best \$12 your foot will ever see). While you're online, order some Dr. Scholl's Plantar Fasciitis insoles. Avoid running (especially slow jogging) until symptoms have completely resolved. If you are a marathoner who won't listen when your podiatrist asks you to stop jogging, then please listen to your body and swim awhile.

The feet are a neglected aspect of health, but every Army officer knows how crucial they are to success. To prevent ingrown toenails, go straight across when cutting your toenails (no curving). If you do get an ingrown nail, hand sanitizer gel can keep it from getting infected. For general foot health, let those puppies breathe. Your feet cannot be healthy if continually trapped in a tight and dark environment. This leads to anatomical deterioration and fungus.

Foot fungus is easy to kill with otc topical ointment/sprays or tea tree oil, but toenail fungus is extremely difficult to eradicate. Tea tree oil takes months to be effective for nail fungus, but so do the pharmaceutical cures. If you need to use the pharmaceuticals, make sure the doctor does blood tests to check on your liver every month. Nail fungus is resilient because it lives at the base of the nail, not just on the surface. Please read the *Infections* section of this chapter for further advice on how to boost your immune system.

Gallstones and Biliary Colic

Decrease: excess body weight, hydrogenated fats, fried foods, factory foods, red meat, pork, dairy.

Increase: fiber, water, fruits, vegetables, exercise.

Natural Remedies: psyllium, dandelion, milk thistle.

Discussion: Being overweight is the primary risk factor. However, fad diets should also be avoided because they cause gallbladder dysfunction. Sorry, but the only way to ensure the happiness of your gallbladder is to choose a lean and healthy lifestyle: daily exercise, gradual weight loss, and significant reduction of the unhealthy dietary fats.

Gastritis, GERD (acid reflux), Ulcers

Decrease: NSAIDS (ibuprofen, naproxen, etc.), steroids, smoking, stress, red meat, pork, dairy, coffee, alcohol (especially hard liquor), soda, fried foods, pizza, sugar, low-pulp orange juice, factory foods, late-night meals.

Increase: fiber, oatmeal, brown rice, beans, vegetables, whole grain/sprouted-grain breads, organic soymilk, water, exercise.

Natural Remedies: chamomile tea, peppermint tea, probiotics, fennel and ginger help relieve indigestion. Oral cannabinoids help decrease gastric acid and inflammation; however, they can also relax the lower esophageal sphincter tone, so please use cautiously. DGL licorice and oral aloe vera relieve ulcers/gastritis.

Discussion: Be aware that a stomach problem is your body's early warning indicator: It is unhappy with what you have chosen to put into it. Many diseases lie ahead if you don't listen to your internal alarm. Quantity of food is as important as quality. You need to eat smaller, more frequent meals. Avoid eating meals 3 hours prior to bedtime, or else you will need to sleep propped up on a few pillows so that gravity is working in your favor. A common misperception is that cow's milk helps ulcers, but the milk simply coats the stomach temporarily and later causes an increase in stomach acid. Give your body its chosen fuel, so you can avoid the side effects of antacids/PPI pills (intestinal infections, pneumonia, osteoporosis, weakness, kidney/liver/heart disease, dementia). PPIs replaced our safest stomach pill (Zantac), which had to be withdrawn once it was proven to cause cancer. There is good news: gastritis/reflux/ulcers can be fixed naturally.

Gout

Decrease: smoking, excess body weight, stress, high-fructose corn syrup, sugar, liquor, beer, high-fat dairy, purine-rich meat (red meat, veal, meat gravy, pork, lamb, organ meats, goose, turkey), purine-rich seafood (shrimp, lobster, scallops, cod, herring, haddock, sardines, anchovies, trout, tuna).

Increase: vegetables, fruit (especially cherries), whole grains, nuts, stevia, water (being well-hydrated helps prevent gout, and even more water should be consumed during a gout attack).

Natural Remedies: fish oil or algae capsules (purine is in the flesh of fatty fish, not in the purified oil capsules, and you desperately need the Omega 3), lemon juice, cherry juice, psyllium, Vitamin C.

Discussion: Gout is just as preventable as it is painful. Chronic gout can absolutely be eliminated with nutrition. However, keep in mind that there is a great deal of misinformation on the web concerning gout. Please do not let it dissuade you from adopting a plant-based diet. It has been well-documented that vegetables/fruits with purines **do not** cause gout. Losing excess weight is also of the utmost importance: less weight, less gout. Besides colchicine and ibuprofen, acute attacks can be helped by ice, elevation of the affected limb, and rest (use a cane/crutches if it affects one lower limb).

Headaches

Decrease: smoking, stress, debt, skipping meals, changes in sleep routine, factory foods, artificial sweeteners, preservatives, dyes, chewing gum, caffeine dependence, alcohol (especially red wine), chocolate, dried fruit, citrus, ripe bananas, fluorescent lights, hats, hairbands, chemical fumes, screen time.

Increase: exercise, water, ginger, organic foods, yoga, number of meals eaten in a day, sleep, moisturizing eye drops during screen time.

Natural Remedies: feverfew (not during pregnancy), magnesium, vitamin B2, coenzyme Q10, cannabinoids, butterbur. These work primarily for migraine prevention. Ginger is good for both prevention and treatment. Buy a jar of minced ginger and mix it with your morning cereal for migraine prevention, and stir some ginger into green tea when you need treatment. Yellow chrysanthemums tea and valerian can be effective treatments for tension headaches.

Discussion: Never skip a meal. Eating 3-4 meals a day maintains steady blood sugar levels and prevents many headaches. The type of food is important. Migraines can be triggered by any number of foods such as chocolate, dairy, citrus fruits, ripe bananas, ripe avocados, MSG, soy sauce, nitrates, sulfates, alcohol, dried fruit, and aged cheese. The triggers are different for every person, and the migraine is usually triggered by a complex interplay of multiple factors. For example: you're stressed, you only slept five hours, you worked all day under fluorescent lights, and your dinner contained MSG. If any one of those factors did not happen, then you would not have been plagued by the migraine. Since it is so complex, you will probably need to keep a journal to figure out the triggers.

The worst alcohol for headaches is red wine (high in tyramine, tannins, histamine and quercetin-derived acetaldehyde). If you really love red wine, than Pinot Noir is the least headache-inducing of the reds. Better options would be high-quality white wine, champagne or vodka. Less is more as far as how much you should drink. As for price selection: the higher the quality, the less chance of hangover and headache (i.e., more wallet pain, less head pain).

Maintaining a regular sleep schedule and getting 7-9 hours of sleep is crucial . Also, you need to consider the possibility that your stress is causing bruxism (clenching teeth while asleep), which is a common cause of headaches. Solutions for bruxism: reduce stress, relax your jaw muscles prior to sleeping, and buy a \$25 dental guard online. If you have headaches on the pillow side of your head upon awakening, then you may need to avoid sleeping on that side to avoid compressing the trigeminal and occipital nerves.

When you have a headache, try these home remedies: eat some ginger and a small snack, drink two glasses of tea, go to a dark quiet room, and take slow deep breaths. You can also take a hot bath with a cold pack on your head (re-distributes the blood). The best otc medication for headaches is Excedrin. High-quality therapeutic massage is curative for some. In a pinch, a Monster energy drink with taurine can help. Also, consider purchasing a well-proven trigeminal nerve stimulator, such as Cefaly; it can be a little shocking at first, but it is effective for many patients.

If the headache is severe or persistent, you should go to the ER for a head CT. If that is normal, you should see a neurologist who specializes in headaches, which can easily be done online (e.g., NeuraHealth.co). Avoid amitriptyline, nortriptyline, and narcotics. However, there are some legitimate prescription pharmaceuticals such as triptans and CGRPs when all else fails.

Heart & Vascular disease (Hypertension, High Cholesterol, Stroke, etc.)

Decrease: smoking, factory foods, red meat, pork, fried foods, hydrogenated fat, palm oil, dairy, soda, sugar, salt, stimulants (caffeine, ADHD meds, decongestants, diet pills), stress, debt, excess body weight.

Increase: fiber, whole grains, oatmeal, extra virgin olive oil, fruits, vegetables, beets, beet juice, apple cider vinegar, raw nuts (especially walnuts and pistachios), beans, organic soy, wild salmon, garlic, onions, brown rice, red wine, grapes, dark chocolate, cinnamon, black & rainbow peppercorns, Omega-3, exercise, water, sleep.

Natural Remedies: *Cholesterol* is lowered by fish (or algae) oil, borage oil, garlic, fiber, psyllium, milled flaxseed, oats, dark chocolate, cinnamon, niacin (vitamin B3), leaves of the moringa tree, and daily exercise.

Blood pressure can be naturally lowered with fish (or algae) oil, borage oil, calcium, magnesium, vitamin C, low-salt diet, dark chocolate, berries, organic tofu, leaves of the moringa tree, a daily banana, daily exercise, yoga, stress reduction, caffeine reduction, increased sleep, and gradual weight loss.

Coenzyme Q10 and hawthorn strengthen the heart. Coenzyme Q10 supplementation is especially important for patients who remain on the ‘statin’ medications, since these drugs deplete the body’s natural supply of coenzyme Q10. Green tea helps the heart heal, and it has significantly less caffeine than coffee.

Discussion: Contrary to popular belief, a low-fat diet is not the key to cardiovascular health. The heart-healthy Mediterranean diet is loaded with healthy fats from vegetables, fish, and olive oil. Please remember that the body needs healthy dietary fats in order to thrive. Also keep in mind that excess sugar is converted by the body into bad fats (triglycerides and LDL cholesterol) which clog the arteries.

Hemorrhoids

Decrease: reading on the toilet, aggressive wiping, factory foods, fried foods, squats at the gym.

Increase: fiber (including a serious bran cereal such as All-Bran, Fiber One or an organic alternative), water, olive oil, swimming, laying/sleeping on stomach (gravity matters), use of wet-wipes and a bidet/handheld shower (to decrease the amount of abrasive dry wiping).

Natural Remedies: cannabinoid suppository, witch hazel (applied topically directly to anus), wet ice (applied gently and indirectly to anus, which means you should wrap the ice in rubber, and then wet or lubricate the rubber before applying to anus; stop if painful).

Discussion: Water is the key to hemorrhoid relief: drink enough water to make your urine pale yellow, use water instead of paper to wash the anus, avoid most exercises except swimming, and carefully use wet ice to relieve the pain (as explained above). In the end, the best otc relief is usually from 5% lidocaine anorectal cream, lidocaine suppositories, as well as cannabinoid suppositories. Refrigerate suppositories for extra relief. If constipated in any way, use otc docusate pills. Unfortunately, prescriptions are usually not more helpful than otc meds. If all else

fails, consider surgery from an experienced colorectal surgeon who specializes in hemorrhoids (it seems like a minor procedure, but the repercussions are major if not performed perfectly).

Herpes (genital, cold sores, zoster-shingles)

Decrease: sugar, fatty foods, beer, stress, chocolate, almonds, peanuts, arginine.

Increase: orange & yellow fruits/vegetables, avocados, ginger, beans, probiotics, garlic, apple cider vinegar, sleep, exercise. Also, please read the *Infections* section in this chapter.

Natural Remedies: Lysine is an amino acid which can be more effective than pharmaceuticals, particularly if taken when the tingling sensation occurs prior to an outbreak. It should be taken on an empty stomach at these dosages: 500 mg every day when healthy, and 2000 mg twice a day during outbreaks. Take additional dosages of lysine when eating foods high in arginine such as chocolate or nuts. Topical natural remedies include freshly chopped garlic in olive oil, diluted apple cider vinegar, aloe vera, witch hazel, and diluted tea tree oil.

Prescription Valtrex or acyclovir can be of some help for nearly all HSV infections when used early (tingling stage). A good otc treatment for cold sores is Abreva.

Hypertension (please see Heart & Vascular disease)

Infections (cold, flu, pharyngitis, laryngitis, etc.)

Decrease: smoking (it kills the body's defense mechanisms), sugar (it decreases the efficiency of white blood cells), factory foods, alcohol (possible exception: red wine), dairy (exception: yogurt).

Increase: water, Omega-3, fruits, vegetables, brown rice, high-pulp orange juice, pomegranate juice, green tea, apple cider vinegar, garlic & onions (preferably fresh-chopped), black & rainbow peppercorns, turmeric, ginger, organic soup, probiotics (kombucha tea, yogurt), showers, sleep, and laundry (wash sheets frequently and pillowcase daily).

Natural Remedies: high-dose Vitamin C, vitamin D3 (2000 iu twice daily), zinc (25 mg twice daily), fish (or algae) oil capsules, black elderberry (Sambucol is the best-tested brand of elderberry), goldenseal, astragalus, eucalyptus oil, echinacea purpurea, cayenne. These natural remedies are most effective when started immediately after symptom onset. Take at least 1000 mg of vitamin C twice a day to help prevent infection, and 8000 mg daily when ill. One dose of daily vitamin C should be in the form of Emergen-C. You can get more aggressive and take 1000 mg of vitamin C every hour while sick, but stop taking mega-doses of vitamin C if you develop diarrhea. For the flu, black elderberry is more effective than the current pharmaceutical flu remedy, and without the side effects.

Discussion: Regular exercise, eating real food, daily sun exposure, and the daily high-quality multivitamin (e.g., Garden of Life) plus fish/algae oil (Carlson or Nordic) will prevent most infections. When a germ does gain the upper hand, you need to eat plenty of orange fruits and vegetables (cantaloupe, carrots, sweet potatoes, apricots, peaches, oranges) due to their high levels of beta-carotene and other immune-boosting antioxidants/phytonutrients. Much of the

misery of illness comes from dehydration, so drink more water than usual (urine should be very light yellow, which means drinking approximately 80-100 ounces of water daily while sick). Remember that a significant amount of water is lost through fever, mucous production, vomiting, and diarrhea. Water helps the body cleanse itself of infection, and a big glass of water is more effective for cough than any cough medicine. This is because you don't need to cough as much when both the mucous and your bronchi are moist. A quality air purifier (e.g., BlueAir) is helpful inside, but getting outside for a nature walk is even more important (fresh air, plus it increases blood/lymphatic circulation and natural Vitamin D production). Use a potent mouthwash (e.g., Listerine or Tom's) twice a day, and as soon as you start to improve, please get a new toothbrush. For sinus congestion or dysuria, please read the *Sinusitis* or *UTI* sections of this chapter.

For sore throats: stay extremely well-hydrated with water, herbal teas, and tomato juice/V8. Gargle warm salt water, eat raw garlic (cowboy up), and use zinc/honey-lemon lozenges. A tea made from turmeric, lemon juice, chopped ginger, and honey can be helpful and soothing. For laryngitis, same as above, but add a humidifier and strict voice rest (whispering worsens laryngitis). When you must speak, speak low and slow in a normal voice.

Red wine can boost the immune system if no more than two glasses are consumed in a day. However, other alcohols should be avoided when ill. It's no coincidence that the holiday season is also known as the cold & flu season. For many of us, it is alcohol & sugar season (meanwhile, exercise and sun exposure are diminished). There is nothing festive about being sick, so please try to maintain your healthy ways throughout the holidays.

Antibiotics are needed for moderate to severe bacterial infections, but think twice before turning to pharmaceuticals for flu or mild infections. Most infections are destroyed by a well-

nourished immune system (and the battle makes the immune system even stronger for future infections). If you ask your doctor for medicine, you will probably receive antibiotics even though most infections are viral (antibiotics do not kill virus, although azithromycin has a small beneficial effect). Make sure to take probiotics while on antibiotics, and continue the probiotics for at least a week afterwards. Also keep in mind that most cough/congestion medicines and steroids actually inhibit the body's natural defenses, thus increasing the length of illness.

However, if you need something more, Mucinex can be effective *if* you are very well-hydrated. Take two hot showers daily, followed by Vicks Saline Sinex for nasal congestion. Currently, doctors are being monitored and told not to write for so many antibiotics, so steroids are being prescribed instead; this is a problem, because steroids decrease the immune response (i.e., steroids temporarily decrease symptoms, but worsen the infection). If steroids actually are effective, then your ailment was more allergic than infectious, and a week of Claritin might have been a safer option. Symptoms of allergies include itchy/watery eyes, itchy nasopharynx, and puffy 'shiners' of bottom eyelids. Keep in mind that high-dose vitamin C helps with allergens as well as infections.

Indigestion (please see Gastritis)

Insomnia

Decrease: stress, cigarettes, late-night dinners, factory food, sugar, pets in your bed, stimulants (ADHD meds, diet pills, caffeine, energy drinks, decongestants, weight-lifting supplements, etc.).

Increase: whole grains, fruits, vegetables, nuts, extra virgin olive oil, morning exercise, daytime exertion, evening stretching, CBT-I.

Natural Remedies: cannabinoids (especially CBN), linalool, vitamin B-complex, ashwagandha, passionflower, lemon balm, lavender, chamomile tea, melatonin. You can take any of these natural remedies one hour prior to bedtime.

Discussion: Pharmaceutical sleep medications (otc and prescription) decrease the amount of quality deep sleep, which turns insomnia into a chronic problem. In other words, sleeping pills increase quantity but decrease quality of sleep. Reputable studies have found that decreasing the deep-sleep stage increases the risk of dementia, and insomniacs who take pharmaceutical sleeping pills have shorter life-spans than insomniacs who do not.

Aim for going to bed with an empty stomach, but not hungry. Night-shift workers should make every effort to get into bed before sunrise if possible; they should also come straight home, shower, then go to bed (try to eat dinner at work). If you must eat, then it may help to eat a small snack high in tryptophan shortly before going to bed (turkey, hummus, whole grain bread, organic soymilk, or hazelnuts). For your overall health, make every effort to avoid night-shifts, especially as you get older.

Maintaining your circadian rhythms is crucial. Try to go to sleep and wake up at routine times. Disrupting this pattern can cause innumerable problems, even sleep paralysis. If you suffer from this, do not panic; simply realize it is natural for the brain to immobilize the muscles during REM dream sleep, and you are only conscious of this normal paralysis because your circadian rhythm is off. (Silly but effective remedy for sleep paralysis: don't try to move the large muscles, just relax and wiggle your toes.)

Caffeine lasts an average of 12 hours in the bloodstream (max: 18 hours), so even morning coffee can adversely affect your ability to sleep, especially if you drink more than two cups. However, one cup of coffee in the morning should not be a problem for most people. Green tea is a healthier alternative because it has more antioxidants/phytonutrients and less caffeine.

It helps most people to take the TV and cell phone out of the bedroom, or at least avoid lying in bed and watching TV/texting. Also, try to avoid watching several different types of shows before bedtime; it is better for the brain to watch one movie or several episodes of one series (reading is even better; this book puts a significant majority to sleep). It is also tough to achieve quality sleep after using a laptop/cell phone in bed. Turn the digital clock away from your bed, and resist the temptation to check the time. Prepare your room by making it as dark as possible and lowering the thermostat. Wearing thick socks relaxes some people. Invest in a high-quality set of sheets, pillow, and mattress. Consider buying a quality air purifier (e.g., BlueAir) to use as a white-noise machine, plus it reduces irritating allergens and night-time congestion. Some people cure insomnia with non-thriller audio books/podcasts. Many people cure insomnia with CBT-I (Cognitive Behavioral Therapy for Insomnia), which you can receive at reputable sleep clinics or learn through books (e.g., *Sleep Through Insomnia* by B. Peters, MD or *The SomniSkills Workbook: Do-it-Yourself CBT-I* by D. Reed, PhD).

Wait until you are actually tired before getting into bed, because the mind must associate the bed with sleeping. Try not to use the bed for any activity other than sleeping, sex, and reading. That way, your subconscious will always associate the bed with restoration. It helps to develop a bedtime routine such as gentle stretching, slow/deep breathing exercises, drinking chamomile tea, and/or taking a hot shower/bath. Gently stretching the neck and jaw muscles is particularly effective. Write down tomorrow's chore list if it's running through your mind. If your mind is still racing, then read a non-fiction book or focus all of your attention on inhaling and exhaling. Promise yourself that you will not stress over tomorrow's schedule once your head hits the pillow. Imagining positive scenarios is another good way to calm the mind.

Kidney Stones, Renal disease

Decrease: sugar, soda, salt, artificial sweeteners, factory food, red meat, pork, hard liquor, protein powder, smoking, chemicals, unnecessary medications, and don't go overboard on the healthy high-oxalate foods (Swiss chard, spinach, almonds, beets).

Increase: organic foods (no chemicals), blueberries, cranberries, cranberry juice, kale, basil, fruits, whole grains, green tea, pomegranate juice, water, exercise (kidneys rely on good circulation).

Natural Remedies (for kidney stones): coconut water (good for kidney stones and general health, but it has too much potassium for those with kidney failure), cranberry tabs, pomegranate juice, apple cider vinegar, water with lemon juice.

Discussion: The three most important factors in renal health are water, water, and water. Keep the urinary tract flushed clean by drinking enough water to keep your urine light yellow. Please

use a quality filter to keep most of the chemicals out, or even better, invest in a reverse osmosis machine (e.g., AquaTru). The three most devastating substances on the kidneys are soda, daily pharmaceuticals (especially NSAIDS like ibuprofen if taken every day), and excessive amounts of acidic proteins from red meat/pork/dairy.

Kidney stones are usually calcium oxalate stones, which primarily form with high intake of animal protein and low intake of water. (If you have uric acid kidney stones, please see the *Gout* section.) However, there are other factors in forming calcium oxalate stones (including heredity). There is conflicting dietary advice and a great deal of misinformation when it comes to high-oxalate vegetables/nuts. In theory, they should be avoided in stone-forming patients. In reality, people on well-balanced vegan diets rarely get stones. (Exception: living on large amounts of Swiss chard/spinach and almonds while pounding the protein shakes could lead to a stone.) Just remember that healthy is healthy, and if you don't eat an extreme amount of a high-oxalate food in isolation, it is very unlikely to create a stone. In fact, there are studies which show that leafy green vegetables and beet juice significantly reduce the incidence of renal disease. Also remember that vegans almost never suffer from renal failure.

A somewhat bizarre alternative treatment for kidney stones is using a high-quality inversion table (preferably after lithotripsy and hydration). This is curative for some, but probably not worth the investment unless you can also use it for chronic low back pain.

Liver Disease, Hepatitis

Decrease: chemical exposure, alcohol, acetaminophen (Tylenol), diclofenac, sulindac, drugs, smoking, factory foods, soda, sugar, high-fructose corn syrup, red meat, pork, saturated fats, unnecessary medications, low-quality supplements.

Increase: organic foods (avoid the pesticides and other chemicals), fiber, flaxseed oil, cilantro, probiotics, green tea, filtered water (reverse osmosis is best), exercise.

Natural Remedies: milk thistle extract, dandelion root, berberine, artichoke leaf, NAC, zinc, selenium, curcumin (turmeric).

Discussion: Your liver is an amazingly complex organ, responsible primarily for digestion and detoxification. Two fundamental aspects of general health (hydration & exercise) are particularly important for hepatic health, because the liver is a filtration system for toxins (filters need good circulation). It is much more important to limit the toxins coming into your body than to worry about buying ‘liver cleanses’, particularly from disreputable vendors which ironically may be contaminated with toxins. However, if you and your doctor feel that your liver needs some help, consider Thorne Liver Support Bundle.

Menopausal symptoms

Decrease: factory foods, soda, caffeine, red meat, pork, dairy, hydrogenated fats, excess body weight.

Increase: organic soy, Omega-3, whole grains, fruits (especially pomegranates), vegetables (especially dark leafy greens), flax seeds, yoga, exercise.

Natural Remedies: vitamin D3, vitamin E (mixed tocopherols), evening primrose oil, cannabinoids, Vitex chasteberry, dong quai, black cohosh (it is prudent to avoid Vitex, dong quai, and black cohosh if you have liver disease or gynecologic cancer). Chamomile tea, cannabinoids, and valerian are good for menopausal sleep disturbances. You might consider using natural (bio-identical) hormone replacement available at compounding pharmacies. Vaginal estrogen not only helps stop the dry irritation, it also significantly reduces the incidence of UTIs.

Menstrual Cramps, PMS, Endometriosis

Decrease: factory foods, soda, red meat, pork, dairy, hydrogenated fats, sugar, hard liquor, body fat.

Increase: organic foods, Omega-3, fruits, vegetables, whole grains, nuts, seeds, organic soy, turmeric, fennel seeds, yoga, daily exercise.

Natural Remedies: calcium, magnesium, evening primrose oil, cannabinoids (vaginal suppositories are the most effective), peppermint, ashwagandha, ginseng, chamomile tea.

Osteoporosis

Decrease: steroids, PPI antacids, smoking, factory foods, sodas, artificial sweeteners, fad diets, red meat, pork, dairy.

Increase: exercise, organic soy, fruits, vegetables (especially dark leafy greens), raw nuts (especially almonds), pumpkin seeds, beans, dried apricots, yogurt, firm tofu, figs, sun exposure, maintaining a good posture, yoga, strength training.

Natural Remedies: calcium combo pill with vitamin D3/magnesium, vitamin C. Simply taking a calcium pill and living a sedentary lifestyle will not work. Calcium is only effective when taken in conjunction with daily exercise and vitamin D3.

Discussion: The most important factor in preventing osteoporosis is routine exercise throughout life. This must include strength training and walking/running. Osteoporosis is rare in cultures that are based on manual labor and a whole grain/vegetable diet. Contrary to popular belief, cow's milk is a cause of osteoporosis, not a cure. Milk does contain calcium, but unfortunately that is not enough to offset the calcium that is leached from the bones by cow's milk.

Prostate Disease (hypertrophy, inflammation, cancer)

Decrease: smoking, factory foods, red meat, pork, dairy, hydrogenated fats, soda, excess body weight.

Increase: tomatoes, watermelon, spinach, bell peppers, avocados, cranberries, organic soymilk & tofu, milled flaxseeds, green tea, exercise.

Natural Remedies: saw palmetto, pygeum, cannabinoid suppository, zinc, vitamin D3, vitamin E (mixed tocopherols), multivitamin (Garden of Life). Saw palmetto has been repeatedly proven by independent studies to be very safe and effective for enlarged prostates (New Chapter and Pure have top-quality saw palmetto). There was one study (funded by the pharmaceutical

industry) that showed it to be ineffective, and that one study prevents many doctors from utilizing saw palmetto instead of pharmaceuticals.

Discussion: The modern Western diet is hard on the prostate. Americans, including Asian-Americans, have much higher rates of prostate cancer than Asians.

Sinusitis

Decrease: smoking, dairy, sugar, factory foods, exposure to indoor pets.

Increase: pineapples, oranges, apples, garlic, onions, ginger, wasabi, apple cider vinegar, Omega-3.

Natural Remedies: vitamin C 2000 mg three times daily, zinc lozenges, quercetin, bromelain, astragalus, echinacea purpurea.

Discussion: Since sinusitis is usually caused by a combination of four factors (viral, allergic, bacterial, fungal), simply taking an antibiotic is often ineffective. Daily sinus rinses using distilled water in a neti pot is uncomfortable at first, but surprisingly effective at relieving chronic sinusitis. Even better are the modern mechanized neti pots (Navage, SinuPulse). Bare minimum, you should use a nasal saline spray bottle twice a day after a hot shower (Vicks Sinex Saline is safe and effective). If you prefer to drink your remedies, then heat up a mixture of tomato juice, lemon juice, hot sauce, and fresh garlic. Remember that sinuses are your body's air purifiers, so lighten their load by cleaning your environment (use a HEPA air purifier, a HEPA vacuum, and dye-free organic cotton pillowcases). Please read the *Infections* section of this chapter for further information.

Stroke (please see Heart & Vascular disease)

Urinary Tract Infections

Decrease: sugar, factory foods, artificial sweeteners, soda, red meat, pork, smoking, hard liquor, unnecessary medications.

Increase: blueberries, cranberries, cranberry juice, yogurt, fruits, vegetables, organic soy, green tea, kombucha tea, water.

Natural Remedies: concentrated cranberry tabs, 2000 mg of vitamin C twice daily, probiotics.

Discussion: The three most important factors in preventing and treating uti: water, water, and water. Keep the urinary tract flushed clean by drinking enough water to keep your urine very light yellow. The two most devastating substances on the urinary tract are soda and excessive protein from red meat/pork/dairy, which harm the kidney and create urine susceptible to UTIs. Additionally, a large 2023 study shows that meat contaminated with E. coli directly causes approximately half a million UTIs per year. If you are post-menopausal, consider vaginal estrogen to significantly reduce the incidence of UTIs.

Vomiting, Stomach Flu, Morning Sickness

Decrease: factory foods, hydrogenated fats, artificial sweeteners, trans fat, high-fructose corn syrup, dairy.

Increase: bananas, brown rice, apple sauce, whole grain/sprouted-grain toast, lemon juice, yogurt, whole grain crackers, pretzels, apple cider vinegar, ginger, ginger ale, kombucha tea, white grape juice (for kids).

Natural Remedies: ginger, refrigerated probiotics, zinc (for infection), vitamin B6, peppermint tea, cannabinoids (not for morning sickness), honey (not safe for infants).

Discussion: Remember that the stomach muscles are contracted during illness, so eat and drink very small amounts at frequent intervals to help relax those muscles. Ginger is the natural nausea remedy. It should be bought as the raw root or minced in jars. Ginger can be eaten straight, mixed in smoothies, stirred into cereal, or brewed in hot water as a tea. A good nausea remedy is warm water with a tablespoon of apple cider vinegar, a tablespoon of honey, and a pinch of ginger. Kids enjoy a teaspoon of fruit cocktail syrup or ginger ale to help settle their stomachs. Dairy should generally be avoided, but yogurt is well tolerated. If you don't eat yogurt, then be sure to get a bottle of kombucha.

For nausea associated with cancer and chemo, nothing is better than cannabis. However, with chronic daily abuse of marijuana, a few people develop Cannabinoid Hyperemesis Syndrome; this vomiting syndrome can be easily treated with hot baths, capsaicin cream on the abdomen, Benadryl pills, and abstinence from cannabis for at least two weeks.

A safe and effective way to handle Morning Sickness or stomach flu is to take ginger in the morning, eat 5-8 small meals/snacks daily, take vitamin C 500 mg and B-complex twice daily, and take additional ginger as needed. Morning Sickness also responds well to vitamin B6 (pyridoxine) 25 mg three times a day.

*“We are continually faced with great opportunities
which are brilliantly disguised as unsolvable problems.”*

Margaret Mead

Summary of Challenges

Two generations ago, President Eisenhower gave a stern warning to the American public in his farewell address. After all of his distinguished service as a General and President, the primary point he wanted to make was that Americans should beware the military-industrial complex. Lobbyists and corporate greed had taken over national policy. Unfortunately, history has repeated itself: Beware the medical-pharmaceutical complex.

Too many people are overweight, diseased, drugged, and unhappy. Too many kids are strung out on mind-altering medications and multiple courses of antibiotics. Pharmaceutical drugs can cure several diseases, but they have a long-term degenerative effect when used in excess. Suppressing symptoms does not fix the problem of poor health.

The problems discussed in the preceding pages may have seemed extreme, but the facts can no longer be ignored. A myriad of diseases have become epidemics in the last three decades. 70% of Americans are dangerously overweight, and clogged coronaries kill over a million Americans every year. The numbers continue to rise. For the first time in our history, the projected lifespan of the current generation is shorter than the previous generation (Note: this statistical slide began before Covid). Let's stop our decline for everyone's sake.

It is imperative that we return to the fundamentals of human health and restore some of the nobility that has been gradually leeched away. Because of poor nutrition, people have reached such levels of arthritic inflammation that they require scooters to move them up and down the supermarket aisles, searching for more factory food to satisfy the addiction. These factory foods have little nutritional substance. They are just cheap packages of sugar and addictive chemicals that cause disease and depression. When the inevitable mental and physical decline occurs, people turn to pharmaceuticals.

There is one simple truth that nearly all doctors can agree upon: Pharmaceuticals are useful when used appropriately, but Americans are dangerously over-medicated. Drug corporations have convinced Americans that there is a safe and effective pill for every physical and mental problem. This simply is not true. Occasionally, a medication can cure an acute problem. However, drugs are a poor substitute for natural living. The drug corporations suppress information about natural remedies. It is against their interests for you to know that fresh garlic and high-dose vitamin C fight infection, exercise and sun exposure control depression, cannabinoids and CBT-I cure insomnia, etc. If they cannot patent it, then it will not be on the 'standard of practice' protocols. The goal of healthcare should be to fix the root causes of disease, not just cover up the symptoms with drugs. Doctors pass out the pills because of societal expectations, and also because they are too busy to have meaningful conversations with patients. Psychiatric drugs are prescribed as per pharmaceutical corporation protocol, with little concern that they alter the delicate and infinitely complex biochemistry of the brain.

Pharmaceuticals should only be used when absolutely necessary and for as short a time as possible. The degenerative effects of all these medications are making people sicker than if they had never taken anything. This is especially true for mental/spiritual problems. There is no pill

for life. We must realize this before we devolve into a dystopia of institutionalized drug addiction.

Be aware that the vast majority of a doctor's training is spent on learning about pharmaceuticals. They spend very little time learning the fundamentals of health, nutrition, and disease prevention. America no longer has a logical healthcare system; we have a drug-supply network. All medicine should be evidence-based, but that is only a secondary concern for a healthcare system which is profit-driven. Over-treating disease is profitable; preventing disease is not. There are trillions of dollars in profits made by treating symptoms and ignoring the root causes of disease.

Greed is one problem, fear is another. A doctor will order enough radiating tests to satisfy the patient, but that is just to alleviate the patient's unrealistic fear of disease and alleviate the doctor's fear of lawsuit. The majority of these tests do not help fix anything, and the radiation often creates more disease. There are times when these tests are obviously beneficial, such as CT scans for appendicitis and X-rays for pneumonia. When fear is not a factor, it's easy for a good doctor and a reasonable patient to agree when testing is necessary.

The American spirit will help us regain our health. The first step is to resist the propaganda of the pharmaceutical, tobacco, and food manufacturing corporations. Don't let an addiction to prescription drugs, nicotine, or sugar slowly defeat you. Start eating real food again, and put an end to the diseases of chemical gluttony. Now is the time to break away from the insidious manipulations of a few misguided corporations before they contaminate our food supply even further (genetically modified food).

We must also free our minds from the stress of excessive consumerism. There is no need to become mired in materialism. Our quality of life has become overwhelmed by the quantity of our material objects, and it's time to stop sacrificing our peace of mind for material gain. The stress of debt takes a serious physical toll.

You do not need to stress over this list of challenges. The solutions are within your control. Reclaim the guilt-free joy of eating naturally, and free yourself from the oppressive constraints of an unhealthy lifestyle.

“Never doubt that a small group of thoughtful citizens can change the world.

For indeed, that’s all who ever have.”

Margaret Mead

Summary of Solutions

Every problem comes with a solution. America is in a tough spot, but that just gives us the opportunity to strengthen our national character. Plus, we are starting this battle from the proverbial high-ground. There has rarely been a better time and place in history to safely raise a family. We have the benefits of living in a relatively stable society with reliable public utilities. We have high-tech surgeries and medicines which save lives when properly utilized. Advances in sanitation, obstetrics, vaccinations, and antibiotics have doubled the average lifespan over the past century.

Despite the mainstream addiction to factory foods, a plethora of nutritious foods are readily available year-round. Thanks to modern transportation and refrigeration, an unprecedented variety of wholesome foods are stocked at every local supermarket. Take advantage of this, because not everyone in the world has these opportunities.

The opportunity to lead an independent, dignified, and disease-free life is right in front of you. It is now just a matter of choice. Here’s a summary of the natural lifestyle changes that will allow you to recapture a sense of well-being:

Exercise: Exercise is the everyday miracle medicine. Just 45 minutes of daily exercise will prevent obesity, cancer, diabetes, heart disease, erectile dysfunction, lethargy, and psychological problems. It also significantly reduces the odds that you will need numerous types of surgery; as General Patton liked to say, “A pint of sweat will save a gallon of blood.”

You’ll feel a lot better once you drag yourself off of that couch and get the blood flowing. If you’re depressed because you believe that a slow metabolism is making you fat, then get up and exercise because it cures depression and speeds up your metabolism. Stretching, sit-ups, push-ups, and power yoga can be done anywhere. Better yet, get outside and go for a hike with dynamic stretching.

Make sure the kids in your life stay active as well. It’s easy to get them outside when you play the games with them. When you can’t tear your kids away from the TV, then insist that they do sit-ups, stretch, or ride a stationary bike in order to keep watching television. Even better, sign them up for sports and martial arts.

Limit Chemicals: It’s true that you must reduce your level of chemical exposure, but there is no need to become paranoid. The human body has the ability to detoxify itself as long as it does not become overwhelmed. It’s simply a matter of decreasing your chemical load as much as possible. The importance of this is becoming increasingly evident (a host of studies in 2023 showed the link between chemicals and Parkinson’s as well as multiple cancers). Try to avoid the daily deluge of food preservatives, insecticides, herbicides, chemical cleaners, dyes, dry cleaning, etc. There is no better household cleaner than diluted vinegar, and there is plenty of exercise in pulling weeds. You can help your body detoxify by eating plenty of organic herbs, spices, whole grains, fruits and vegetables. These foods not only build the body, they also cleanse

it. Antioxidants and phytonutrients assist your liver and other organs in detoxification. Organic foods are the fastest way to lower your toxic load because they contain no toxins, plus they help your body detoxify.

Limit Sugar: The average American eats 130 pounds of sugar a year. This is approximately 20 times more than what the average American ate a century ago. The human body is not designed to handle this sugar overload, which is why sugar has been linked to a multitude of mental and physical diseases (ADHD, anxiety, cancer, diabetes, heart disease, etc.). Sugar is a highly addictive substance. Researchers at Princeton discovered that sugar has the same addictive effect on brain chemistry as heroin and cocaine. To break the addiction, switch to the healthy sweets (fruit, berries, stevia).

Eliminate Soda: Replacing soda with water is one of the keys to health. In addition to the destructive chemical additives, a 12-ounce can of soda contains 10 teaspoons of sugar. Soda is one of the root causes of our current epidemic of chronic disease. Drink your way to health (water, pomegranate juice, cherry juice, high-pulp oj, smoothies, green tea). If you crave the carbonation, drink kombucha or Odyssey Elixers.

Eat Food (Real Food): It's not the calories, it's the chemicals. There is no need to worry about calories and fat grams if the food comes from a healthy source. Generally speaking, if it's a food that grew from the ground, eat it. If it's manufactured in a factory, don't. Significantly decrease your intake of factory foods (high-fructose corn syrup, sugar, hydrogenated fats, palm oil, chemical preservatives, dyes, and artificial flavors). Also, decrease your intake of dairy and red meat from the factory farms. Avoid pork. When you do eat meat and dairy, get the real thing (organic).

Eat a steady supply of real foods: whole grains (especially brown or wild rice), fruits, vegetables, beans, nuts, organic soy, organic poultry, and wild salmon. Please buy organic whenever possible.

Feed Your Kids Food (Real Food): The food you put into their mouths today determines how many pills they will need tomorrow. For the sake of your child's mental and physical health, offer a steady variety of the above-mentioned real foods, and gradually remove factory foods from the home. If they need a sweet treat, feed them fruit. If you feel they need a cookie, feed them cookies made with natural ingredients (available at health food stores or home-made). Explain to kids that they need big & strong food, and that those cartoon advertisements for junk foods are just trying to trick them.

Eat at home when possible, and pack a lunch for work or school. When out in the world with no healthy restaurant nearby, go to the grocery store and pick up some real food for a picnic. In the past two decades, the amount of foods that kids consumed at restaurants increased 300%, and it was mostly foods made with sugar, hydrogenated fats, and bleached flour. The rates of obesity have closely followed this trend. Parents must be aware that adult diseases begin in childhood, which means that what you feed your child determines their risk as an adult of getting heart disease, diabetes, cancer, etc. Of course, you don't need to wait until your child becomes an adult to see the health benefits of real food. Significant infections and behavioral problems rarely occur in well-nourished children. Parents control the majority of what their child eats, which in turn determines the child's health and behavior.

End ADHD: ADHD medications are amphetamines. These drugs do significantly more harm than good. For the first time in history, Americans have begun spending more money on

behavior-modifying drugs for their kids than any other type of children's medicine. This is a dangerous phenomenon that can no longer be ignored, because it condemns most of these kids to life-long psychiatric medications. Amphetamines are no substitute for consistent parenting and good nutrition. Kids need a daily multivitamin, Omega-3s, real food, artistic outlets, and sports.

Seek the Sun: Get at least 30 minutes of sun exposure daily, ideally before 10 a.m. or after 4 p.m. If it's too cold to get outside, then take vitamin D3 2000 IU daily in addition to your multivitamin. Always avoid tanning beds and sunburns (when you need to be outside for prolonged periods, please cover up or use *mineral* sunscreen, SPF 50+). In moderation, sun exposure is vital for both physical and mental health (particularly avoiding autoimmune diseases and depression).

Supplement Yourself: Nearly everyone benefits from a daily multivitamin and fish oil capsule. If you don't like fish, then use algae capsules or flax. For the highest quality vitamins (Garden of Life, New Chapter), get natural vitamins derived from concentrated whole foods. Take high-quality fish oil (Carlson, Nordic) just before eating, and take the multivitamin at the end of the meal.

Sleep: Make time in your busy schedule for nightly restoration. You are entitled to your rest. A minimum of five hours is necessary to maintain health, but aim for seven to nine hours of sleep every night. Children are exposed to more new stimuli than adults, so they need even more sleep. All of your bodily systems benefit from sleep, most notably your immune system. Deep sleep is crucial for maintaining physical vigor and mental well-being. If you are having trouble getting a good night's rest, then please read the *Insomnia* section in the List of Diseases chapter.

Extinguish Cigarettes: Nicotine is a highly addictive drug, and a cigarette is a toxic drug-delivery device. The body quickly becomes addicted, and then the mind rationalizes pleasure in order to feed the addiction. The calming effect smokers get from a cigarette is simply from the alleviation of withdrawal symptoms. People continue to smoke as a short-term psychological crutch, but it leads to chronic anxiety and mental degeneration.

Smoking progressively cripples the body as well as the mind. Lung cancer is just the tip of the iceberg. Smoking hardens the arteries and decreases blood flow to every organ in the body, leading to widespread degeneration (heart disease, strokes, dementia, chronic back pain, erectile dysfunction, etc.). The chemicals in smoke weaken the DNA in each cell, leading to cancer. There are more than 70 carcinogens in cigarettes.

Internal documents of the tobacco industry show that they utilize several strategies to overcome the fact that cigarettes are initially repulsive. They use subliminal advertising to create a rebellious image, and they pay the movie industry hundreds of millions to have actors smoke on screen. Tobacco companies actually add carcinogens to cigarettes in order to enhance the addictive effects of nicotine. It has been documented that the tobacco companies have known for many decades that these chemicals are carcinogens, but they have decided that the increase in profit is more important than the increase in cancer. They continue to develop technology which increases the absorption of nicotine and carcinogens into the lungs. Internal documents also show that the tobacco industry has knowingly promoted a systemic misinformation campaign that has cost millions of lives. The War on Cancer should be a war on the tobacco industry.

Please don't let the tobacco industry get the best of you. Make every effort to steer clear of second-hand smoke. If you do smoke, please stop. We are begging you to stop killing yourself,

stop making your kids sick, and stop being a pawn of corporate executives. Quitting should be the top priority of your life. Daily exercise and eating real foods reduce the cravings. Use nicotine gum, nicotine patches, cognitive behavioral therapy, cannabinoids, Chantix, hypnosis or whatever it takes to free yourself from this debilitating addiction.

Warn your kids repeatedly about the innumerable health problems caused by smoking. Since teenagers often have delusions of immortality, it might be helpful to tell them about the effects of smoking other than cancer. These include wrinkled skin, bad breath, frequent infections, erectile dysfunction, and a mild case of carbon monoxide poisoning after every cigarette.

Smoking decreases the IQ and the senses (vision, taste, smell). There are long-term psychological deficits as well; chronic smoking seems to diminish several positive aspects of human nature, such as a sense of contentment and altruism. Studies have shown that compared to non-smokers, smokers progressively lose cognitive function and problem-solving abilities. The cost of lung cancer is small in comparison to the loss of judgment. The degenerative era of cigarettes must soon come to an end.

Keep Thinking: No matter how old we get, the brain does not atrophy until we stop using it. Broaden your horizons whenever you get the chance, and maintain involvement in your community. Neurons will continue to grow as long as we expose ourselves to new ideas, landscapes, music, books, art and productive knowledge. Never stop exploring humanity's aesthetic efforts on earth.

Limit Medicine: America is over-medicated. We need to re-connect with the fundamental fact that the well-nourished human body is designed to heal itself of most ailments.

Pharmaceuticals can be helpful when used as a last resort, but they are degenerative when used as a substitute for healthy living. We must reduce our intake of medical drugs if we wish to regain true health. As Benjamin Franklin once said, “He is the best physician that knows the worthlessness of the most medicines.”

Patriotism with Perspective: The true American patriot has more work to do than just waving our flag and supporting U.S. troops in foreign lands. Our national security and economy are more threatened by the obese chain-smoking American on Disability than by a Chinese bureaucrat. Poor lifestyle choices are putting a strain on the economy that is no longer sustainable. Not only does the national debt threaten our security, but the obesity epidemic also threatens the military’s ability to keep us secure. The U.S. military released a statement claiming that 80% of potential recruits are too physically unfit to serve. Our land and our people are currently in a state of deterioration. More Americans die *every single year* from clogged arteries than all U.S. casualties of all wars combined. This is important for perspective, so it bears repeating: Last year, factory food killed more Americans than the total number of all U.S. soldiers killed in the past three centuries of warfare.

We must fight to regain our country from those corporate executives who choose to sacrifice our health for their profits. We need to support the conscientious companies that provide us with healthy options. Your consumer vote is powerful. Buying organics lets food manufacturing corporations know that we will not accept genetically-engineered, chemically-processed foods. Eating organic foods will also allow the next generation of Americans to inherit a clean countryside. Being selective and cautious about taking medications will let the pharmaceutical corporations know that we will not accept a second-rate ‘cure’ for every minor problem. We want them to develop better medicines that are safe and legitimately effective for

significant ailments. We need to demand that our government clean up the environment. One of our greatest food sources (fish) is now so polluted that it's dangerous to eat most species. Going green is no longer just for hippie activists. A significant portion of our health is determined by the health of our planet, so all Americans must reduce their materialistic consumption and support clean-up efforts. The good news is that irreparable harm has not been done. With the help of modern technology and a return to traditional values, we shall reclaim our dignity and health.

Veritas vincit.

Truth conquers.

“The germ is nothing. The terrain is everything.”

Louis Pasteur

Simple Meals

These meals are in no way intended as a strict regimen to follow. That would defeat the purpose of this book. These are simply a few quick meals that we make at home to feed the family. I am always extremely embarrassed to add this section, but people ask what we eat, so here it is. It's just simple organic food, but you'll love the taste as much as the health benefits once your taste buds regain their natural cravings.

If you are making the effort to eat organic and avoid chemicals, don't overlook how the meal is being prepared and served. Try to invest in high-quality glass/ceramic cookware, use a solid one-piece wood cutting board (seal with fractionated coconut oil every two months), eat with stainless steel silverware, and drink from glass cups when possible. Every little bit helps.

The following meals do not take long to prepare, but remember to soak some things overnight (dry beans, millet, blue corn), and rinse them prior to cooking. Organic poultry or wild salmon can easily be added to many of these meals. If you want to speed up prep time, use frozen vegetables and jars of pre-chopped garlic/ginger. If you want gourmet food, then please skip this humble section and buy a healthy cookbook (i.e., there ain't no culinary classes in med school).

*Smoothies. Anyone can make a spectacular smoothie, and kids love them. It can be as simple as mixing a bag of frozen mango chunks with soymilk, or you can channel your inner chef. Start with a banana and frozen berries, then pour in some soymilk and orange juice. Add yogurt or flax oil for smoothness. Milled flaxseeds add fiber, texture, and Omega-3. Put in some cinnamon and ginger for nutritional flavor. Almost any fruit tastes great in a smoothie, especially mango.

*Simple breakfast: Oatmeal or whole grain cereal with soymilk or almond milk, topped with frozen blueberries, flaxseed oil, and cinnamon. Wash it down with a glass of high-pulp orange juice and green tea.

Alternatively, have some avocado toast, yogurt, and a smoothie.

*Simple sack lunch: Almond butter and 100% fruit jam (no added sugar) on sprouted-grain bread. Sides: an apple, walnuts, a spirulina bar, and a bag of ancient grain/spelt pretzels. Dessert: a plum and dark chocolate.

*Simple picnic. Several health food stores/smoothie shops sell ready-made meals, such as sushi, burritos, wraps, etc. Grab some side dishes and head to the park for a picnic. Sides: pistachios, olives, tabouli. Dessert: kiwi and strawberries with yogurt.

*Whole grain pasta with tomato sauce, basil, pine nuts, garlic, and olive oil. Sides: olives and artichoke hearts on a mixed green salad (straight from the backyard garden), plus a glass of Pinot Noir. Dessert: Mixed berries covered with a squeeze of lemon and stevia.

*Lentils cooked in vegetable bouillon plus peppercorn and garden herbs, poured over millet (gluten-free) or whole wheat couscous. Add garlic and lots of olive oil. Couscous is the

quickest cooking grain, but make sure it says ‘whole grain’. Millet should be soaked overnight and drained. Sides: sprouted-grain toast, spinach salad with pecans and dried cranberries.

Dessert: a pear with dark chocolate.

*Salsa, avocado, and fresh spinach over a pot of black beans and brown rice. If you have the time, sauté some vegetables or chicken strips in olive oil, garlic, and onions, then wrap it all up in whole corn tortillas. If you don’t have the time, just cut an avocado in half and use it as a natural bowl for salsa and beans. Another super-quick alternative is to just mix corn with black beans, pour salsa on top, and drizzle with olive oil and lime juice. Dessert: honey on whole grain toast and mango.

*Many great meals start with brown rice. Spice it up (sage or cilantro or curry), pour in the vegetables (frozen is fine), and add some form of protein (nuts, beans, poultry, tofu). Don’t be afraid to bring out the flavor with generous amounts of olive oil and garlic. Here is a specific example: Start an Asian stir-fry with brown rice and olive oil. Add frozen mixed vegetables, cashews, garlic, ginger, soy sauce, and water chestnuts. If you're feeling fancy, then drizzle tahini-lemon sauce over the top. Side: edamame. Dessert: cherries.

*Potato stew is very simple to make. Just slice & dice, boil, then add unsweetened soymilk, bouillon, olive oil and veggies. You don’t have to waste time peeling the potatoes if you buy organic, which is good since many of the nutrients are in the peel. Add at least one sweet potato into the mix for extra flavor and nutrients. The best spices for potatoes are peppercorn and fresh rosemary (easy to grow). You can also add turkey or veggie sausage. Sides: whole grain sourdough bread, baked beans, corn on the cob. Dessert: blackberries mixed with pomegranate juice, soymilk, and granola.

*Chili. Cook some turkey ground, veggie crumbles (similar texture to hamburger), or chopped pecans (healthiest and tastiest) in garlic, onions and plenty of olive oil. Pour in some tomato juice and diced tomatoes. Add kidney beans, red/orange bell peppers, lots of chili powder, jalapeno peppers, and more olive oil. Dry beans soaked overnight and drained are a world better than canned. Side: whole grain cornbread and dark beer. Dessert: watermelon.

*Make a poor man's bruschetta by drizzling olive oil on sprouted-grain toast. Add pasta sauce, garlic, basil leaves, pine nuts, and then toast again. Sides: fresh spinach salad with pecans, balsamic vinegar and olive oil, plus a glass of blended red. Dessert: raspberries with organic cream or vanilla soymilk, plus a piece of dark chocolate.

*Wild rice and red beans. Add garlic, toss in a few vegetables, garden herbs, and then hit it with hot Cajun spices. Sides: green beans, corn on the cob, baked sweet potato fries. Dessert: pecans and cherries. (Sweet potato fries are as easy to make as they are healthy. Just slice uniformly, dip in a bowl of olive oil/salt/pepper/paprika/garlic powder, and bake about 20-25 minutes at 400 degrees.)

*This one is definitely not gourmet, but it's fast and filling. Cook whole grain pasta with a bag of frozen mixed vegetables. Add pasta sauce, garlic, garden herbs and kidney beans. Dessert: walnuts, raisins, and apple slices.

*Simple sushi rolls can be made at home with seaweed sheets, sushi rice, avocado spread, carrots and cucumber. Sides: chunks of extra firm tofu dipped in soy sauce with minced ginger and garlic; edamame and orange slices. Sounds pretty unappetizing to many Americans, but the tastes come together in a surprising way. (Believe it or not, most kids like extra firm tofu with soy sauce - or ketchup.)

*Take some leftover cooked brown rice, then bake it with frozen corn, black beans, pasta sauce, and organic or vegan cheese layered in a casserole dish with plenty of olive oil. Side: sprouted-grain toast and hummus. Dessert: peaches mixed with granola, vanilla soymilk, and cinnamon.

*Pizza made with whole grain or chickpea crust drizzled in olive oil, then topped with tomato sauce, organic or vegan cheese, artichoke hearts, pine nuts, garlic, veggie pepperoni/sausage, and basil leaves. Sides: spinach salad with pistachios, sun-dried tomatoes, and olives. Dessert: blueberries in almond milk with cinnamon and stevia.

*Whole grain millet covered with chickpeas and soymilk curry sauce. Sides: whole grain pita bread dipped in tahini; green beans with sliced sweet potatoes cooked in olive oil and a little soy sauce. Dessert: cashews and dried apricots.

*Pasta salad made with red bell peppers, corn, peas, carrots, garlic, onions, celery, kidney beans, fresh cilantro, water chestnuts, mustard, apple cider vinegar, olive oil, and a little orange juice. This dish is best when chilled, as is the accompanying glass of Riesling. Sides: edamame and popcorn cooked with olive oil. Dessert: pecans and red grapes.

*Brown rice with corn, orange/red bell peppers, pistachios, garlic, and fresh sage. When it is almost done cooking, add olive oil and shredded fresh spinach. Side: whole grain sourdough bread dipped in olive oil. Dessert: mango slices and coconut milk.

*Turkey (organic or veggie) and mashed potatoes with cashew gravy. Sides: green beans, corn on the cob. Dessert: home-made apple pie sweetened with stevia and apple juice. (Granted, real apple pie isn't simple to make, but it's worth it every once in awhile.)

*A hearty side dish for any meal is vegetable soup. Just boil some potatoes with either zucchini or squash, then blend them together with some onions, garlic, vegetable bouillon, salt, peppercorn, garden herbs, and plenty of olive oil. Easy to blend in the pot if you use a handheld immersion blender.

About the Author

Brandon Heiberger, M.D. has spent the past 30 years working in health clinics and emergency rooms. He received a degree in psychology before earning his medical degree from Columbia. He stayed in New York City to complete a residency and become board certified in Emergency Medicine. Dr. Heiberger chose the ER because of his strong belief in the benefits of acute therapy, and because the ER offers the most opportunities for teachable moments (i.e., people are more receptive to nutritional advice after being saved from heart attacks). In his spare time, he also became board certified in nutritional & integrative medicine. With the help of the U.S. Army and various relief organizations, he has had the privilege of working in clinics all over the world. Teaching fundamental health is now his primary mission.