Dr. Pop’s Secrets of FATIGUE: What Your Doctor Never Told You

Inspirational Health Advice for the Open-Minded
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Enjoy This Book!
The Secrets of
FATIGUE
What Your Doctor Never Told You

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Are you in a constant failing state of health? Do you always lack energy? Are you tired, exhausted and lack energy no matter what you do or try? Have you been to many doctors and specialists to discuss these issues? Maybe you find their advice too complicated and are having trouble truly understanding what is going on in your body. Do you constantly wish for some new medication or program that will finally work?

If you feel lost and really do not know how to get out of this serious and crippling situation that could lead to much misery, I want to give you a message of hope. For the first time, you really can be back in control of your health and energy level, even without any new medications. In fact, you may be able to cut back on the medications you are currently taking. Wouldn’t you like to feel awesome, and, for the first time in a long time, actually feel optimistic that fatigue, exhaustion, suffering, worry, and misery can be things of the past? Sure you would, and you can!

If you follow the instructions and persist with the plan in this simple book, which is full of precious new information, before long, your health will take a turn for the better, and illness may slowly vanish. There will be no more suffering and far fewer pills to contend with, if any at all, depending on your effort. You will feel lighter, hopeful again, and more vibrant and alive than you’ve felt in a long time.

The content of this book is not what you want to hear, nor is this advice necessarily easy to follow. What you will read in these pages, though, are simple guidelines that actually work. The results you experience will be...
determined by the degree to which you are willing and able to follow this advice. Dramatically improving your chronic fatigue in just a few short weeks is a priceless opportunity. Is this an empty promise? Not at all! Read on and have a good chance to change from misery to health, starting right this minute…
The book you have in front of you wasn’t written in a day. The content is a product of long years and is finally ripe and ready to be delivered to readers. This book was born as a result of two decades of hands-on medical practice.

What makes us so special? What makes this guide worth reading? What we do is go beyond borders: we combine conventional medicine with complementary therapies and nutritional supplements, in order to bring the best results and best advice for you and to improve your life.

Our story started a long time ago, and over the years many patients came to ask for our opinion. Thousands of them brought to us products and services and asked for our evaluation. Our expertise has helped shape many answers - some of the products were good, but most of them were, as you could guess, empty promises.

After all this time, we believe we have the experience and the knowledge which gives us the right to say what gives results, what really works, and what doesn’t. After all this time, we have seen what kind of mistakes people make and what they do wrong. In a world of fast travelling information, where almost anyone can write disinformation, we can make a clear picture out of the blurry and many times intentionally confusing health advice available on the internet.

This book is written to serve you as a guide. Every guide has a goal towards which he leads; our guidebook will help you get on the right path to a healthier and happier life. This book has a clear goal: to improve your life, without putting you down, without commenting, and without losing time debating with current health propaganda.
We are surrounded by numerous obtuse minds, and some of them play the role of detractors. They are here to mislead you from your path, from the path we will try to put you on. They are trying to mislead you from health advice that can make a better change, to mislead you from real advice that could improve your life. Detractors are here to distract you from things which will help you develop into stronger, healthier and better person. This misleaders are nothing but negative minds, and unfortunately, these negative minds of detractors are overwhelming the online and the offline healthcare.

I understand, we are all humans, and we all have different opinions. Having said this, please keep in mind that this book was not written to please anyone’s taste or opinion, nor it was written to be politically correct towards some. In this pre-chapter, I’d like all those who disagree or do not find useful advice in this book, simply to put it down and walk away from it.

We are not open for closed-minded persons. In this book, you will find my distilled experience and various advice on what delivers results and what does not, and it is based solely on my opinion and experience I have gained over the years.

Where do most people look for advice? Book stores? Pharmacies? No. The answer is: from the internet. All of us have been in a situation when we searched for some advice, or simply tried to detect our problems, and looked for a solution. We read all those articles, we read all those websites, and we have found many confusing and contradictory information. The internet is heaven for detractors. Here, anyone can write anything and make that available for anybody who has access to the internet.

Most of detractors will not be hands-on real, licensed, medical doctors combining a solo medical practice experience of conventional medicine, extensive hospital experience, with decades of treating real patients with unconventional, functional scientific medicine approaches, nutritional supplements and self-improvement techniques. Most detractors will have just a fraction of the above combination of skills and experience.

This is what makes a distinct difference between a real professional who you can trust, and just some unknown person behind the screen who can write nice sentences with a few added medical terms.

As we have mentioned before, this book, this guide, is for open-minded persons. It is for those who want to improve their life, to bring out
the best version of themselves and to know the simple secrets of health. If you are willing to accept, try and experiment or even more, implement new lifestyles and new habits then you should read this guide to its’ last page, transform your life, and live life to the fullest. All the many small steps that you will follow, will lead you to big changes.

This book is a practical guide, which contains many elements that are new, unusual, and that may need implementing. Try to imagine drawing a simple house on a piece of paper. Skipping one line when drawing the roof will make it look incomplete. You wanted to draw a simple house, but you have skipped one line and are left with a non-satisfying try of a drawing. It is the same with this guide. Implementing partially or in the wrong order will only lead to partial results.

Because of this reason, I’d like to emphasize once again, that nonbelievers and closed minded persons are not invited to read the content of this book, since they will not follow instructions and will not implement the advice in a correct way. They will only get partial results at best; therefore will later detract these ideas even more. Starting to read this book with negative attitude will not get you any results, so it is better not to waste your time with this guide.

There is one more group of people that is not welcomed and they are… the critics. If you are one of those, please do not use your time for criticizing this book, since it wasn’t written to be criticized, but to be accepted and applied in real life, for real changes and improvement. I’d advise all those who have the criticizing attitude, to use your time for something more constructive, since time is too valuable to be wasted on finding flaws of somebody’s achievement. I’d advise you instead of tearing down competition and confusing people intentionally, to build your own health system and your own concepts.

If you desire to strongly express your opinion, consider some other places, where they will listen to you and have the willingness to debate with you.

Building something is never as easy as destroying it. You know, when it comes to football, sports, politics … and healthcare, everyone is an expert.

As a corollary of the above, in this book there will be less effort spent emphasizing old methods that are not delivering results. As I have
mentioned, time should be valued and looking back at a broken bicycle won’t get us a new wheel to get moving. Therefore, we will focus on the things that do work, on the things that can give you real results. You will be guided directly into the correct direction.

Please be aware that some of the guides and advice might sound a little bit shocking or unusual, they can even feel strange, but in order to achieve great things, you must be ready to make great change. To make it clearer, and to consider just one example, I will not waste too many words explaining what you should not do and why. For the sake of clarity and to give you an example I will not be spending much time explaining why you should not take daily calcium supplements. Instead, I will just suggest and advise you to take magnesium instead. “But what about calcium?” you might ask yourselves. The answer for you is: if it hasn’t been mentioned, it means you should not take it. This is the whole philosophy. We will keep it nice and clean, simple and effective.

Most of the fluff has been stripped down from this book. This book was written in such a way as to be a clear, laser focused, and no-nonsense, capturing the essence of each subject. We have plenty of books and articles that instead of clarifying a controversial subject instead bring more questions and confusion. This is a practical guide.

Because this is supposed to be a practical guide, you will not see long lists of possible causes of an illness or other long itemized lists. For example if 90% of all occurrences of a condition is caused by just three common causes, you will not see inside this book the other 27 possible causes listed just to be accurate and “scientific”. This book is not “scientific” in the strict sense of the word. This book is a popular science practical book.

In this book, we will talk about things that we DO need and about the things that we SHOULD do. Just like in life, you should focus on what is good for you, and not on things that might harm you or bring you no positive change. If you are of a different opinion and willing to debate, please do not start with reading this guide. The guide is based, as I have said earlier, upon my ideas, and my experience and only applies to the vast majority of cases. Are there exceptions and outliers to everything? Absolutely!

If what you read does not apply to you or if you apply this content and it does not work for you, well, this may happen. In any population involving
millions of people there are exceptions, special cases, and complicating circumstances. In fact in medicine and in every medical condition there is often about 10-20% of cases that do not respond as expected to any treatment for various reasons. This book is no exception. I fully expect this book to not apply perfectly to about 10-20% of the cases. However, knowing that this book may help a vast majority of people makes the effort of writing it worthwhile.

We do not claim that this book applies to everyone. If the principles described here don’t work for you, please look for professional help. And just for this to be clear, I am telling you now: “Don’t believe a word I say!” This book is just MY opinion, nothing else. Please, check things out on your own, do some research, ask professionals for help and second opinions.

Even when applying all the advice in this book I have to tell you that there are some people who are currently taking prescription medication for their medical condition that would not be able to safely taper the medication and may have to continue using drugs indefinitely or until science has better solutions. It is beyond the scope of this book to give each reader a unique, customized medication tapering protocol.

However, if you are one of those people who are open minded, if you like to explore life, if you like to experience new things and improve the quality of your life then this is the guide for you. If you are looking for unconventional, “out-of-the-box” ideas and concepts and want to bring the best out of yourselves, get better, feel better and bring out the maximum out of you and your life, this is the right book for you. It will give you all the needed elements you have missed so far, but you were long looking for.

**Chapter Summary**

- Don’t read this book if you are not open minded
- Don’t believe a word I say, check everything for yourself
- This book applies to a majority but not ALL people
- If your case is difficult, complicated, severe or unusual, don’t even read the book, please see a doctor.
SINCE THE BEGINNING of humankind, there was the question of health. Throughout the years many words have been said on the subject of health preservation, improvement and curing all kind of disease. In all these years, medicine has reached levels we did not even know exist, and the science gave us many answers, but left us with some questions as well. In order to find out answers for these questions, many doctors and scientists wrote books and guides. All those books have one flaw in common: most of them touch isolated problems only or often give questionable solutions, or even sets us on wrong tracks which lead to even more questions.

Why is this guide different from all the others? Well, to begin with, for the first time you may find out that getting back to health is a systematic procedure, something where it is impossible to pick and choose what you want, the same way you can’t pick and choose what number in a phone number sequence to dial.

You have to dial phone numbers in a very strict order. Otherwise, you will fail to reach the person you wanted to reach. In other words, your try to dial will be a failure.

There is an order and a flow in everything we do. This order and flow exists in our health, as well as in all other parts of our existence. There is no luck involved in this. All nature is governed by cause and effect, and those who realize this will be the “lucky ones” and gain the health quality and life quality for which they were searching for and wishing for all along.
This may be your chance to read for the first time a book written by a real, licensed medical doctor. The author of this guide, the doctor, wrote this manual on how to improve your energy in a healthy way, how to eat, sleep, how to change all the small parts in your daily routine and how to gain big changes and improve your life.

This book is a manual written for curious patients, willing and aching to get better, healthier and more vibrant. These are the people who are ready to accept new things and implement them, make them a part of their healthy habits and live life to its’ fullest. Some of this advice you are already familiar with, but most of them you will come across for the first time. In this book we will reveal all the myths and false concepts, which are prevalent today. We will expose false tracks, and not only that, but we will also reveal fast tracks to health.

Fatigue is very common. Just like money, most of us just cannot get enough energy, and we look for shortcuts or quick fixes to get instant results. We turn to energy drinks, pills, boosters, and shots to give us that immediate boost or energy kick. Let’s say this from the start: we are cheating ourselves. The problem with these quick energy fixes is that they are only temporary and they will take a toll on us over time. As with most stimulants, the body becomes habituated to these, requiring more and more to achieve the desired results. If we drink a cup of coffee or a can of caffeinated soda every time we feel tired, our body will become soon exhausted. Our bodies will rely more and more on artificial sources of energy.

What if we told you that you could get all the energy you need, when you need it? How about having a continuous supply of energy, a constant reserve that you can always count on? And what if we told you that this is easy, so easy that anyone can do it, anytime of the day, no matter where he is? The answer is quite simple.

In fact for most of us, improving our energy reserves often require simple changes in our daily habits and lifestyles. Everything we do during the day drains our energy, no matter if that is watching TV, reading, working or eating, and our energy is too precious to be wasted, exhausted and neglected. Upon our energy level depends the quality of our work; upon our energy depends our concentration and performance.

There are two ways of refilling your energy bar. As we have mentioned, there are “natural” and “artificial” ways. The big difference
and the essence of this whole story is that artificial energy boosts are short-term and cannot give you something to rely on. They will last for a couple of hours maximum, but then you will feel even more exhausted and like you have reached your last strength resources. You will then lower your productivity and have negative effects on your day. To sum it up, the answer to having a reliable reserve of energy does not lie in short-term, instant energizers or quick fixes but in making healthy choices. Fast energy boosting means borrowing from a future reserve of energy. You will pay it back with interest.

The goal here is not just to increase your energy but to increase it in a healthy manner. If you feel exhausted, if you do not have enough energy, you need to know the underlying cause for not having enough energy reserves. For most of us, this is where we will find the answers to the exhaustion puzzle. Maybe that is low quality of your sleep, maybe it is people who drain your energy, maybe it is bad time management that makes you run and sweat for no reason. Maybe the solution would be getting up an hour earlier and just trying to make a plan of your day, relax a little bit before all the rush and just breathe or meditate, knowing you will do everything that needs to be done.

In this book, we will give you advice on how to improve the quality of your life, which means you will have great energy and you will feel motivated and ready to conquer your goals.

We live in a world where rush is a normal state of functioning. We live strangled by deadlines and time limits, and we try to live fast in order to keep up with the fast spinning Earth of ours. Knowing time is very valuable, in this book we will try to help you to get results in short time. We know you need high quality energy to live in this demanding surrounding, and that is why we’ll provide you ways to gain pure energy in natural and healthy ways.

We appreciate your effort and the time commitment to read this book; therefore, we will give you priceless advice to improve your life in a short time of a few weeks.
Chapter Summary

- Fatigue is common.
- Fatigue is an end result of hundreds of health conditions.
- Everyone is different.
- Approach to health has to be systematic.
- There is healthy energy and squeezed up, unhealthy energy.
EVEN THOUGH FATIGUE may be dismissed as merely a symptom and a fatigue syndrome is not officially recognized by the medical establishment, this condition is a very real one that negatively affects the lives of countless people. If you are reading this book, it is likely that you are one of them.

Fatigue and exhaustion are often synonymous with a debilitating feeling of tiredness and weariness, but fatigue is different than weakness. Unlike weakness, fatigue can often be partially or even fully eliminated by rest. Fatigue is often a sign of disease or illness, like anemia or blood loss.

Fatigue is also generally considered a medical symptom rather than a medical condition all on its own because it is a highly subjective feeling that can’t be observed or easily measured by anyone other than the sufferer. In the case of extreme fatigue, though, anyone can easily see that the sufferer is exhibiting uncharacteristic behavior of unusual tiredness.

Chronic fatigue is a condition that lasts longer than six months. It is a common occurrence associated with many diseases and medical conditions. This book does not necessarily address the very complicated medical conditions that could be the cause of exhaustion, but we will cover common causes of fatigue that are the most responsive to personal intervention techniques.

The intense fatigue that accompanies serious illness can only be alleviated by effectively treating the underlying medical condition. Thus, the advice in this book is not meant to be all inclusive or a substitute for wise and timely medical intervention. When debilitating fatigue
plagues an individual and it is believed that a serious illness is at the root of this fatigue, the patient should consult a competent, thorough medical doctor who can carefully check for the possible serious underlying causes.

Fatigue is a very common side effect of many medical conditions, including cancer, autoimmune diseases (like myasthenia gravis or lupus), anemia, heart disease, infections, and neurological disorders (like Parkinson’s disease or stroke), or it could be a result of treatments involving strong pharmaceutical drugs, chemotherapy, or radiation.

Medical blood tests are necessary to rule out common and serious causes of fatigue. These blood tests may include panels for anemia, liver, kidneys, blood sugar, and thyroid, as well as tests for infections, nutrient deficiencies, or toxicities.

Chronic fatigue is a medical condition in which one is tired all the time for a long time. The exhausted individual may so desire rest and recovery that all other life events may seem meaningless or too difficult. Exhausted people often stumble through the motions of everyday life on autopilot, struggling to stay afloat, let alone to enjoy life at its’ fullest.

Fatigue is usually accompanied by depression, body aches and inability to have a restful sleep. Sometimes, the person may suffer from increased inflammation, anxiety, sleepless nights, and an inability to recover even after prolonged rest. A distinct inability to cope with any stress soon becomes the norm, and as a result sufferers may begin to withdraw from their social lives and avoid social interactions.

This crippling chronic fatigue syndrome can have thousands of causes; however, the chain of events that occurs in the body, including many physiological changes, tend to be the same in most cases. The essential vitamins, minerals, and hormones necessary for us to deal with stress are in high demand, overused and later depleted, so that stress quickly takes over and slowly drains our body resources of even more vitamins and minerals that we need in order to cope. This not only harms the body but also has a negative impact on the mind and emotions.

The treatment of fatigue especially when chronic does not just involve a few quick naps, as one cannot simply get over exhaustion after a little sleep. Correcting this complicated problem takes time, and the treatment is complex. It first involves removing the offending agent, the
stress inducer or promoter. Once the stressor is removed, recovery can still take months or even years. During this season of recovery, the patient’s reserves of crucial vitamins and minerals will slowly be restored, and the body will begin to secrete appropriate and timely stress-coping chemicals and hormones. The medical approach and treatment for fatigue is the same as that applied in many cases of exhaustion, but in cases of exhaustion, it is more in depth, systematic, and comprehensive.

Many possible causes of fatigue and exhaustion are covered in this book. Please consider them carefully and systematically, as some are easier to treat than others.

There may be a few obscure possible causes that are not covered here. Please remember that this book is a guide; it is meant to give you a broad overview of the most offending factors that can result in and from exhaustion and fatigue. This comprehensive guide contains many ideas and concepts, and when they are applied and carefully followed, they will produce positive results.

It can be very easy to give advice and tell others what to do, but it is not always so easy for us to do what we know is best for us. Most of us have some inherent knowledge of what is good for us, yet we still don’t do what it takes to get better. So, how do we change that? Well, in the end, in this difficult journey all comes down to being willing to alter beliefs and habits.

Based only on beliefs that truly serve us well long term, we all should form new and healthier habits. We should reinforce these healthy habits every single day for at least a month, forcing ourselves to follow and observe them day after day, until they become second nature.

In this way, likely in just a matter of months, we will become healthier, more energetic, and more optimistic. When you will later look in the mirror at your smiling face and feel your newly energized, healthy body, mind and emotions, you may be surprised and not even realize when the big shift occurred! This change will be very gradual, taking place little by little over weeks and months, as long as you continue to enforce these healthy habits.

A change of only a few degrees, followed over time, will lead you to a totally different destination—a destination of greater energy, where you can enjoy a healthier, happier life. Step out of exhaustion and fatigue and into a different life as a new, transformed, higher version of yourself!
Chapter Summary

- Fatigue and exhaustion is very common.
- Fatigue is different than weakness.
- Chronic fatigue lasts longer than six months.
- Fatigue has many causes.
- Treating the causes is the correct approach.
- It may take a few months to treat fatigue correctly.
Chapter 5

Checklist for Fatigued Individuals

- Check adrenals, thyroid, and testosterone.
- Check for depression and infections, including in the teeth.
- Correct vitamin, mineral, and amino acid deficiencies.
- Get checked for food allergies.
- Check for toxicity, lead, mercury, arsenic.
- Eliminate fluoride paste, plastic bottles, city water.
- Drink only water, with lemon, and plenty of it.
- Take vacations and days off. Avoid working on the weekends when you can.
- Take supplements like fish oil, vitamin C, ginseng, multivitamins, DHEA, creatine, taurine, coenzyme Q10, and royal jelly.
- Detox the liver.
- Shower daily.
- Take care of your relationships and your sex life.
- Get a good night’s sleep, and don’t stay up late.
- No sugar, sweets, wheat, soda, juice drinks, smoking, drugs, neon light, microwaves, or excessive alcohol.
- Eat a good breakfast and lunch, but do not eat or drink due to stress, and do not go for late-night snacks.
- Avoid clutter and colon clutter (constipation).
- Set boundaries at home and at work.
- Set high but achievable goals.
- Join a club, go out with friends, and have fun.
● Avoid being overwhelmed; finish old projects, and do not start new ones until you are caught up.
● Relax! You don’t have to do it all, for tomorrow is another day.
● Avoid negativity and energy vampires.
● Exercise to a good sweat daily, such as rebounding or running.
● Enjoy nature, and meditate and pray for guidance.
● Smile, forgive, grow, and enjoy the ride.
Chapter 6

Adrenal Fatigue

Many things can cause fatigue. One of them is exhausted adrenal glands. Why and how do they get exhausted? The reason lies in one of the most common situations we all face on a daily basis: stress. Longstanding stress exhausts our adrenal glands and causes fatigue; this lowers our productivity, our concentration, and our focus and often leaves us less willing to do anything productive for the day.

The adrenals play an important role in the body: First and foremost, they help us cope with stress by releasing stress hormones. When our demand for stress coping hormone is relentless, then, over a sustained period of time, the adrenal output of this stress hormone may decline from pure exhaustion. This is commonly known as burnout.

Adrenals produce three types of hormones: stress hormones, blood pressure hormones, and a small amount of sex hormones. When the adrenal glands are under heavy stress, all resources are directed to making the stress hormones, and, in order to preserve resources, other adrenal hormones are produced in lower amounts. The resulting symptoms, besides feeling weak and tired, include low blood pressure and low sex drive.

Everyone knows that stress is really hazardous for us, but few realize the true impact and repercussions it has on our body.

How do you actually check for adrenal fatigue? There are several ways: blood work, saliva tests, and others. The easiest indicator to check for is low blood pressure. If you are exhausted but have normal blood pressure, the problem is most likely not connected to adrenal glands fatigue.
Treating Adrenal Problems

**Stress Relief**

The first and the most logical approach to treating any problem is removing the offending factor. In other words, if we apply this principle to adrenals, we must try to avoid any further stress as much as possible.

When you encounter a stressful situation, count to ten and try to breathe deeply, from your stomach. Close your eyes and allow yourself to mentally drift away for a few moments, to wherever your safe, happy place may be. Envision a serene, peaceful place near water or in the mountains. Imagine yourself sitting there, in that calm environment, and just release your stress.

Some enjoy meditation, and it can be greatly beneficial. The internet is full of instructions for guided meditations, both audio and video. Some of them are on YouTube. Use every opportunity you have to give yourself a ten-to-thirty-minute break from daily stress.

Make a concerted effort to avoid stress or being overtaxed with it. Tell yourself that everything can be fixed or that everything is exactly the way it has to be in the moment. Walk away if you can! Tomorrow is another day!

Remind yourself that stressing and worrying over anything or imagining things that have not yet happened will not change the outcome, however it can cause serious damage to your mind and body. Your body is the only place you have to live in. It is your temple, and you must do all you can to take good care of it, inside and out. Too much stress hormones lowers the mental focus too.

**Supplements and Medications for Adrenals**

There are several supplements that will help rebuild and strengthen adrenal tissue. The following can be taken in high doses for this purpose:

- B-Complex Vitamins
- Vitamin C (several times a day)
- Pantothenic Acid
- Korean Ginseng
- Adaptogens (Ashwaganda, Rhodiola)
- Adrenal Glandular Extracts

Regardless of what supplements, herbs, or vitamins you take, it takes a long time to rebuild the adrenals to optimum or even to previous levels, so please be patient. It can take months or even years, but the results are well worth it, because you need your adrenals to help you battle daily stress.

As far as medication is concerned, there are three types of hormones that you should consider. You can use a little bit of bioidentical sex hormone, in the form of a transdermal or trans-mucosal cream; a blood pressure-sustaining prescription medication named fludrocortisone; and cortisone (hydrocortisone) to replenish the stress hormone.

It is important to note that cortisone is a steroid hormone also known as a “wake-up” hormone, and it is frequently used by many doctors for many health conditions, mostly due to its’ anti-inflammatory properties.

Fludrocortisone only works to raise the blood pressure, but it does not cause other major problems like regular cortisone creates in high doses. For some adrenal sufferers, simply raising the blood pressure can be of significant help. As far as cortisone is concerned, most people confuse artificial cortisol (named prednisone) with natural hydrocortisone, which only gives side effects if taken in far higher doses than recommended.

Prescription prednisone has horrible side effects, especially in doses higher than 15mg for more than a few weeks. Low doses, like 5 to 6mg should be fine for anyone. Hydrocortisone is a safe, bioidentical cortisone. It is several times weaker than prednisone and, in twice-daily doses of 10mg (at breakfast and lunch), it is perfectly safe to use for years without side effects. Many patients confuse these and run from the name “cortisone” altogether, unknowingly refusing a perfectly legitimate and safe treatment that has virtually no side effects.

DHEA can also be of some help. It is advisable for men to take 25 to 50mg daily doses and for women to take 12.5 to 25mg. In the previous interview, I mentioned consumption of unrefined salt. This can contribute to improving the work of your adrenals as well, so try to include unrefined sea salt or Himalayan salt in your daily kitchen routines, especially if you have low blood pressure.
These instructions and treatments should be administered by a doctor who is knowledgeable and skilled in these areas. It is likely that your regular medical doctor or physician will have almost zero knowledge of the above matters, and they may hide their ignorance by dismissing anything they don’t know or agree with.

Endocrinologists are not happy to recognize adrenal fatigue or exhaustion as a clinical condition, however they recognize that they are not performing any good studies on it. They are vocally not interested in officially confirming adrenal fatigue as a standalone entity. How can you bypass the irrefutable logic of all the three adrenal hormone types being chronically and consistently low and still not see the evidence in front of you – a depleted adrenal gland secretion - is beyond my understanding.

What they are in fact saying is that this condition does not exist, however, they are not looking for it either.

What kind of last century logic is that? Last century it was ok to say that there is not enough evidence out there to prove anything, and that would have been believable. However, in this internet day and age, there are thousands of medical studies just about any subject you might want. The problem now becomes that evidence is really there, but the academia refuses to open their eyes and adapt to a new reality. However, this is a different matter altogether. This will change too… very soon.

**Chapter Summary**

- The 3 Signs of adrenal fatigue:
  - Low Blood Pressure
  - Inability to cope with stress
  - Low sexual drive
- Eliminate Stress and use DHEA.
- Use vitamins B, C and adaptogens.
ANY, MANY BOOKS have been written about the thyroid gland. The sad and bad part is that most people are ignorant when it comes to thyroid, and this includes doctors.

It is important to know is that in order for the thyroid to work, the adrenals must first be supported.

Causes of thyroid problems could be toxins, high stress, pollutants, fluoride, radiation, and many other conditions. These conditions being the real causes of thyroid problems may need to be cleared first in order to have lasting results.

The thyroid is a master timer gland; it sets the body clock and tells organs how fast or slow to function. The thyroid can be thought of as the conductor in a grand orchestra.

When the body can’t cope with stress anymore, the natural reaction of the thyroid is to slow the metabolism. The most common problem when it comes to thyroid is under-functioning, a slow thyroid, otherwise known as hypothyroidism. When someone suffers from this condition, the whole body becomes sluggish.

Slow thyroid is a widespread problem today. You might wonder why this is so. It is difficult to say exactly, as there could be many causes at play. Based on my experience, however, I would make an educated guess that this epidemic-like spread of thyroid problems is a result of the ubiquitous use of fluoride products and other toxins in our environment and even in our household products.
I realize that this may be shocking and confusing, so please allow me to explain. Thyroid hormones have one to four iodine atoms attached to them. Since fluoride competes with iodine, some these essential iodine atoms may dislodge, and be replaced by the fluoride, thus rendering the thyroid hormones inactive.

My intent is not to frighten you, but you must consider your toothpaste an enemy of your health if it does contain fluoride, which many do. You should carefully read the packaging and search for non-fluoride toothpaste. The same holds true for drinking water; you may need to search for healthier options if you live in a city where the water supply is contaminated with fluoride.

**Assessing Thyroid Function**

How do we recognize thyroid problems? Common symptoms include weight gain, water retention, sluggishness, and hair loss. Besides these visible problems, there are many internal ones we cannot see with bare eyes. For instance, hormone levels can be severely out of balance, and metabolism could be severely slowed.

Blood testing is a great tool to assess thyroid function. Ideally, the most common indicator, the TSH blood test, should be below 1.0, even though “normal” is considered up to 3.5 and some irresponsible doctors are accepting a TSH up to 5. The TSH is not exactly a thyroid hormone, as it is a brain hormone telling the thyroid how active it should be.

A healthy thyroid gland makes lots of T4, and also T3, T2 and other substances.

The thyroid gland makes mainly T4 (the inactive hormone). Free T3, the active thyroid hormone, is made both in the thyroid (a very, very small amount), but mainly inside every single body cell. The cells form the active T3 by removing one iodine atom from the normal four iodine atoms existing in T4.

Total T3 is not a very valuable indicator, as most of it is bound and not bioavailable. There are many factors that can block the conversion of T4 to T3. Some factors are toxins, stress, any severe illness, deficiency of selenium, zinc, and other factors.
You need to keep the levels of thyroid hormones in the normal values, however, TSH should be in the lower part of normal (below 1-1.5), Free T3 in the upper part of normal and Reverse T3 (another inactive thyroid hormone) will have to be in the middle range.

**Supplements and Medications for Thyroid**

When it comes to how we react and respond to various tablets and pills, we are all different. Most respond best to dried, standardized pig or veal thyroid in a tablet form, also known as “natural thyroid.” There is also a way to replace thyroid hormones by way of a compounded T4/ T3 formula. This formula is not widely used, due to many factors, not the least being the slightly higher price of a compounded medicine.

Despite ignorant statements and arguments from many doctors, natural thyroid IS reliable, IS EASY to adjust by increasing or decreasing dosage, has an easily measured body impact, and offers a phenomenal success rate, with minimal side effects.

Doctors who consider natural thyroid with disdain seem to enjoy reciting the medical propaganda they learned long ago, when they were in medical school. They may claim, “Natural thyroid has not been shown to be beneficial or reliable,” or, “Natural thyroid is outdated.” This is blatant negligence and foolishness on their part. Few have actually tried this approach to see if it actually works, so they condemn something they are ignorant about. If a doctor tells you that something, anything, does not work, simply repeating a rhetoric he or she has been taught, this is prejudice, not science. It is proof of that doctor’s laziness, closed-mindedness, and unprofessionalism.

Anyway, the truth is that natural thyroid works! It contains all the thyroid hormones, nutrient factors, and minerals necessary for a proper thyroid function. Just because natural thyroid comes from another animal species, your doctor may need to keep anti-thyroid antibodies under supervision with periodic lab testing.

Natural thyroid is usually given in 30mg increments. Side effects are extremely rare. However, as I mentioned, we are all different people when it comes to reactions to medication and supplements. Not everyone’s body responds well to natural thyroid. A small number of patients, about 10
to 15 percent of all thyroid patients will respond better to the synthetic thyroid hormone T4, which is given in micrograms, not milligrams. In conclusion, 90 percent of patients respond best to natural thyroid, while only 10 percent of patients respond best to T4. Bearing this in mind, if you were a doctor, which approach would you try first? The sad truth is that many doctors are only giving T4 to their patients. They are either unaware of the above facts or, for one reason or another, unwilling to accept the evidence.

What we recommend to our patients is to start with some natural thyroid. Most of the time, our patients respond very well. However, if this approach is not working, or if there are side effects on natural thyroid, like anxiety or agitation, then we switch the patient to synthetic thyroid. The most common form of synthetic thyroid hormone (T4) is called Synthroid.

Nutritional supplements are helpful for thyroid boosting, too, albeit not as helpful as some commercial advertisers would like you to believe. Some supplements are marginally helpful, like iodine or tyrosine, selenium, zinc, magnesium, etc. We usually do not recommend these supplements for the purpose of treating thyroid hormone levels, but they definitely help some people, albeit marginally.

There is a thyroid condition known as thyroiditis, a medical condition that may signify inflammation of the thyroid. This condition is usually self-limited. It manifests almost always with an overactive thyroid, also called “hyper-thyroid”. In later stages, if left untreated, a hyper-thyroid condition can result in a thyroid burnout. A burnout will waste the thyroid, leading months or years later to hypo-thyroidism or sluggish thyroid. Hyper-thyroid condition is generally treated with prescription medication, but almost always responds to low doses of lithium (5-20 mg) and iodine. Since thyroiditis is a type of inflammation, it can be treated with anti-inflammatoryatories too. For those who suffer from thyroiditis, we recommend a special no-grain diet and low doses of lithium orotate, 10 to 20 mg daily for a few months, with extra fish oil and iodine.

Multiple thyroid nodules are very common; however, they almost never transform into cancer and do not require treatment unless they grow too large or become active. In any case they should be monitored by a doctor. Most surgeons suggest removal, but I believe this is a mistake.
Single cold nodules, however, need to be worked up and checked for cancer; malignancy requires partial or total surgical thyroid gland removal.

**Chapter Summary**

- Keep TSH lower than 1.5 and free T3 normal - high.
- Thyroid makes T4, every cell of the body transforms T4 in T3
- T3 is the “active” thyroid hormone.
- Most people respond better to products containing T3.
The Secrets of Fatigue

Chapter 8

Testosterone Depletion

The best place to start is usually with a definition. What is testosterone? You can think of it as a “builder hormone” and a sex hormone. Contrary to popular opinion, it is good for both men and women, as long as it is used in the right proportions for each individual.

Testosterone boosts energy and libido and also helps to build bone and muscle. Like all hormones, it should be prescribed in moderation; it is optimal to keep blood levels in the upper normal range. There is also an undeniable, strong connection between testosterone and fatigue. The hormone can be a remedy for general overall tired-all-the-time type of fatigue that many people suffer from on a daily basis.

As is the case for all hormones, bioidentical is best for testosterone. When appropriate quantities of any bioidentical hormone are given, there should be no side effects at all. Side effects may occur when unnatural derivatives of any hormone are administered and testosterone is no exception. Sadly, patients are often misguided and told they have been given the real bioidentical hormone when this is not the case. For example, testosterone cypionate, which is given by injection, is not really testosterone at all. Rather, it is a testosterone-derived molecule, modified so it could be patented. This laboratory modification of a natural hormone is the culprit behind many adverse side effects.

Blood levels of testosterone should be checked regularly, to make sure they are not too high after supplementation. It is also a good idea for men to have annual checkups on the blood level of prostate-specific antigens (PSAs).
These tests are important. There is a common misconception that high testosterone levels may increase risk of prostate cancer in men; if this was really the case, young men—who characteristically have higher levels of testosterone—would frequently be diagnosed with cancer. This is faulty logic, a knee-jerk reaction and inaccurate explanation offered by doctors who don’t know any better or do not wish to be realistic. While some admit that this does not cause cancer, they still claim it can accelerate hidden prostate cancer, but this is still out for debate.

In any case, we strongly recommend regular checks of PSA, just to avoid an I-told-you-so scenario. In this case, it is always better to be safe than sorry, and problems can be avoided if blood levels are normalized. PSA itself is not only a possible marker of prostate cancer, but it has been proven beyond a shadow of a doubt that actually contributes and promotes further cancer growth.

Besides PSA and testosterone levels, the blood levels should also be checked for estradiol, the women’s hormone. When too much testosterone has been given to men or the metabolism is faulty, the body can be confused and begin to transform the male hormone into the female hormone. This comes with negative consequences. To minimize this problem, take a daily zinc supplement, 30 to 50 mg. We recommend checking estradiol levels every six months or so for men taking supplemental testosterone.

Some sources say total testosterone blood level is not accurate enough and that you should check free testosterone level instead. In theory, this makes a lot of sense; however, in practice and reality, total testosterone is generally reliable. We suggest that men strive to keep their testosterone levels between 700 and 1,000 - the optimal level that will allow your body to function and perform better. Testosterone prevents fatigue and helps you feel rejuvenated, with more vitality and energy.

Bear in mind that prescription testosterone works, but over-the-counter “testosterone” is generally not real testosterone; these are supplements that are supposed to stimulate testosterone. They are what we call precursors. Despite what you may see in magazine ads and commercials, these seldom offer much benefit. For our patients, we suggest transdermal or trans-mucosal creams as the best choice for any bioidentical hormone replacement. The average recommended testosterone dose is 100 mg for men and 1-2 mg for women.
Chapter Summary

- Testosterone: Check for low-normal range, treat if less than 450.
- Periodically check free and bound fractions, estradiol and metabolites.
- Target range is above 700.
- Use only transdermal creams for bioidentical hormone replacement.
- Take extra zinc 30-50 mg.
Chapter 9

Depression

WHAT IS DEPRESSION? The word depression is widely used these days, though many who use it do not really understand the meaning and weight it carries. Those who suffer from real depression must be offended at those who use the word too often and too flippantly, because it is a very serious, life-crippling condition for its victims.

Depression has many possible causes. These may lie in your surroundings, in the social and familial circles that surround you, or even in that job of yours, for which you don’t feel you are properly compensated or appreciated. These days, it seems that anything can be a trigger for depression. You may find many reasons to get depressed, but remember that depression cannot get a hold on you unless your body and your internal chemistry are predisposed to it. As is the case with any disease, the attacking factor counts, but the terrain is crucial. For more information, on the subject of terrain versus the offending agent read the great story of Pasteur vs. Bechamp.

Similarly, a weak immune system is the perfect fertile soil for disease and illness to grow and develop into a serious problem. The same goes for depression: If your body suffers from a lack of proper minerals, vitamins, and essential nutrients; if you are under too much stress and tension; or if you are in constant emotional turmoil because your hormones, your job, your family or home life is in shambles, this may activate certain processes in your brain and cause a dull, gray, and very poor state of mind. When this continues for a long period of time, it can be defined as depression.
Depression is not just mental or emotional; it is always accompanied by physical fatigue and tiredness. A truly depressed person has no will to be productive, and he or she fails in every attempt to find meaning in everyday duties and routines. Everything seems humdrum and pointless and is dismissed as nonsense. Even life itself may lose its meaning over time. This can sometimes have fatal consequences. You may have heard someone say, “It would’ve been better for me to stay in bed this morning.” People with depression feel this way every single day; the only real desire they have is to isolate themselves from their daily lives and others, and they seek to close themselves off from the real world.

Now that we have a definition of depression and an understanding of the major symptoms, let’s investigate how it can be effectively and safely treated.

### How Do We Treat Depression?

Besides treating the physical fatigue and tiredness, which is one of the general subjects included in this book, there are several ways to treat the other unfortunate effects of depression.

#### Nutritional Supplements

One of the easy ways to deal with depression involves taking nutritional supplements.

Some have found that the fastest way to eliminate depression is to take SAMe. The recommendation is 600 to 800mg, 3 times a day, and you can expect depression to lift within 2-3 days. If depression is not lifted after 3 days it is likely that SAMe is the wrong approach and you can refocus your options without losing too much time. This treatment is highly effective; and while nothing in medicine is 100 percent, and not everyone responds to this supplement, but you should be very happy with a chance of 40-50% percent effectiveness in just three days.

A longer-term solution is Vitamin B12, which can be taken via intramuscular injections. B12 can be injected daily, a dose of 1mg per 1cc. It may take some time for you to feel a difference, perhaps two to three weeks, but it does help, particularly if you suffer from low B12
levels. B-complex vitamins, high dose of fish oil, and serotonin enhancing supplements like L-tryptophan and 5 HTP can also help a lot.

Niacinamide, taken in doses of 1,000 mg three times daily will help after several months. Check the liver tests periodically.

There are several other vitamins and supplements that are helpful in treating depression. St. John’s wort, a plant extract, is a wonderful herbal for this condition. You can also receive intravenous (IV) vitamins in a skilled doctor’s office. This cocktail of vitamins and minerals, sometimes called Myer’s IV, should be taken three times per week for several weeks for the best results. This is also about 85 to 90 percent effective.

**Food Intake**

It might sound strange, but depression has much to do with the diet, including the types of food we eat, the amount of food we eat, and the way that food is prepared. For starters, we strongly suggest that you lower your intake of carbs, grains, sweets, diet products, and any heavy and processed food.

On the contrary, you should increase your intake of raw vegetables and drink more water. Food is very important, and I’d venture to say that it is the first thing we have to change if we want to feel better. Think about food as fuel. Your body is like a very expensive automobile. If you fill your gas tank with cheap, watered-down, low-quality fuel, the car engine will underperform over time, and the repairs will be very, very expensive.

When you put first-class fuel in your favorite car, it will perform at its best. Don’t treat your body any differently.

**Sleep**

Sleep is crucial for keeping the body and mind in proper balance. Without restful, restorative sleep, your immune system will weaken, and you will be an easy target for infections and disease. Please make sure you get enough quality sleep, at least seven to eight full hours of sleep a night.

The quality of your sleep is also very important, perhaps even more important than quantity; it is better to get less high-quality sleep than to oversleep and wake up feeling even more exhausted. Before going to
bed, make sure you are relaxed, and turn off all your electronics. Avoid watching TV, browsing the internet or looking at your smartphone before going to bed, as these will trigger light responses that will keep your mind from resting properly; for this reason, using electronics in the bedroom is not ideal and should be avoided.

Try to do small breathing exercises before going to sleep. Breathe deeply for a few minutes. Close your eyes in silence and inhale, then exhale the air slowly, taking at least twice the time it took you to breathe in. Do your best to calm your mind and prepare for a good night’s sleep. If you are willing to try meditation, this can be very helpful. The internet provides instructions for guided meditation.

To help you ease into a restful sleep, take a hot bath, drink a cup of warm tea, or just sit in silence and relax. Try to avoid thinking about problems, and forget and let go of any bad or difficult things that happened during the day. If things did not go as you planned during your day, visualize those particular events again, this time with the desired outcome, as this will put you in a more relaxed, and positive frame of mind.

It’s also a good idea to briefly open a window for a few minutes, weather permitting. The fresh air and oxygen will do your mind and body a world of good and help to soothe and relax you.

**Exercise**

Another factor that is helpful in depression is physical exercise. There are several reasons for this. You will take more oxygen into your body, your circulation will improve, and you will burn fat and feel much, much better after some sweating. Endorphins, your internal “feel-good hormones,” will begin to flow, and this can really help to reduce the symptoms of depression.

Keep in mind that results won’t necessarily show up after just one ten-minute jog in the park. Please be consistent, as results might not be seen until you have exercised for several days. You need to slowly build up to that level, especially if you are not accustomed to physical exercise.

That being said, physical work usually pays off. In just a few weeks, you will feel a big difference, both physically and mentally. You will notice improvements in your body, mind, and emotions as they change for
the better. The first steps of any journey are the hardest, so please don’t give up after your first training session.

How badly you want to feel good, to feel better, and to conquer the depression that cripples your life and ruins your relationships? Work out daily with some degree of commitment, and take the advice included into this chapter and your depression has a great chance to lift in a very short time.

**Chapter Summary**

- Depression is a state of body, mind and emotions.
- Treat mild depression naturally with vitamins and supplements such as SAMe, B12/B-Complex, Niacinamide, St. John’s Wort, and Myer’s IV.
- Eat healthy foods: no carbs, grains, sweets, diet products, or processed foods.
- Get seven to eight hours of restful, uninterrupted sleep per night.
- Exercise delivers excellent physical and mental/emotional results.
Chapter 10

Infections

Bacterial Infections

As we have mentioned a few times already, there can be many different reasons for feeling tired, and there is a myriad of causes for chronic fatigue. Just about anything that goes wrong in your body, particularly if it goes on for a long time, can cause fatigue, especially if it involves your metabolism, emotions or even mental problems. Fatigue lowers your energy, interferes with bodily functions, and causes disturbances in any organism.

Sometimes, undiagnosed infections are the culprits. More and more medical voices illustrate the amazing variety of strange infections we may be harboring inside us without even knowing it, and many of these lead to tiredness and chronic fatigue.

It is likely and wise that you wash your hands after using the toilet, but when you then reach for the doorknob, you could be recoating your skin with millions of bacteria, even if you touch it for only a second. Not only that, but ladies often absentmindedly place their bags on counters in public restrooms, failing to realize they will then escort all that bacteria from that counter to their home, perhaps even their dining room table.

Another consideration is cell phones. Most of us use smart-phones; what we fail to realize is that those touchscreens we swipe our fingers across may be covered with bacteria from touching public transport, exchanging money, etc. Not only that, but when we hold those gadgets up to talk into them, that puts the microbes within very close proximity to
our mouths, ears, and noses, giving them easy access. All of these are very easy, common ways to transmit bacteria to us.

**Types of Bacteria and Infections**

When it comes to types of infectious agents, there are normal and “abnormal” bacteria, stealth bacteria, bacteria without cell walls, spirochetes, viruses, parasites, and many others. The challenge we run into is that there are literally thousands of possible infection types, and screening for them all is practically impossible until very recently. There is a new and innovative DNA bacterial or viral genotyping test which can tell us which set of bacteria, viruses or fungi we are dealing with.

If we have some clue about what type of infections we are dealing with, then we can narrow down the search for the invader; however, even when we find a bacterial presence in high number, we do not really know if it is just an innocent bystander or the actual cause of the symptoms.

Even if we find a specific bacteria or virus in one place, there may be other several bacteria or viruses there. There are literally thousands of other possible choices of infectious agents present, but we cannot always look for all of them. In other words, there could be two, three, four, or many more viruses and bacteria lurking within a person’s body in even greater numbers, going unsuspected and undetected. Some may be harmful, and some may just exist peacefully.

For example, cytomegalic virus (CMV) and Epstein Barr virus (EBV) are traditionally associated with chronic fatigue, and normal blood tests can easily detect viruses like these. However, we mustn’t be naïve about things. As mentioned previously, any longstanding infection can drain the body of energy, not just CMV or EBV.

Intestinal bacterial overgrowth, for instance, can cause a significant imbalance in the gut. More and more medical scientists agree that intestinal bacterial balance is the key for great health. Beneficial intestinal bacteria improves anything from immunity to mood, memory and wellbeing and even prevents some forms of cancer.

Intestinal parasites must also be considered when one is experiencing fatigue, especially for people who are frequently around animals. Testing for parasites is elusive and unreliable, so the best practice for those with
pets or livestock are parasite detox kits. These can be purchased from a reliable health food store, and the whole pet owning family should undergo this easy but effective treatment twice a year.

A common source of infection in our body is bad teeth or a “root canal”. These are hidden dental infections. These infections can be the result of previous root canal procedures, and some can be very dangerous to our overall health. In order to find and treat them, you should visit a special biological dentist and be checked for “cavitations” with a special X-ray machine. Not every dentist is capable of locating and treating these infections, as they require special equipment, knowledge and techniques. The treatments are tedious, complicated, and expensive, but if everything else has been exhausted as a possible symptom of fatigue, this is something worth pursuing.

Many infections in our modern world have been brought to our attention. These include tick borne diseases like Lyme disease, babesiosis, and many others. Most are initially easy to treat, but if they become chronic or longstanding conditions, it can be incredibly challenging to treat them efficiently. Later stage Lyme disease is difficult to detect, and regular blood tests may not be very reliable.

In general treatments for chronic infections are tedious, complicated, and very expensive.

While there are countless batteries of laboratory tests available, without having at least a slight suspicion of the bacteria or virus involved, it is almost impossible to do all the testing necessary to identify all of them or even to narrow down the suspects.

**How to Treat Infections?**

Infections can be very persistent, so you must be consistent with therapies and treatments. It is even more difficult to treat infections when you are unaware of what microorganism(s) you are dealing with; knowing this would make a world of difference, as the type of microorganisms at cause will determine the right kind of therapy. This knowledge can also save crucial time, as it will not be a guessing game for you and your doctor anymore, and you can quickly and specifically apply the treatments and therapies known to work best for that condition.
Antibiotics, antivirals, and anti-parasitic medication may be your first line of defense. After the antibiotics regimen is finished, an intensive regimen of probiotics is always recommended. This may also help in the long term, because probiotics are, in fact, beneficial intestinal bacteria; in other words, these bacteria generally assist our digestion and food-processing functions. When you lack these good bacteria, it leaves the door open for the bad bacteria to expand and multiply, which causes your immune system to be more susceptible to disease.

Besides beneficial bacteria, there are also beneficial yeasts like S. boulardii; many studies have shown that good yeast can offer dramatic benefits when it comes to treating intestinal problems.

Homemade sauerkraut or kefir is great source of beneficial bacteria, and home-made fermented drinks are highly encouraged. You can find recipes online and make your own pickles, kefir, or sauerkraut.

But what supplements can we use to help fight bacteria and viruses? Besides antibiotics, there are three underused but very effective agents: Vitamin C, iodine, and silver. Sometimes ozone and hydrogen peroxide has been proven to be extremely useful, especially in desperate or critical cases.

**Vitamin C** is most effective if taken in high doses by intravenous administration, but this treatment is usually reserved for treating serious infections. You should also take Vitamin C by mouth, as much as your bowels can tolerate. To reach bowel tolerance, you should increase your daily dosage of Vitamin C by 1,000 mg each day, until your bowel movements loosen. Then, lower the dose by 1,000 to 2,000 mg and maintain this dosage in the long term.

**Iodine** is an effective agent in the fight against infections. You can use Lugol solution, or SSKI, a few drops daily. For more severe infections, increase the doses and take it for a longer time. Keep in mind that your doctor should monitor your thyroid function via blood tests while you are on iodine, to determine if readjustments are needed. This is rare, but it does happen, so keep an eye on your thyroid while using iodine.

**Silver.** Believe it or not, that shiny jewelry you might be wearing right now not only looks beautiful, but it also has healing power!

Silver has proven its power to kill bacteria, viruses, and even fungi and
some parasites by destroying their defenses. This bacterial and viral killing capacity of silver has been proven in hundreds and thousands of medical studies. Silver is an approved, widely used topical treatment; however, its internal use is still somewhat misunderstood and controversial.

Most medical “experts” are generally ignorant and promote false concepts, perhaps because they are scared to admit that something that does not fit in their ordinary, standard, traditional course of treatment can be so effective. After all inexpensive silver is bad for business. One thing is certain: Silver helps eradicate infections, and this is an undeniable truth that has been proven by countless medical studies.

Keep in mind that for internal use, only coated colloidal silver should be taken. This is actually yellowish to dark brown in color. Coated colloidal silver has an individual coating for each silver particle, therefore silver particles do not clump together due to static electricity.

If one uses colloidal silver from a home “generator” the result will be silver particles which will clump together. The many silver particles together adhere to tissues and also get trapped into the body tissues like in a sieve. This has been the cause of the “bad rap” of colloidal silver.

Whatever form of silver you choose to use, it is strongly suggested that you research it thoroughly and be very informed. If your chosen silver solution is transparent, clear, and colorless, it should be avoided, because is not true colloidal silver.

The particles in colloidal silver should be 8-25nm; in this range, colloidal silver has been demonstrated to be absolutely safe for internal use, but anything outside this range can be dangerous. For detailed information, you are encouraged to read The Truth about Colloidal Silver and Gold (Calin Pop, 2015, ISBN-10: 0984641300), which unmasks all the myths and wrongful information about the use of silver and gold for better health. You can also request more info about the best kind of colloidal silver we recommend.

**Chapter Summary**

- Bacterial infection can be a major cause of chronic fatigue; however, since there are so many possible bacteria, it can be difficult to narrow down the culprit.
● Disinfect keyboards, doorknobs, etc. before touching them to help reduce bacterial exposure.
● For fighting bacterial infection, use Vitamin C, Iodine, and Silver.
Vitamins, Minerals and Amino Acids Deficiencies

Chapter 11

About the “Miraculous Three”:
Vitamins, Minerals, and Amino Acids

VITAMINS, MINERALS, AND amino acids keep us alive. They are essential to life, and missing even one of them creates a domino effect in our bodies that can result in the worst consequences. The “miraculous three,” as I like to call them, are great, but unfortunately, due to propaganda and false claims and also because of intentional confusion in the marketplace, vitamins, minerals, and amino-acids are sorely misunderstood and misused.

Vitamins, minerals, and amino-acids are essential and necessary. When taken properly, they have the ability to work miracles. By “properly,” I mean the right kind, the right amount, and the right mixture. I myself am a huge vitamin and nutritional supplements fan and have been for over twenty years. Most inexpensive or even average supplements are of extremely poor quality, with insufficient dosage amounts and questionable ingredients. It is no wonder that no one is going crazy over them; they have not experienced all the miracles the good, proper rendition of the miraculous three can bestow.

Marketing in this day and age is simple: Everyone is on the lookout for profits, focused on the bottom line. The sad and the bad news is that this approach also involves many health products. In order to keep up with this kind of commercial game, most supplement formulations on the market are designed to be inexpensive to the customer, but still able to offer the manufacturer a huge profit margin.
The powers-that-be play this commercial game in order to maximize the profit margins of the sellers. I could spend weeks talking to you about the tricks and the intentional obstacles conventional medicine and Big Pharma employs, placing propaganda in the media, manipulating legislation, and confusing consumers. Ultimately, because of this game, we fearfully avoid supplements altogether or do not use them at their full power.

Why is this the case, you may ask? The answer is simple. Proper use of sufficient, powerful vitamins, minerals, and amino-acids will represent real competition for the huge, wealthy pharmaceutical companies and the medical industry, resulting in a massive loss of business. They take this matter very seriously, as anyone with a monopoly would. The trouble is that in this nasty, greedy mix, your health is considered an expendable risk.

Why would any manufacturer bother to make a good product at a higher cost, with fewer potential buyers, when they can make a poor-quality one and earn more profit? If the supplement manufacturer also owns a pharmaceutical portfolio of prescription medications, they will have guaranteed profits for the medication business when the supplement product fails. Unfortunately, this is how everything works today in the big corporate world, and healthcare is not immune.

Let me be clear: Vitamins, minerals, and supplements in high enough doses many times outperform conventional health-care treatments and even prescription medications. This is not information that the public is made privy to. False studies with tinkered-with results, false media claims, criminal legislation, and even physical suppression of vocal doctors has been used as part of a successful arsenal to silence the truth.

Yes, even in the twenty-first century, in a society that is supposed to be advanced and civilized, there still exists inquisition-style prosecution of many alternative doctors and therapies, especially if their methods and approaches have had the audacity to prove successful in the treatment of some particular illness that are big business cash cows.

Supplementation with vitamins, minerals, and amino-acids is even more effective when you undergo a blood test prior to taking them. This will offer you scientific evidence of what you are lacking, so extremely accurate and customized supplementation is then possible. When blood tests are properly performed, you can take more of the nutrients you are missing.
Can You Take Too Much?

The media loves the concept that you can take too much and that the supplements can harm you. They have no problem purporting that you can take too many supplements and suffer severe consequences because of it. Behind this idea is an obvious agenda and motive: They do not want anyone to take good doses, let alone high doses of supplements, because if those supplements prove effective, they will interrupt the business interests of Big Pharma, a very powerful force indeed.

Thus, the media intentionally and periodically confuse the general public with well-placed systematic propaganda “bombs” based on nothing more than speculation and greed. They know very well that confusion will keep people from buying a product, so they intentionally confuse the public to accomplish this goal.

The truth is that virtually every person has a deficiency in some vitamins, minerals and amino acids; no one is naturally too high in any of these, not even if someone takes a “mega-dose”.

Your deficiency of one or another nutrient depends on many factors, including: diet, genetic makeup, medications, pollution, etc.

The media may act as if they are truly and sincerely concerned and worried about people taking too much, and about public safety. However, if their allegations would even be partially true there would be lots and lots of people dead or seriously injured by now. The sheer true reality is that while half the population takes supplements, there are no dead bodies to sustain the claim that vitamins will harm you. Not only that there are no harmed people but the better and higher quality and potency supplements people use, the better and healthier they are.

The reality is that everyone has one or more vitamins or nutrient deficiencies based on their genetic makeup. No one is naturally “too high”.

Based on false media claims and lies by manipulative people in the medical community, everyone is afraid to take any amount of supplements for the fear of taking “too much”. In other words most people are deficient, but they fear having too much, which does not make logical sense.

Some people hide behind an affirmation that goes like this: “I don’t like to take pills”. The meaning behind this statement is “What else have you got available?” Or it may mean: “I do not believe in the value of
medication or supplements and I do not feel like spending money on them”.

Well, the answer is that you can NOT cherry pick your way to health. These affirmations are similar with statements like: “I don’t like to eat healthy” or “I don’t like to exercise”. I am sorry, but there is a place and time to do the right thing in the right order. If you are not willing, well, you are kind of… out of luck. This is not about what you like! Stop being a pampered grown up child!

**What Daily Supplements Should You Take?**

I like to divide our needs in different categories. It took me many years of work and research to understand this concept, and it will serve you well if you apply it. The following is a strategy of what kind of supplements you should take in what priority.

If you do not apply a strategic priority to your supplements you will be drawn to buy the latest fashionable supplement from the latest media advertisement, always chasing the latest shiny object. This happenstance strategy will get you nowhere and will not have a systematic positive impact on your health, energy and longevity.

We always start with the Foundation or Tier I Supplements which is for EVERYONE. The Foundation is for young or old (not for kids though), men and women.

**Tier I Supplements: The Foundation** of nutritional supplementation. It contains four elements and is not to be changed and modified at any time.

- A Great Multi: Multi vitamins, minerals, amino acids, herbal extracts, etc.; For example Power Source One at a dose of 6-8 a day; It is available at [www.PowerSourceOne. com](http://www.PowerSourceOne.com)
- Magnesium 4-500 mg a day (not oxide). Glycinate is best.
- Fish Oil or other oils 1-2 a day (1,000 mg of good quality EPA is ideal).
- Vitamin C 1-2 a day (1,000 mg capsules, never chewables).
**Tier II Supplements** is for over 55 years of age and consists of the following supplements in addition to the Foundation.

- Vitamin D 5 -10,000 IU/day with Vitamin K2, keep Vitamin D blood levels between 70 and 90.
- Vitamin E: 6-800 IU of alpha activity. Make sure you take mixed tocopherols and tocotrienols and NOT just alpha tocopherol.
- Probiotics (20 billion or more).
- Digestive enzymes with each meal if over 65.
- If over 55 years old or if chronically tired, take Vitamin B12, 1 mg injections i.m. at least monthly for the rest of your life.
- Melatonin before sleep according to how many decades you lived. Ex. if you are 55, then take at least 5 mg, if 72 year old take at least 7 mg.

**Tier III Supplements** is for specific conditions or further wellbeing:

- Antioxidants, anticancer supplements (sulphoraphane, DIM, blueberries, spirulina/chlorella, Vitamin E with mixed tocopherols, etc.)
- CoQ10 (ubiquinol form) the more the better, alpha lipoic acid
- Supplements for special conditions like arthritis, cardiovascular, mental wellbeing, etc.

If your illness, fatigue, or tiredness is advanced then use the following:

- Magnesium Glycinate 400 mg
- Ubiquinol 200 mg
- Alpha Lipoic Acid (ALA) 600 mg twice a day
- L-Carnitine 2,000 mg
- D Ribose 5-10 grams
- Niacinamide 1,000 mg three times a day.

It is crucial that the foundation (and Tier II for those in their later years) are never overlooked or substituted. In other words, the foundation must stay the same. You can build upon it, but never punch holes in a foundation. You should not say, “I take CoQ10 or Resveratrol or something else, so I don’t need Vitamin C.” Vitamin C must remain part of your foundation, and you can take more if necessary, but it should not be
eliminated. For the older generation, Tier II should also be constant, even though Tier III can be adjusted, depending on the specific conditions you may be suffering from.

Minerals and amino acids can be taken separately or specially-mixed and prepared for you by compounding pharmacies which are companies that specialize in creating safe, customized, healthy nutrient and prescription medications combinations. At this point in time compounding pharmacies are under heavy regulatory and legislative attack and is not clear how long they will be able to stay in business.

**What Makes a Great Multivitamin?**

A GREAT multivitamin and multi nutrient supplement is far superior to a good one. It is certainly not cheap, or junk, or full of unnecessary, useless fillers. A Great multi is a multi that can make a real difference.

One a day or two a day supplements are never powerful enough to be considered a Great Multi. The more a day the better, however, as you pass 10 a day there is usually some green powder or dry vegetables added to the formula.

The sweet spot of power seems to be anywhere between 6 to 10 pills a day.

In addition to looking at the recommended number of daily pills, check the label for B vitamins. B1 or B6 should be 35 to 50 mg or higher, ideally close to 100 mg. For more sophisticated evaluators, you can see if the product includes activated B vitamins like benfotiamine, P5P, etc. This is rare find, as these are expensive ingredients, however, you will occasionally run across some of these great supplements in your search.

Naturally, we strongly recommend **Power Source One**, a great formula developed and designed over a period of over ten years by Dr. Pop, the author of this book. Power Source One is the most powerful daily nutritional supplement on the market; it contains more than fifty high-dose, high-quality ingredients and everything you may need on a daily basis. It is the ideal consideration for the first spot in the foundation, that of a Great Multi.

This nutritional supplement is so powerful that one bottle of Power Source One offers the equivalent nutritional value of twenty-three bottles of
other high-end supplements. It is well tolerated by most patients, and many positive testimonies have been reported by the people who are using it.

Power Source One, which we call the Ferrari of Nutritional Supplements, is available online at www.PowerSourceOne.com. Use it yourself for a month and feel the difference.

**Chapter Summary**

- Due to lot of propaganda, false claims, and intentional confusion in the marketplace, the miraculous three—vitamins, minerals, and amino acids—are sorely misunderstood and misused.
- Vitamins, minerals, and amino acids are essential for our existence.
- Be wary of low-quality products in market, as well as false claims in the media.
- In good faith, you realistically cannot overdose on vitamins and minerals
- Everyone has at least one nutritional deficiency and likely far more than one.
- Undergo blood tests to find out what your body lacks, then custom supplement accordingly.
- Learn to tell the difference between high and low quality multi-vitamins.
Chapter 12

Food Allergies and Sensitivities

The quality of modern food is simply not the same as the food people ate decades ago. Today’s foods and drinks are genetically modified, filled with hormones, antibiotics, and known and unknown chemicals. These chemicals find their way into food and onto our tables in many ways.

Much of our food is directly treated with various chemicals. For instance, bananas are picked green from the trees and transported by ship to far, distant countries. When they arrive, they are sprayed with various chemicals to speed up the ripening process.

Another example is treating food with chemicals meant to fight diseases, bugs, and other organisms that may harm the food. Over time, the soil where the treated crops grow became polluted, rendering it unsuitable to supply healthy food anymore. Rain then washes those chemicals into rivers and lakes. From there the chemicals easily find their way into the aquifer and later into our drinking water supply. Water that evaporates from such toxic soil produces what we know as acid rain.

Chemicals are also injected into livestock. You may wonder why, but the answer is simple: These chemicals give meat that fresh look, making it the preferred red or pinkish color. Watered chemicals are also injected into the meat to make it heavier so it will cost more per pound when you buy it.

We could discuss toxic food additives for days and still could not even scratch the surface of the many ways we are being poisoned, little by little.

Because of these factors, our food lacks the nutrients it once had. Not only does our food contain less nutrients, but toxins are increasingly
present too. Most processed foods contain heavy metals and pesticides residues. These are not healthy in any amount.

There is also the frightening issue of genetically modified (GMO) food. Why is this even an issue? As difficult as it might be to believe, it really is all based on profit and control. GMO animals and crops grow faster, with bigger yields. They better resist invaders, and shelf life is increased. All of these add to the bottom line for agro-industrial business.

The addition of toxic elements, pesticides, antibiotics, animal hormones, and fertilizers changes the structure of food particles; in many cases, the body is unable to even recognize them anymore. Our bodies consider these new foods alien structures, and our immune systems try to build up defenses and antibodies to ward off the strange invaders. This is one way of how food allergies and sensitivities develop. As a result, people are becoming more and more intolerant to various food components, and there are more and more food allergies.

The most common sensitivity and allergy issues develop with grains, cereals, and dairy products. Please keep in mind that there is a strong possibility that you may be allergic or sensitive not to the food itself but to spices, additives, colorants, antibiotics, sauces, molds, etc. It is important to differentiate between food allergies, sensitivities, and toxicity, as each of these plays a different role in how your body reacts to a particular food or additive.

**Food allergies** develop when your immune system builds up defenses (like antibodies) to components of food. The allergy symptoms can be immediate, within a matter of minutes or hours. These are based on IgE antibodies. Those that are delayed and take effect in a matter of days and weeks are based on IgG antibodies or other mechanisms.

**Food sensitivities** are reactions to food that are sometimes obvious, but these are not based on a typical allergic mechanism. For one unknown reason or another, a person simply cannot tolerate a certain food, even if the allergy blood tests for that food come back negative. Even when no known allergy is present, these reactions are obvious and undeniable, indicating a clear sensitivity.

**Food toxicity** results from food sprayed with toxic pesticides, herbicides, heavy metals or any of the hundreds of other chemicals that are presently used. Frighteningly, less than 5 to 10 percent of the presently in use
food chemicals have been seriously studied; some end up being very toxic to the human body. When we ingest toxins, we are being slowly poisoned; therefore we develop toxic responses, not allergies to the poisons.

What can you do to prevent or mitigate allergic reactions from food?

The first step should be a food allergy and/or sensitivity blood test. A food sensitivity and intolerance test will reveal how your body reacts to the various components commonly found in the most common food categories. Keep in mind, however, that the elusive nature of these sensitivities lowers the reliability of blood tests.

As explained before, food allergies can be immediate and/or delayed. When the reactions are immediate, it is easy to determine what food caused the problem, so the obvious solution becomes to simply avoid that particular food in the future in order to prevent the allergic reaction to it. The problem comes when there is a delayed reaction that does not happen until several hours or days after ingesting the food in question. These delayed allergic reactions may include headaches, fatigue, joint pain, and water retention, just to name a few. None of these symptoms are very specific to one condition, and they do not resemble the standard allergy symptoms. It can be almost impossible to mentally connect these reactions to the food you ate several days prior.

An allergic reaction is like the body’s alarm system: an alert that there is a fight with an intruder. The body is not functioning properly as it shifts into a fighting mode. Reserves are mobilized and diverted from regular metabolism to fight the invader. Inflammation may increase, and the immune system is on a constant red alert.

Not only that, but the defense buildup may also be directed at normal body structures, like joints or thyroid tissue, if the food components that the body deems foreign are very similar to our own body tissues and structures. This is how an autoimmune disease develops. There is also a good chance that many common autoimmune diseases like lupus, thyroiditis, and others are likely due to defense mechanisms meant to fight food components. Because processed food components may be very similar to joint, thyroid, or other tissue, your body may also attack your own tissues too, indiscriminately, just because of similarity.

The good news is that when you eliminate the foods you react to, you may feel more energy, and headaches and other symptoms will be
alleviated. You will feel much better in a matter of a few days. Migraines, gallbladder attacks, fatigue, joint pain, and many other vague symptoms can be all due to food allergies and sensitivities and may go away entirely if you eliminate the problem food from your diet.

Another way to determine what foods are causing problems is to eat according to an elimination diet. This diet is more accurate, when it comes to diagnosing which food is causing the problem, but it can be very long and tedious to implement. You can start by eating bland food for three days (dry chicken and white rice, drinking only plain, unflavored water). Every three days, introduce a new kind of food. If you have a body reaction in those three days, write it down and eliminate the food you just introduced. If you don’t feel any difficulties with the new food, keep adding one and only one type of food every three to four days. By continuing in this manner, you can discover what foods may be causing you harm.

**Avoiding Grains and Dairy**

Since the most common allergic and non-allergic culprits are grains and milk products, if you have a chronic condition and nothing you’ve tried has helped you feel better, then it is a good idea to go a whole month without any dairy, grains or their derivatives. Maintain this strict restriction for a whole month. This no-milk, no-grain diet will reveal if dairy or grain products are causing your problems. (Fun fact: Not many people know that “diet” really means a regimen of food intake, not a weight-loss program.)

For this to be a success, you must cut all dairy and grain out of your diet. This means no wheat, no rye, no barley, no oats, and no grain at all; it also means no milk, no yogurt, no cheese, no ice cream, and no other dairy products. This is a very strict regimen that is not easy to keep, but for those who have suffered for many years without relief, a month of such restrictions may bring real help.

If you have a chronic medical condition and none of the many treatments you have tried have done much to help you, then you owe it to yourself to try an entire grain-and-dairy-free month. You need to maintain this diet for at least thirty days to give your body’s natural defensive mechanisms time to be extinguished. This means absolutely no grains and no dairy at all. Do not just lessen your intake, as this may keep
your internal defensive army on the alert. In order for that army to stand
down and stop producing symptoms, it must see and sense absolutely no
"enemies" for a while. Warning: Do not be fooled into thinking that gluten
free means grain free. This is a doable process for one month; only then
you can decide if you really want to continue, depending on whether this
small dietary sacrifice is worth something to you or not.

**Chapter Summary**

- Food is not as nutritious as it used to be.
- Food nowadays is not the same as it used to be. It is mostly GMO,
  meaning it is modified in one way or another.
- There are immediate and delayed allergic reactions to food.
- There are also food sensitivities and toxic reactions to additives
  and chemicals.
- You can have blood tests for food allergies and sensitivities.
  Check for toxins too.
- Try an elimination diet for one month to observe which foods may
  be causing you trouble.
- Most people have some sensitivities or allergies to dairy and
  grain. Go a month without milk and grain and see how you feel.
- Lupus, thyroiditis, and other autoimmune problems may be
  connected with the food you eat.
Chapter 13

Taking Supplements for Energy

When you are feeling tired and stressed, there are specific supplements proven to work. We still recommend the same supplementation protocol as explained in a previous chapter; however, if you feel a particular lack of energy, the following supplements will be of particular help:

**Vitamin C** is absolutely crucial for proper body function. I recommend 1,000 or 2,000mg a day as a bare minimum. When you are under stress, double or triple this dose, as Vitamin C is essential for coping with stress. Humans are the only species other than guinea pigs who cannot naturally manufacture Vitamin C. We all have this genetic defect that makes Vitamin C impossible to be manufactured inside the body.

Ascorbic acid, or Vitamin C, is crucial in the production and maintenance of healthy collagen, the protein that is the foundation for all connective tissue. Connective tissue exists in all bones, muscles, and ligaments, and it is the most abundant tissue in the body.

Vitamin C is also important in fighting bacterial infections, healing wounds, preventing hemorrhaging, reducing allergy symptoms, and preventing heart disease. Vitamin C is a potent antioxidant and helps prevent free radical damage. It can neutralize most known toxins.

Vitamin C is a natural antihistamine, like Benadryl for allergies. It prevents the progression of cataracts and helps regulate blood sugar levels. This precious vitamin increases immune system function and is involved in the formation of important stress hormones produced by the adrenal glands. A Vitamin C deficiency can cause bleeding gums; loose teeth; dry,
scaly skin; tender joints; muscle cramps; slow wound healing; lethargy; loss of appetite; depression; and swollen arms and legs.

**Magnesium** is one of the most important minerals in the body. It is responsible for proper enzymatic activity and the transmission of muscle and nerve impulses, and it aids in maintaining a proper pH balance. It helps metabolize carbohydrates, proteins, and fats into energy. Magnesium helps synthesize the genetic material in cells and helps to remove toxic substances such as aluminum and ammonia from the body. Adequate amounts of magnesium are needed to ensure proper heart function. Calcium and magnesium help regulate the heart rate; magnesium relaxes smooth muscle, including the heart, and calcium constricts or activates smooth muscle. Magnesium plays a significant role in regulating the neurotransmitters. A deficiency in magnesium can cause depression, muscle cramps, high blood pressure, heart disease and arrhythmia, constipation, insomnia, loss of hair, confusion, personality disorders, swollen gums, and loss of appetite.

**Ginseng** is called panax in Greek, meaning “all heal.” An ancient Chinese belief is that drinking ginseng tea leads to a very long life. Ginseng can increase appetite, improve circulation, help digestive problems, elevate mood, relieve discomfort, fight fatigue, ease stress, strengthen the immune system, improve sex life, aid the respiratory system, alleviate asthma, help with arthritis or diabetes, lessen headaches, lower cancer risk and bad cholesterol levels, and help stomach ulcers and diarrhea.

**Multivitamins With a Vitamin B Complex**

There are many reasons why someone should take a great daily multivitamin supplement. Here are some of them:

- Nutritional supplements provide concentrated amounts of nutrients that even very large amounts of foods cannot feasibly provide. Nutritional supplements provide a reliable amount of nutrients.
- For longstanding (chronic) and acute problems, supplements provide the potential for faster results than foods.
- Certain dosages of supplements are meant for meeting one’s daily nutritional needs, along with diet.
Higher dosages of supplements may allow one to catch up and reverse years of deficiency and resulting health problems.

Good amounts of B vitamins, especially activated B complex, can only be found in higher-end, more expensive supplements. Active B vitamins include: benfotiamine (activated B1), riboflavin 5 phosphate (activated B2), pyridoxal 5 phosphate (activated B6), methyl-cobalamine (activated B12), and 5 methyl folate (activated folic acid).

B vitamins have a great influence on energy. B12, injected daily for a few weeks, can restore energy in 80 to 90 percent of the cases if levels are low or even low-normal (less than 500) to start with.

**Rhodiola rosea** can enhance mood and alleviate depression, along with boosting energy and the immune system. It improves mental function and clarity, potentially countering the effects of dementia and Alzheimer’s disease, along with improving concentration. As an adaptogenic herb, rhodiola rosea acts on the hormones and endocrine system to balance production of hormones, serotonin, norepinephrine, acetylcholine, and dopamine.

**Coenzyme Q10**, or CoQ10, works as a natural antioxidant and helps to prevent infections. The aging process and diseases such as cancer, diabetes, congestive heart failure, AIDS, and Parkinson’s disease deplete CoQ10 stores in your body. For certain individuals, supplementation may provide great benefits. Your body uses CoQ10 as an antioxidant, protecting your cells from free radicals that can damage your DNA and leave you more prone to cancer. CoQ10 may improve heart health and help regulate blood sugar in people with diabetes. Taking CoQ10 supplements may help delay the aging process. The ubiquinol form is eight to ten times more effective than the regular ubiquinone form of CoQ10.

**Royal jelly** is a mysterious substance manufactured by worker bees; it is a superfood for the queen bee’s nourishment. Scientists who study bees have noted that the queen lives a much longer, healthier life than the average worker bee because of the incredible nutritional value of royal jelly. Naturally, in time, it became a popular nutritional supplement for humans. The full chemical makeup of royal jelly still remains a mystery, and attempts to re-create it in a lab have proven unsuccessful. Royal jelly is the only natural source of a substance to contain a precursor of
a neurotransmitter called acetylcholine. It also has antibacterial and antimicrobial characteristics. Royal jelly also provides protein, fatty acids, B vitamins, folic acid, and several other nutrients that aid in cell, muscle, and tissue growth. Royal jelly promotes energy, helps fight off certain viral infections, and can benefit patients receiving chemotherapy and radiotherapy, whose immune systems are often compromised as a result of their treatment.

**Pantothenic acid or Vitamin B5** is crucial for managing stress and boosting the immune system. Vitamin B-5 is needed by all cells in the body and for normal functioning of the gastrointestinal tract. It converts carbohydrates, fats, and proteins into energy. Vitamin B-5 is also necessary to produce adrenal hormones that play an important role in how well we deal with stress. In fact, Vitamin B-5 is sometimes referred to as the anti-stress vitamin. Vitamin B5 can help reduce anxiety and may play a significant role in depression. It helps convert choline into acetylcholine, which is responsible for memory. A deficiency in Vitamin B-5 can lead to fatigue, depression, irritability, digestive problems, upper respiratory infections, dermatitis, muscle cramps, and loss of sensation in the extremities. Vitamin B5 helps boost endurance by manufacturing ATP, an essential chemical for cellular energy.

**Fish Oil** and other Omega 3-rich oils are important, as they are incorporated into cell membranes to make them soft and elastic. They lubricate red cells and other organs and are necessary for brain, nerve, and other body functions, including the production of healthy energy. Make sure the label clearly notes the amount of the two essential ingredients of fish oil: EPA and DHA. Some low-quality products only list the oil amount as 1,000 mg and do not show the exact number of milligrams of EPA and DHA. These companies use misleading labeling of their products, and their products should be avoided. For heart problems and inflammation, take more EPA. For eyes and brain problems, take more DHA.

**If illness, fatigue, tiredness is advanced use the following:**

Magnesium Glycinate 400 mg, Ubiquinol 200 mg, Alpha Lipoic Acid (ALA) 300 mg twice a day, L Carnitine 2,000 mg, D Ribose 5-10 grams, Niacinamide 1,000 mg three times a day.
Here is the general supplement strategy we recommend for our patients:

**Tier I, or The Foundation:**
- A Great Multi like Power Source One, six to eight capsules a day
- Magnesium 4-500 mg a day (not oxide, Glycinate is best)
- Fish Oil or other oils, one to two a day (good quality)
- Vitamin C, one to two 1,000 mg capsules a day (not chewables)

**Tier II: Those Over 55 Should Add**
- Probiotics (20-30 billion per capsule)
- Digestive enzymes with each meal over 65 years of age.
- Vitamin D, 5-10,000 IU a day with Vitamin K2
- Melatonin before sleep, 1 mg per decade of life
- If over fifty-five or chronically tired, Vitamin B12, 1mg injections at least monthly for the rest of your life

**Tier III: For Specific Conditions and Further Wellbeing**
- Antioxidants, anticancer supplements (sulphoraphane, DIM, blueberries, spirulina/chlorella, etc.)
- CoQ10 (ubiquinol form), the more the better.
- Supplements for special conditions like arthritis, cardio, mental wellbeing, etc.

**Chapter Summary**

- *Vitamin C*: Humans can’t manufacture it. Helps collagen, fights infections. Recommended dose: 1000-2000mg or more daily
- *Magnesium*: Involved in energy production and hundreds of other roles. Recommended dose: 4-500 mg daily. Avoid magnesium oxide.
- *Ginseng*: An adaptogen that helps with stress.
- *Multivitamins, B complex*: Take a high-quality multivitamin daily, with plenty of B vitamins.
- *Other Supplements for High Stress and Improved Energy*: Rhodiola rosea, CoQ10, royal jelly, pantothenic acid, fish oil.
When it comes to analyzing the causes of fatigue, toxicity is certainly a foremost consideration amongst key reasons for feeling tired. This refers not only to present toxicity but also to past exposure as well. Although the level of toxic elements in air, water, food, and environment is sometimes considerably low, these levels can build over time, sometimes to worrisome heights.

These toxic accumulations vary, depending on your location and the type of industrial waste that is discarded near you. Certain areas are polluted, such as areas near: coal-processing facilities, dumping sites, nuclear plants, and even the Mississippi River. In these areas, the level of toxins in the environment is very high and can be several times higher than admitted levels.

Certain symptoms can be caused by toxicity. These include tiredness, headaches, neuropathy, sleep problems, abdominal pain, and many other nonspecific symptoms. Nonspecific symptoms are those that can occur as a result of several medical conditions, and they are not specific to toxicity. Since we are all different, our bodies react differently to the same level of toxins. Some people can detox and naturally tolerate more toxins, while others are saturated with toxins and even a small extra amount can be hazardous and damage their health.

There are generally two types of toxins, organic and inorganic.

**Organic toxins** usually come from old or newly treated lawns or foreign vegetables sprayed with fungicides, chemicals, pesticides, etc. Organic toxins can find their way into our bodies when we unknowingly
absorbing them from known and unknown substances that slowly or sometimes rapidly poison us.

Blood tests are the best way to check for organic toxicity and volatile compounds. When it comes to organic toxins, there is not a lot of specific treatment, unless the exposure is rapid and massive, which is the case with some pesticides.

There is a very specific treatment for this kind of poisoning, but the treatment is long and slow. The first step is to identify and remove the offending agent. Someone very smart said that you can’t dry off while still under the running shower.

After removing the offending agent, the treatment continues with the detoxification of the liver. The liver is the organ in charge with detoxification. Detoxing the liver not only purifies it from existing toxins but also supports the liver’s ability, to deal with future toxins. For liver support and cleansing, abundant Vitamin C is absolutely crucial. Vitamin C helps the liver deal much better with toxins taken in from our environment. There are not many toxins that can’t be neutralized by vitamin C.

Besides Vitamin C, other vitamins and supplements like all the B vitamins and supplements like silymarin or alpha lipoic acid are very helpful; they will boost your system, helping it recover from the damage the toxins have caused. Silymarin, the active component of milk thistle, is a great support for the liver; when used in combination with vitamins, glutathione, and other factors, it may regenerate the liver. Read other chapters of this book to see how vitamins help us stay healthy and strong.

**Inorganic toxins** include single elements like lead, arsenic, mercury, cadmium, and others. These toxins, otherwise known as heavy metals, can be very hazardous to the body, especially since they accumulate over time, migrating toward deeper and deeper tissues and eventually affecting the brain and nervous system.

After a few days of circulating through the blood, heavy metals usually penetrate deeper into the cells and tissues, attaching themselves to enzymes and blocking metabolism in different ways. In order to efficiently cope with them, our bodies are forced to overuse specific vitamins and minerals. When the blood level of these specific minerals, vitamins, and elements used to mitigate toxins is low, the negative impact from heavy metals is compounded.
A useful, but sometimes not very reliable test for heavy metals is **hair analysis**. Although this is not a very reliable test, it does offer some clues, just as an EKG alludes to a heart condition. If the tests and analysis show a trace of toxins in the hair, it may not mean anything serious; on the other hand, it can be a good indicator that more tests should be done to see if there are indeed any toxins present in body. In other words, while hair analysis is not very sensitive and is more specific, it can lead to further testing. Hair analysis gives a clue as to where to look for something more.

If there is suspicion of heavy metal overload, then the next recommended step is a **urinary toxic elements challenge test**. This test measures an initial level of toxic metals in the urine. Then, after detox treatment, the levels are checked again and compared to the previous results. The detox treatment removes toxins from the body through urine. If the levels are higher in the urine post treatment, logically, they had to come from inside the body, and then we know that the body is being slowly poisoned. Some doctors do not understand the irrefutable logic of the challenge test. There is no such thing as a normal level of some toxins the body. The fact that some toxins show up in the urine after a treatment means that the treatment is taking toxins out, and this means that the treatment is effective. It would stand to reason that an effective treatment should be duplicated over and over many times in order to mobilize toxins out, little by little.

Only so much toxic load can be removed with one treatment. The toxin-extracting agent has an upper limit for binding capacity, and many subsequent treatments may be needed to obtain a significant enough decrease in toxicity so that energy and other symptoms improve. This sequence of toxin-extracting process is called **chelation therapy**. It is usually done with a very safe and commonly used chemical substance called EDTA.

EDTA is usually administered intravenously under a doctors’ supervision, two to four times a week for forty to sixty treatments, then monthly for maintenance. If no monthly maintenance is performed, the benefits of a forty-to-sixty-treatment series may last from three to four years. How long the beneficial effects of a detox series of forty to sixty treatments last depends on how toxic, how old, and how sick someone is. Sadly, this chelation therapy is typically not covered by insurance, and is
being intentionally ignored mostly due to political reasons and interference from the Big Old Pharma.

Oral chelation treatments are not very effective; they are weak and unreliable and they even work through a different mechanism. In fact, oral therapy is only from 1 to 5 percent as effective as an intravenous treatment. Oral treatment may be appropriate for long-term prevention on a younger patient, usually one who is not very sick. By the time you get sick, it is usually too late to rely on oral chelation therapy.

**EDTA** is the treatment of choice to detoxify from heavy metals other than mercury, but it only removes heavy metals from the blood. By eliminating toxic metals from the blood only, a new concentration gradient of toxic metals can develop between the blood and the tissues; while the blood may now have less toxins, the tissues will contain more. Within days or even hours, toxic metals will seep out of the deeper tissues and into the blood in order to equalize their concentration.

Once these toxic metals seep into the blood, less of them remain in deeper tissues. The heavy metals may be taken out of the blood again and again, little by little, in subsequent treatments. This process repeats with each new treatment. After ten to thirty treatments, a large enough portion of toxins is usually removed, and people experience marked improvement in symptoms. Every single treatment helps get rid of a portion of the toxic load.

If the treatments are stopped or interrupted for a long time, new toxic metals may slowly accumulate in the tissues due to constant environmental exposure.

For **mercury detoxification**, there is a special extracting agent or agents. These agents are sulphur based and are called **DMPS and DMSA**. There is much confusion as to what to use and when, but there is no question that DMPS is much stronger than DMSA by a factor of ten. DMPS should be used as a main mercury detox agent, preferably administered intravenously in conjunction with Vitamin C and B to protect the kidneys from the mercury onslaught. The number of DMPS treatments is usually ten to thirty. DMPS can also be used orally, albeit less effectively. DMPS treatment should be weekly or biweekly, as it can be harsh, and it should be given together with a comprehensive daily supplement regimen taken orally at home. DMSA is weaker and less effective, but for some good scientific reasons, it is a good follow-up to DMPS treatment.
Mercury treatments can and should be used after mercury (silver) fillings are removed from teeth. Filling removal should be completed by a very knowledgeable dentist, in the right order, at the right time, and with the right protocol. You are better off keeping mercury fillings in your mouth than having them removed in an unhealthy way, which can result in acute mercury toxicity and exacerbations of the chronic toxicity levels, with horrendous effects on one’s health.

**Chapter Summary**

- Blood tests may reveal acute organic or inorganic toxicities.
- Hair analysis and specific vitamins and minerals deficiencies hint to toxicity.
- Toxic elements urine challenge tests confirm chronic heavy metal toxicity and establish detox efficiency.
- IV chelation treatments, thirty to forty treatments, up to three a week, can be beneficial for heavy metal detox.
- For heavy metals other than mercury, the treatment of choice is EDTA.
- For mercury detox, the treatment of choice is DMPS, with DMSA as a finisher.
- Appropriate mercury detox treatments can and should be done after silver teeth fillings are removed.
Chapter 15

Plastic Bottles and Fluoride

Plastic Bottles

These days, plastic is the most widely used packing material. It is inexpensive and moldable, light and economic. However, this common material has a very dark side. Not only do plastics harm our environment, but they can harm human beings in a much more direct way than you likely realize.

There are different kinds of plastics and they are classified from one to seven. On the bottom of any plastic bottle you will see a triangle and a number inside the triangle. This number will tell you what kind of plastic this is.

All plastics have one nasty characteristic in common: They slowly leak chemical substances that are more or less toxic. Plastic is classified based on the material it is made from. Depending on the type, it can leak various toxic or nontoxic substances inside the plastic containers. This one to seven classification also allows us to determine recyclability of a particular plastic bottle. Some plastics are very toxic, while others are minimally so, but all plastics, no matter the type, are harmful to some degree, so we should avoid them as much as possible.

How do the leaked chemicals from plastics interact with our bodies? This has not been explained and examined in extensive detail, so we only have partial answers to this question. Most metabolic interference occurs because these chemicals behave as hormone and estrogen-like substances. Since plastic-derived compounds are not natural, bioidentical estrogens,
these chemicals may dislodge real hormones from their place and replace them with fake, inactive, hormone-like substances that act in many detrimental ways, sometimes even producing cancer.

How many chemicals leak from plastics? This is also not an easy question to answer; however, it is well known and documented that higher temperatures promote more leakage from plastics. At high temperatures, plastic bottles release chemicals on the inside of the bottle itself. Cooling the bottle down later has no reversal effect and cannot reduce the previous leakage. By that point, the toxic substance is already released, and the decrease in temperature cannot send it back into the plastic.

Why should this worry us? Well, not many of us intentionally warm up our plastic bottles; however, we have no idea where or at what temperature the plastic bottles we buy have been stored before they reached the warehouse or the retail stores. The plastic bottles might have been stored in an un-air-conditioned facility in Arizona for a month before they were shipped to the retail store where you bought them.

The best option, therefore, is to drink only water that you filter (and ideally alkalinize and ionize) in your own home, right from your faucet. If you intend to travel or attend gym classes, hike, or play sports and need to take water with you, fill glass bottles with home-filtered water. There are many glass bottles on the market you can use. We recommend dark blue glass bottles.

**Fluoride**

**Fluoride Toothpaste and City Water**

Personal daily dental hygiene, particularly the brushing of teeth, has been the subject of many studies, talks, debates, and writings, and much has been written over the years about the dangers of fluoride. Some consequences of fluoride ingestion include tiredness, fatigue, and lethargy, and a sense of mellowness that leads to nonchalance and obedience. Fluoride was initially a toxic waste product of the aluminum industry.

Since properly disposing of fluoride is extremely expensive, someone smart came up with the idea of using it and selling it rather than just dumping it. Thus, the fluoride in the toothpaste you are using every
The morning is really just garbage being promoted as healthy and sold to you at a premium.

Fluoride allegedly helps to prevent cavities, but while it does harden tooth enamel, to some degree, it also renders teeth enamel more brittle.

Very concerning is the fact that fluoride is a feisty chemical competitor to iodine. There are several iodine atoms in a thyroid hormone molecule. If even one iodine atom is replaced by just one fluoride atom, then the whole thyroid hormone molecule becomes inactive and blocked.

Hormones are very effective in even extremely small amounts, so it does not take too long for fluoride to block enough thyroid hormones so that people begin to experience symptoms: fatigue, water retention, dry skin, high blood pressure, and hair falling out, to name just a few. I have a strong suspicion that the epidemic proportion of today’s underactive thyroid problem is due, at least in part, to the introduction of fluoride into our toothpaste and drinking water several decades ago.

Check with your city water department to see if fluoride is added to the water supply in your locale. If this is the case, then we strongly recommend that you find another clean water source. City water departments are obligated to provide you with a report based on their annual water analysis. You can and should carefully review this report to determine if fluoride and other toxins exist in your water supply. There are also commercial companies who will analyze your drinking water for a fee.

Regardless of the annual result of your city water analysis, unfiltered city water is generally not recommended for drinking. It may be contaminated with chemicals and microorganisms from the reservoir in which the water is stored, as well as from the pipes through which it is transported. The pipes are generally made of plastic, lead, or copper. All these materials leak potentially toxic elements into the water.

Chapter Summary

- Avoid plastic bottles and containers.
- Drink tap water that has been filtered, detoxified, alkalinized and ionized.
- Use no fluoride based toothpaste.
- Check to see if fluoride is added to your city water.
WATER IS ESSENTIAL for our existence and wellbeing. We are all made of water in a very high proportion, about 70 percent. Thus, we should pay close attention to water intake; it is one of the crucial elements of great health. Body water has to be replenished. Think of the water in your body as similar to the water you find in nature; if you don’t replace and continuously refresh the water, it will become stagnant, like a swamp. Some say you should wash your body both outside and inside with the same amount of the water, and washing from the inside means drinking lots of water. Drinking enough water will take some toxins out of your body and leave you feeling refreshed and energized.

The quality of water is very important. I strongly suggest that you purchase at least a simple water filter, as I am entirely against plastic bottled water, due to the toxins in plastic bottles, a subject discussed in a previous chapter. The toxic chemicals in plastic bottles can actually trigger cancer. There are statistical links between plastic chemicals and endocrine cancers like breast, uterine, and ovarian cancer. These plastic-derived chemicals may also disrupt nerve connections and block important chemical and metabolic processes. Overall, the best choice is to drink filtered water.

If your city water is fluoridated, you should look for a different source of water. As discussed previously, it is my firm belief that fluoridated water is hazardous to human health. As we have mentioned before, fluoride competes with iodine, and this is just one good reason why so many develop under-functioning thyroid and become tired and exhausted.
When it comes to the amount of water we drink, most of us tend to underestimate, claiming we drank more than we actually did. As in many areas of life, being honest with ourselves is the first step toward changing this bad habit into a good one.

Optimal quantity of daily water intake is at least six to eight, eight-ounce glasses. This is considered a minimum; everything under this amount will only slowly build a still-water swamp inside rather than the crystal-clear river of life that your body requires. Water should comprise 70 percent of all that you eat and drink, the same proportion as the body composition. We should all eat and drink in the proportions we are made of.

Besides washing toxins away, water also plays many other roles in our bodies. Water is an active participant in many chemical and energy-producing reactions. By forming or splitting water molecules, energy is released or absorbed in different areas of the body.

Water is an amazing element. It is alive, it has memory, and it heals, soothes, and cleans and builds cells. It is a great foundation for the body. If we don’t replenish our bodies with fresh water, we cannot expect to have an efficient metabolism. If the water inside is thickened, like molasses, chemical reactions will slow down and ultimately stop; the process of dehydration will quickly set in. People can live much longer without food, but we can only last a few days without water.

I mentioned that water has memory, but what does this really mean? Water has the ability, in certain conditions, to retain information. It can be structured in different ways, and clusters of water molecules can take on different forms and shapes. There are many articles and studies devoted to water and structured water.

Some people say filling a dark blue glass bottle with fresh water and leaving it in full sunlight for up to a half-hour will charge the water with a certain frequency, making it even more beneficial.

Ideally, your water should be at room temperature — not too cold and not too warm. I advise squeezing a real lemon for fresh juice in your water or adding a pinch of unprocessed salt. Adding these natural elements to water will prevent it from being too quickly passed through and flushed out and will reduce frequent urination. Negatively ionizing the water will make it enter cells easier and will help in better hydrating the body.
One of the best daily habits to have is to start every day with a cup of room-temperature water with real juice from a freshly squeezed lemon in it. You can squeeze half of a lemon or add just a few drops, depending on your taste preference. This simple elixir will clean, hydrate, and detoxify you. Whenever available, add lemon to your water.

Lemon juice will completely change the taste of your water and make it easier to drink. Another idea is to submerge some fresh mint leaves in a pitcher of water; lemon juice can be added to this as well. Leaving mint and lemon water in a covered pitcher throughout the day is a great idea. This drink is fresh and healthy and looks great sitting on the kitchen counter or dining table! The great taste of mint and lemon will have you wanting more of this easy refreshment. Make lemon water fresh daily and do not store it overnight.

Some people do not like plain water and insist on drinking tea, wine, coffee, juice, soft drinks, milk, or beer. While these are all liquids, they are not what the body needs to function properly. The body requires pure, plain water. For a simpler explanation, realize that you would never think to wash your car or your house with wine or orange juice, even though they are liquids. Likewise, your body should only be cleansed and refreshed with water. Humans need simple, healthy food and water. Eating raw, alive, unprocessed food and drinking plain water is what makes us healthy and strong.

Coffee can be enjoyed from time to time, but it should not be abused. For some people, even one cup of black coffee a day will cause anxiety and insomnia. Everyone is sensitive to caffeine to some degree, and you should be well aware of your personal degree of tolerance. If you do drink coffee, do not add sweeteners or flavors, as most are toxic. Good homemade tea is also occasionally acceptable, but commercial iced tea has little to do with real tea at all. Ready-made iced tea is often just a noncarbonated soft drink full of sugar and harmful chemicals. Not only that, but it is often stored in those dangerous plastic bottles we’ve already discussed.

Green tea is a great drink to have. As documented in many medical studies, green tea is good for alleviating many health conditions, including cancer. For several reasons, green tea is a healthier choice than coffee.

Green tea leaves are not fermented, and they don’t go through the oxidation process that black tea undergoes. Green tea contains a special compound, called epigallactocatechin gallate (EGCG), a popular...
antioxidant known for fighting cancer and cardiovascular conditions. Green tea contains about one-fourth the caffeine load of coffee, so it is less of a stimulant.

Black tea is often consumed instead of coffee, and it contains more caffeine than green tea. Those who live in the UK often add milk, honey or sugar to a teacup, but it is never a good idea to add any sweeteners, including milk, to any beverage.

Avoid drinks that are decaffeinated. Use only never caffeinated products instead. Decaffeinated coffee and tea is not natural, as it once contained caffeine, but has been treated with a chemical solvent to extract caffeine out. This de-caffeinating process is repeated 10 to 12 times, until the caffeine content meets the required standard of 97 percent removal. Not only do decaffeinated products still contain small amounts (the remaining 3%) of caffeine, but they also contain byproducts or traces of the extracting solvents.

Avoid all commercial juices and sodas. It is amazing how much sugar people ingest drinking these liquids, even if the label reads “100 percent juice.” Keep in mind that these all contain sugar, as well as many kinds of additives and preservatives. Some chemicals add color, some add taste, and some add smell. These chemicals are toxic and harmful.

Another trap people often get caught up in is consuming “diet” or “light” products. While these may not contain conventional sugar, they do harbor molecules that exhibit the same insulin effects as sugars.

Erythritol, mannitol, xylitol, fructose, sucralose, and maltose are just a few names of sweeteners added to commercial drinks, so they can label them “zero sugar” or “sugar free.” These drinks may not contain white sugar, but they contain artificial sweeteners which are no better for you. For example, aspartame, very widely used in diet products, is very dangerous to the human body and is the number-one cause of complaints to the FDA. If you have diabetes or unexplained symptoms like fatigue, migraines, and irritability, stay away from sweet drinks.

If you are eager to drink some juice, then fresh, homemade juice is your best choice. Squeeze lemons and oranges or make a healthy cocktail by juicing some carrots, apples, and maybe just a lemon. This is always a good option, but be aware that you shouldn’t drink juices too often. Fruits are packed with fruit sugar, aka fructose.
Drinking fruit juice causes you to ingest higher doses of this kind of sugar than eating the whole fruits would. You may easily drink the juice of five squeezed oranges, for instance, while you would never really eat five oranges at once. Homemade juice is a far better option than buying juice from the store, however, you should still limit your intake of homemade juice.

Let’s get back to water. This precious element has been valued in centuries past, so much so that in some cultures, a priest blesses the water in religious rituals. Treat water with respect, pray over it, and be thankful for it. Think lovely thoughts over water, and pray for blessings when you drink it.

There are many reasons to respect water. Whether you are religious or not, you have to admit that water is a sacred element for humans. Without the rain, we would not have food on our tables. Without water, we would not exist at all, we would not be able to enjoy food and breathe the air we are breathing.

Carefully choose and respect the water you drink, and drink plenty of it in good thought. Your health will be thankful for it!

**Chapter Summary**

- Your body is 70 percent water. Refresh it daily.
- Avoid plastic bottles and fluoridated city water.
- Use room-temperature, filtered water.
- Drink six to eight eight-ounce glasses of water per day.
- Start every day with a glass of lemon water.
- Avoid juice, iced tea, soda, and diet or light beverages.
- Drink hot tea and coffee only moderately.
- Respect and be thankful for water.
BEGINING THE DAY with healthy food is essential for a quality, healthy life. Breakfast refers to a breaking in our overnight fast, and it is crucially important. After sleep, as your body awakens, it needs energy to start working. In the morning, your body wants to be fed and energized. If you skip breakfast, your body will feel a need to conserve energy and this can result in poor overall body functioning, as well as fatigue and other symptoms.

Eat generally around the same time, as this will program your body to adjust. If your body becomes accustomed to receiving food on a regular schedule, it will be better prepared to handle it.

The best thing you can do is start your day with a glass of room-temperature water with real lemon squeezed in. If you take systemic enzymes, this is the perfect opportunity to take them. Next, go through your regular morning routine. Perhaps this routine involves meditation, visualizations, energy balancing, reviewing your gratitude list and goals intentions, or saying a prayer.

Meditating early in the morning is a great habit that will help you have a better day overall. It will shield your mind from the onslaught of potential negativity later during the day. Regular meditation also helps you remain calm and composed, even if you face a really bad day.

After your morning routine, enjoy a hearty breakfast; ideally, this should be eaten within the first hour of waking. Never, ever leave your body to starve till lunchtime. When it comes to breakfast, keep in mind that you have to feed your body and your mind. Give yourself all the nutrients
you need for a fresh start. Eat plenty of eggs, tomatoes, cucumbers, and bell peppers, or enjoy some homemade guacamole, fresh berries, or even cheese or a piece of turkey if you are not allergic. Eggs are a great source of protein and energy, and perfect for breakfast. Vegetables will provide the fiber needed for proper digestion.

Avoid oatmeal or cereal, as those typically available in most stores are packed with sugar, offer very poor nutritive value, and contain chemicals that will lead to mental underperformance and addiction. Cereals often contain dried fruits, which rapidly increase the blood insulin level. For breakfast, you need slow-release energy that will last until lunch. Over-sweetened, chemicalized oatmeal and other cereals will only lead to health problems, without providing the energy you need.

Homemade, unsweetened tea with lemon juice is a great addition to breakfast. You may also have a fermented drink, like homemade kefir, in which you can add ground flax or chia seeds, pollen, plankton, or green powder. Thicker liquids like homemade kefir are excellent for helping you swallow your morning supplements. Even a small espresso is fine.

Notice that most of the above breakfast suggestions are homemade or natural foods, not over-processed, industrialized foods that were probably manufactured ten months ago and have been sitting on a shelf ever since.

For lunch, enjoy an avocado with lemon and tomatoes. If you are not a vegetarian, opt for turkey, chicken breast, or fish. Avoid heavy and most usual combinations of carbs and proteins, such as fried potatoes with red meat; in fact, it is ideal to avoid all meat. Carbs slow digestion and do not make good partners with meat. Instead of potatoes, eat cabbage, string beans, or broccoli, as these are healthy and packed with fiber.

There is an entire branch of science dedicated to the art of combining foods, because some go well together, while others block each other or interact badly, causing gas, digestion problems, and constipation. You can find food combination tables on the internet; print one out and place it on your refrigerator as a reminder and guide. If you combine foods correctly, you will feel lighter and will need less time to come back to your senses after lunch. The secret is to combine as few foods types as you can and eat only one or two different food types at each meal. The more you mix your food types, the greater the chance of negative interaction that could leave you feeling bloated and tired.
Some suggest that you should eat breakfast like a king, lunch like a prince, and dinner like a pauper. This is wise advice! Breakfast should be plenty abundant, albeit not exaggerated, because it is eaten at the beginning of the day. This gives you a chance to refill your reserves, and you will have a whole day to process and spend the energy you gain from the food. Lunch should be medium in size. Dinner should be the smallest meal of the day, since it is eaten only a few hours before bed, and you need minimum energy for sleep.

For your evening meals, eat something small early in the evening, no later than six p.m. Avoid carbs as much as possible; if eaten at all, these should be eaten earlier in the day, as those eaten late will only be stored as fat.

Snacks are not good for us, especially late at night. Ice cream is particularly dangerous. Most snacks are carb based and have little to no nutritional value; they are really just empty calories that offer no nutrients, and they can lead to weight and health problems. If you crave snacks, it means you have eaten too many refined carbs, and your blood sugar is crashing. The more carbs you eat, the more you will crave them. It is far more advisable and healthier to enjoy more natural fats and proteins.

Some of the greatest advice there is when it comes to food is this: Eat food, not too much, and mostly plants. This short, simple guideline holds great power in helping you take control of your health.

Also, remember that food is more than calories, nutrients, and stored energy. Food also contains information and instructions that communicate messages to our hormones, genes, immune system, gut flora, and every system and cell in our bodies. Give food the respect it deserves and use it to your body’s advantage.

**Chapter Summary**

- Start your day with lemon water.
- Eat breakfast within an hour of waking.
- Breakfast should be packed with proteins and good fats; an excellent choice is eggs.
- Avoid oatmeal and cereal.
- Dinner should be your lightest meal of the day and should not include any carbs.
- Don’t eat snacks; if you crave snacks, try eating more natural fats and protein rich food at mealtimes.
- Eat food, not too much, mostly plants.
The amount of people that are diet and weight “illiterate” is staggering, even among highly educated individuals. This degree of ignorance and confusion is intentionally and carefully maintained by the media and commercial interests.

Books and libraries have been written on this subject. In my opinion most books on diet and how to eat are not accurate. Most books on diet are 80-90% accurate, however, what they are missing and not telling you, would invalidate or turn upside down the very large 80-90% portion that is accurate. Usually there is no consistency or logical sense in diet books. Are there any good books on food and diet out there? Certainly, but they are drowned by the noise created by propaganda books.

Anyway the ideas exposed in the following few pages will be different. This chapter will give you a basic understanding of what and how to eat healthy. So let’s start:

As a general rule, I believe we should eat and drink approximately in the proportions our bodies are made of. There is a good reason nature made us this way. Common sense says that since we are 70 percent water, we should drink about 70 percent of all our daily meals’ weight. We are about 18-20 percent fats, so we should eat 18 to 20 percent healthy fats during the day. We are about 10-15% percent proteins, and we should have about the same proportion to our whole intake; we should have about the same or slightly less proteins than fats, but proteins are very important! Carbs should make up very little of any diet, as there are only a few tablespoons of sugar in the whole body. They should be eaten only sporadically and rarely should we drink them.
Calories

It is not advisable to count calories or even worry too much about them. This does not mean we should ignore portion control. On the contrary, we should make sure we are eating food in small amounts, much smaller portions than we think. The fact is that human beings can live on a few bread crumbs, fruits and water for years. Eating is overrated. Most of the time is an addiction, not a necessity.

Calories Misconception

Think about calories as the energy released when we burn proteins, fats, or carbs. The issue is that we don’t burn them the same. We generally burn all carbs, but proteins and fats are more or less incorporated into the body structures.

The fact that we eliminate solid waste regularly is proof that many (most) “calories” are not completely burned. Counting calories is not the best way to go about losing weight, nor is it very accurate to what is really going on metabolically. “Calories”, can be a bit of a crutch to lean on to help you monitor portion control.

Eating is like many other things in life, a matter of discipline. Similar to finances, we can eat more and borrow from the future. Consider that there is only so much food you are allowed to eat in your lifetime; the sooner you eat all that up, the sooner you will die. Eating more daily is borrowing from your future. Therefore the less “food debt” or any debt you have, the better.

Fasting

Eat three meals a day, and I do not recommend snacks. If you crave snacks, it means you are eating the wrong things at mealtimes, and it could suggest that you are taking in too many carbs in the form of solid food or drinks. Do not drink your “calories”.

Just as the body requires energy, it also requires rest. For this reason, I also advocate periodic fasting, times when you do not eat or drink or when you avoid a specific food type. You might decide to try a raw foods-only day, or you could undergo a partial fast or a complete fast for a day or longer. However you fast, it will be good for you. When the fasting
period is over, you will feel lighter, more focused, present, and younger. If you feel worse, it may be either withdrawal from your addictive food, or it may be that you are very toxic and some toxins are being stirred up by the fasting process.

**Some Healthy Eating Tips**

- Ninety-five percent of your food should be plant based. People who eat a lot of raw vegetables and legumes, with an accent on the green, leafy ones statistically live longer.
- Meat should be consumed twice a week at the most. Eat meat only occasionally and in small quantities, always with vegetables and legumes. It is advisable that any meat you eat comes from free-range, organic farms. Eat fish more often, but it should also be eaten in small quantities. Remember that smaller fish that fit on your plate will contain less mercury and toxins.
- Cow milk should be avoided, especially unfermented. If you are worried about calcium deficiency, know that you can get plenty of calcium in all plants; the fact that they grow tall is due to their calcium content. Calcium is their “skeleton”.
- Eggs are important, one of your best sources of nutrition. Do not dismiss the fact that an entire organism forms from the egg yolk; this means the incredible, edible egg carries all the ingredients necessary for life. Eat them frequently! Contrary to popular opinion, eggs do not raise cholesterol. Special interest groups seem to try to feed us these myths and false information for their own agendas, but countless medical studies have proven them false. If you want to receive the healthiest benefits of eggs, eat real, whole eggs and not just egg substitutes or egg products.
- Eat beans frequently, even daily.
- Bread should be avoided, particularly American or industrialized bread. Occasionally and very rarely, you can enjoy a bit of Italian bread made from special flour like semolina; this bread will have thick, crunchy crust and many holes in the middle. Bread should only be a rare treat, and if you want to be healthy, it is best to go without it.
● Flour-based products are not healthy. Whole grain is a no-no, a marketing gimmick, as are products with gluten-free labels. Do not fall for it.

● Most people believe losing weight is a matter of diet and exercise, in a 50-50 proportion, but this is also a misconception. Exercise is great for health, but it will not work for losing weight unless you carefully monitor and improve your diet as well. As far as losing weight is concerned exercise is 1% and diet is 99%. You can exercise for hours and wipe the benefits in a few bites.

● It is best to avoid sweets altogether: no sweets, no molasses, no sweeteners, no sweet meals, no desserts, and no sweetened drinks. As a rare treat, natural honey is acceptable, but even this should be eaten only on special occasions. Especially avoid ice cream, as it is one of the most addictive and unhealthiest of foods. Eat a few nuts every day, as they are very healthy. Almonds are particularly beneficial.

● More Suggestions for Losing Weight and Getting Healthier

Being overweight is not due to one simple problem; rather, it is a consequence of a multitude of aspects. The good news is that some of these issues can be remedied by the methods below:

Mechanics

Chew well! All overweight people eat too fast and gulp down their food. Chewing is part of digestion, the first part of an important process, so chew enough times that the food in your mouth is liquefied, with no chunks left. Chew thoroughly and take your time, and you will eat less, only what the body requires. I can’t overemphasize this point: Chewing your food properly will help you lose weight. People eat too quickly and do not chew their food properly, and this is a universal cause of problems with weight control. This and also drinking sweet drinks are causes of obesity.
Emotions

Do not eat when you are emotionally upset or angry, and never eat when you are stressed or in a rush. Instead, play nice, soft music and pleasant conversation or no conversation at all. Thoroughly enjoy your food! In time, solve all and any psychological issues related to food, including obesity, past trauma, or a need to isolate or protect yourself or hide; food should not be a substitute for emotional relief or comfort.

Purity

The more life energy is in the food, the better. Therefore, eat only fresh, organic foods, as close to raw as possible. Cooking, heating, freezing, microwaving, and all processing destroys the nutritional value of food. For the sake of example, if you boil a potato and plant it, it will not grow and will only rot! Use only light preparations that can be eaten immediately.

Timing

Try not to eat by the clock, on any set schedule. Only eat when you are actually hungry. The average person should eat only three meals a day and avoid snacking between them. Do not eat more often than every four hours. Try to differentiate actual hunger from food cravings. You should skip meals when you are upset, but do not skip meals in an effort to lose weight. Also, after the lunch meal, for the rest of the day, avoid eating animal proteins.

Snacking

It is best not to snack at all. As a rare exception, enjoy an apple or a similar fruit that does not taste too sweet.

Drinks

Do not drink anything other than purified water. If you have a good quality water ionizer at home use that most of the time. Be warned that
all sweet liquids, including diet products, will cause you to gain weight. Period, and end of the story. Occasionally, fresh, organic, home-squeezed juice can be enjoyed. Organic vegetable or fruit juices are sometimes acceptable, and lemon squeezed in water is beneficial.

**Stress**

Learn to manage stress, for stress hormones are known to cause weight gain and premature aging. Bless your food, be grateful and give thanks for it, and do not eat when you are stressed or upset.

**Exercise**

Regular exercise is important and should be done as an integral part of weight management, especially since it will lower insulin resistance. Insulin is the fat storage hormone, and it is released by all sweets and starches. You should exercise at least fifteen minutes a day, to the point of perspiration. Picking up the mail or walking the dog is not considered exercise.

**Food Mixing**

Eat simply and do not mix many foods. In fact, avoid eating more than three different foods at a time. Eat only one starch or protein at a time; for example, do not eat bread and potatoes. Cantaloupe and watermelon should be eaten alone or avoided entirely.

Do not drink milk regularly. Do not mix proteins with starches or sugars, as this creates gas and fermentation; do not mix proteins with fats, as fats slow the digestion of proteins; or proteins with fruits. Do not mix vegetables and fruits that grow above ground with those that grow underground. Do not mix vegetables with fruits, unless it is apples and rice. Do not mix nuts with fruit. Avoid eating breads/grains with cheese or meat; this includes macaroni and cheese. As often as we see it done, peas and carrots should not be eaten together.
Water

Drink only room-temperature. Drink a minimum of eight cups a day, including two cups when you wake up, then one thirty minutes before and after each meal. Refrain from drinking any liquids with your meals, including water. Occasionally it is great to loosen up this rule, or any other rule for that matter. Do not be strict and rigid in anything. This advice should be a guideline, not torture.

Top 5 Nutrition Mistakes in Hospitals and Nursing Homes

1. **Allowing soda, juices, or any beverages other than clean water, especially for diabetics**
   All sodas and juice drinks are acidic, and most contain no natural ingredients and are generally toxic for the body. They increase insulin, depress mood, and are really a drag for anyone seeking to be healthy. They are especially dangerous for addicted individuals.

2. **Allowing bread, pasta, grains, cereals, oatmeal, or grain products, especially for diabetics**
   They are all very high on the glycemic index, are toxic and addictive, and are made from genetically modified (GMO) grains. It is documented that people who eat these have more heart attacks, more cancer, and more depression. Overall, eaters of these things are more miserable and overweight as compared to ones that don’t.

3. **Allowing artificial, “diet,” or “light” products**
   It is not surprising that there have been many complaints about these products, as they are all toxic and neurotoxic. The problems with them are endless; for a clue, research aspartame and its many horrible effects. These are sold with utter disregard for the health of human beings, and in spite of their labels, they ultimately lead to unhealthy weight gain.
4. **Substituting eggs with egg whites or artificial egg products.**
Eggs are the most complete of all foods, the very source of a living organism. Enclosed in that little egg shell is everything necessary to create life, lacking only one vitamin, with everything else being perfectly proportioned. On the other hand, egg substitutes offer no building blocks or healing properties. In spite of their lower calorie counts, they are a total waste of money and a detriment to overall health.

5. **Allowing cow milk.**
Many books have been written and products been made to counteract the rampant occurrence of dairy intolerance and allergies. The simple fact is that cow milk comes from a different species, and there are hormones, antibiotics, and chemicals in it as well. Thus, it is not generally fit for human nourishment.

**A Civilized Society Sweetener Problem**

We don’t realize how much sugar we are consuming in one day, every day. Most sweet drinks, juices and even some “healthy” drinks have anywhere between 5-13 teaspoons of sugar in each of their 8 oz. serving. Imagine yourself filling an 8 oz. glass with water, then adding 10-13 teaspoons of white sugar to it; then drink it?

This is exactly what we are doing when we drink any kind of a sweet soft drink, juice or other sweet drink available on the market today. The worst is that it is not just drinks that are loaded with sugar or sugar substitutes. Most cereals and packaged foods have sugar (or some form of sugar) listed as the first or second ingredient (which means it is the ingredient in the highest or the second highest quantity). Sugar is used by food companies as a dehydrator or as a preservative. Besides that, sugar gives a great taste and is highly addictive.

The following words on a nutritional label may mean “sugar” and should probably be avoided: Glucose, Dextrose, Fructose, High Fructose Corn Syrup, Corn Sweetener, Corn Syrup, Dehydrated Cane Juice, Dextrin, Fruit Juice Concentrate, Lactose, Maltodextrin, Malt Syrup, Maltose, Maple Syrup, Raw Molasses, Raw sugar, Rice Syrup, Saccharin,
Sucrose, Syrup, Erythritol, Xylose, and many others too. Honey or Stevia should only be used occasionally.

Fortunately in time, once you stop eating sugar, your addiction will eventually disappear. That is if you stop sugar not if you slow it down. Slowing down is like having less heroin instead of quitting. You will not overcome your addiction to carbs by just “slowing” down.

Sugar and starch are proven to contain morphine like addictive components. Individuals who are “on” sugar and carbs crave it all the time. Meanwhile, people who are “off” sugar, don’t even miss it. Weaning yourself off the sugar and sugar containing products will cause a change in your weight. Stopping refined carbs all together will cause not a change, but a dramatic change in your weight and overall wellbeing.

Because of the addiction component, the first few days off carbs may be a bit of a “detox” time (just like a drug) but these symptoms quickly disappear.

Artificial sweeteners are definitely not good for us. Sorbitol, saccharin, aspartame, sucralose and many other products, including “natural” products are actually worse for us than sugar itself. Every single one of these artificial sweeteners has been linked to cancer, tumors, and obesity.

**Chapter Summary**

- Don’t count calories. They are deceiving.
- Eat 70/20/10. Meaning water, good fats, proteins.
- Eat sugarless, meaning nothing sweet or starchy.
- Avoid sweeteners natural or artificial.
- Eat as close to raw food as much as you can.
Chapter 19

Diet as Lifestyle

Two most crucial lifestyle elements are diet and exercise. These will be addressed more in the chapters to follow. You may find this information repetitive, however, bear in mind that the truth is worth repeating; we all learn by repetition!

We must face this truth early on, if we are to have any chance of fighting any serious medical conditions: If you want permanent victory over any serious health problem, you must start with diet.

A common thread in all the health promoting regimens is completely cutting all carbohydrates out of the diet. In spite of the conflicting reports you may have read, our bodies do not need even a fraction of the amount of sugar we shovel into our mouths daily. Sure, we can cope with it in small amounts, quite like “one glass of wine won’t hurt you much”, but to defeat illness, you must step entirely away from potatoes, bread and rice, sweet desserts, sugary foods and drinks, and anything that tastes sweet or is made with dough, flour, corn, or rice.

A person who is worried about health should eat no breads, cereal, or grains of any kind and no sweet fruits or juices. Even milk has too many carbs. It’s also important to note that anything labeled “fat free” generally compensates for the lack of taste by adding sugar. Fat is not bad, especially if it is naturally occurring. Remember that the worst possible diet to follow is a low-fat one.

Bread is particularly deceptive, particularly if you fall into the trap of thinking that it is healthy just because it is brown or claims to be whole grain. Whole wheat and white breads are not much different, and neither
is good for you. While it is not typically very sweet, bread is a food component that is very high in carbohydrates and should be avoided.

You may enjoy just a little of boiled carrots, yams, peas, rice, or corn. When eating raw vegetables, avoid or use very little salad dressing.

Avoiding sugar in any quantity is crucial to a healthy lifestyle. We are not talking here about the sugar you are commonly thinking about, the classical white powder you can buy from the store. Think of sugar in terms of anything that tastes sweet, anything made with starch or dough, or generally ends with –ose: Glucose, fructose, galactose, fucose, mannose, and xylose are all sugars. Many sugar alcohols end in –ol, such as xylitol, erythriol, and others. ALL artificial sugars and sweeteners are just as damaging, and often, more toxic than normal sugar. These chemical sweeteners may please our senses and appeal to our taste, but because they are not natural, they are not usable by the body for fuel or for enhancing structures. Therefore, artificial sweeteners are junk, debris the body must work hard to dispose of since they are of no value whatsoever. They overtax the body systems and can even lead to sugar cravings. Besides refined and unrefined, sugar has many names: fructose, dextrose, lactose, maltose, high fructose corn syrup, corn syrup. You should avoid all of these as much as possible.

We should avoid sugar under any name and sweeteners of any kind, but it is important to reiterate that starches must also be excluded. There are large quantities of sugar in most bakery products, bread, pasta, pizza, potatoes, bagels, donuts, cookies, cakes, candies, and ice cream, so these foods should not be eaten by health minded people and especially diabetics at all.

If you want juice, make your own fresh juice occasionally, but be aware that all fruits contain fructose, a fruit sugar that should only be used in moderation. Giving a soda to a child forces that little one’s sensitive body to ingest eight times more sugar than they already have in their system. No wonder their bodies go into a genuine state of alarm, because these toxic drinks trigger a massive dose of insulin to be released from the pancreas. For all these reasons and more, it is best to avoid sugary drinks, soda in particular, altogether, for both children and adults.

One sugary treat many people have turned into a habit is ice cream, especially in the evenings. Some eat a pint or more, even up to a half-gallon. This must change, as ice cream is full of sugar and, thus, severely raises insulin and promotes fat production.
It is best to eat no snacks whatsoever, nor any second portions. However, in the beginning, if you absolutely must have something to nibble on between meals, choose a boiled egg or a piece of cheese. The evidence against sugar is massive and simply cannot be contradicted. In general, we must avoid all forms of sugar, including natural ones like honey, grapes, or especially dried fruits. Grapes and raisins and watermelon have lots of sugar. Vegetables are a healthier choice, but try to stay away from the candy bars of vegetables: potatoes, sweet potatoes, pumpkin, carrots, rice, or corn.

Beware of sweets in disguise, like rice, potatoes, rolls, bagels, and pasta, all of which are loaded with carbs. Avoid fruit juices, even if the label brags about no sugar being added; the reason sugar is not added is because there is already an overabundance of sugar in the juice to begin with, therefore there is no need to add more.

The diet we call low carb is, in fact, what should be the norm, but most people eat dangerously high levels of carbs and consider it normal. My advice is to become almost fanatical about keeping your blood sugar low and constant. This means you need to do away with nearly all starches and sugars, as we’ve discussed here. You must be prepared for a lifelong lifestyle change, one that requires you to make tough choices and stick to them for decades. It is even advisable that you avoid eating out, as this is often like an alcoholic going to a bar. Even continental breakfasts can be a sugar bomb.

Can illness be reversed? Yes, but you must commit to this goal. You must maintain a low-carb lifestyle and eat mostly un-processed food. If you think you can go back to eating or living like you did in your 20s, gulping down oversized soft drinks, gorging on gallons of ice cream, or indulging in chocolate bars whenever you want, rarely exercising at all, then you are living in a dream world. Your diabetes will be back soon if you undertake this lifestyle, and it will come back with a vengeance.

Are we all addicted to food? Is food the modern day addiction? What happened with good old willpower? Well, broccoli and cabbage is not addictive at all, but cookies, chips, ice cream and soda are more addictive than any illegal drug. They are intentionally designed to be overwhelmingly addictive by food industry experts.

Specific combinations of salt, sugar and processed fat can be seriously addictive. We are all biologically conditioned to crave them and eat them
as much as possible. Most of the time, your willpower does not stand a chance to this powerful level of addiction.

Liquid sweet drinks are the most addictive of all sweet foods. They cause diabetes and obesity in a larger proportion than sweet solid foods. They are empty foods we normally wouldn’t eat. When we drink sweet liquids, we don’t feel full, so we also end up eating more overall.

Each can of soda consumed per person each day increase their risk of being overweight by 60 percent, and their risk of diabetes almost doubles over four years. The good news is that like any addiction, after a few days or weeks without the addictive food, you won’t crave them anymore.

Real fresh food that you prepare yourself is the most effective medicine known to man. Your kitchen has been hijacked by the food industry. Reclaim control by throwing away anything that is not real food. Stay away from food-like artificial junk named “food”. Focus on food quality first and foremost.

Chapter Summary

- Avoid all sweets, including manmade or man-altered carbs.
- Do not drink sugar.
- Do not eat or drink anything that contains artificial sweeteners of any kind.
- Stay away from all products labeled diet, light, or zero calories
Concentrated Carbohydrates

BELIEVE IT OR not, the amount of carbohydrates required by humans for health is ….. zero. This is the overwhelming consensus of scientific wisdom today. Proteins and fat are essential to life, but carbs are not.

Our body systems are well built. We do not need carbohydrates in any large amounts, if any at all. While it would behoove us to avoid carbs completely, the simple fact is that almost every food has some carb content. This includes vegetables, cheese, nuts, and berries. All-natural foods contain more than enough carbohydrates for our needs. Any carbs we ingest beyond that are detrimental. You do not need to worry about ever developing a carbohydrate deficiency, because it simply is not possible. It is well known that putting sugar in the gas tank will ruin a car engine, and humans are really no different.

The liver is in charge of manufacturing glucose out of proteins and fats and is also in charge of slowly releasing glucose into the circulation, so that the blood glucose level stays above a certain limit at all times. It is only when the liver action is compromised by too much insulin from injections, or when someone is fasting while taking diabetic medications that the blood sugar can drop too low.

Diabetes is nearly nonexistent in cultures that do not consume refined flour or highly sugarized products. Milkshakes, candy bars, white flour products, and soda were not included in the human diet till a few
generations ago. For 700,000 years, humans ate only meat, fat, nuts, berries, vegetables, and whole-grain products. The common drink was water, and milk or wine were luxuries, consumed only rarely. That should be all the evidence we need that we can and should survive with far fewer carbs than what most of us are eating nowadays.

The number-one food category consumed by Americans is bread, particularly white bread, rolls, and crackers. These are almost all pure carbs. Right behind these are donuts, cookies, and cake, more carbs accompanied by more fat. Number three is the alcoholic beverage, and most of these also contain carbs. In fact, 90 percent of the American diet is made of fat, the bad kind, and carbohydrates, also mostly the bad kind, both being genuine metabolic toxins.

Insulin

The discovery of insulin can be credited to a Romanian scientist, Nicolae Paulescu. A group of Canadians, apparently very “inspired” by his work, were later crowned as discoverers, and were awarded the Nobel Prize for it.

Insulin is a hormone produced by the pancreas. Its chief priority is to make sure that sugar does not rise too much within the body. What allows sugar to enter the cells from the bloodstream? Among other things, it is insulin. Glucose (sugar), in any amount above a certain threshold, is stored, mostly as fat. The threshold is low, about 2,000 calories in total. What directs this necessary transformation from sugar to fat? Again, the culprit is insulin. The human body cannot store much sugar, carbs, or protein. Thus, any excess of these is stored as fat, a conversion achieved under the direction and guidance of insulin.

Another of the important roles of insulin is to make sure blood sugar does not go up too much. On the other hand, the job of another hormone, glucagon, is to make sure sugar does not fall too low.

It is also insulin that activates the enzymes that power the cholesterol-making mechanism. Thus, overproduction of insulin results in overproduction of cholesterol. In other words, excess insulin stimulates excess cholesterol.
While protein ingestion may stimulate some small amounts of insulin, fat has no impact on insulin whatsoever; as far as insulin is concerned, fat does not exist. Here is a confirmation of this fact: if a farmer wants to fatten up his pigs or cows, he feeds them grain—not meat, butter, or eggs. Similarly, if you wish to fatten up, feel free to load up on grain, bread, pasta, potatoes, cake, cereal, and cookies. If you really want to speed up the fattening process, then add some extra fat to the mix, just like the fast food companies do. Most fast foods are made of bad (artificial) fats and carbs and are very low in protein.

**Cholesterol**

Cholesterol will increase if you eat fat, but this will only happen if you also eat carbs at the same time. This is because insulin runs the machinery that makes cholesterol. If you do not eat carbs, there is no extra insulin, so your cholesterol will not spike, no matter how much fat you ingest.

You can treat elevated cholesterol with a low-fat diet until the cows come home, but you will only see limited success. Fats don’t make you fat; carbs are responsible for that. Fat intake is usually self-regulated, as no one really sits down to eat a bar of butter, lard by the spoon, or olive oil by the cup. Without carbs to wrap around the fat, the fat we eat is not very appealing. The more carbohydrates we eat in one sitting, the bigger the insulin response we stir up, and the more fat we put in storage.

Our bodies can make fat from carbs and lots of it. That is why you can’t just eat fat-free cookies and ice cream and potato chips and expect to lose weight.

Can you really eat red meat and eggs without elevating your cholesterol? Yes, but these should be eaten in only small amounts. Does that mean you can have steak and eggs for breakfast? Yes! Pork ribs for lunch? Sure! But what you absolutely cannot do is eat all the eggs and red meat you want while, at the same time, loading up with starches and carbs (sugar). This means you can’t have orange juice and biscuits and gravy and hash brown potatoes with your steak and eggs—and be sure to eat only a small amount of steak and eggs. When it comes to food, more is not better.
How to Eat and Drink

I advise people to eat small amounts because we seem to have lost all sense of moderation when it comes to food. We must exercise wisdom in eating. If you overindulge with too much food and too many drinks, you will cause yourself ill health. Do not overeat until you are full; always eat short of satiation. Then, take a short walk if you can. Do not eat at all after six p.m., close to retiring for the night.

Eat small amounts of good-quality food, mostly plants. If you avoid manmade or man altered foods and carbs, your blood sugar will remain stable throughout the day, ensuring that you will suffer fewer food cravings or false hunger pangs.

All the major diseases of Western civilization—diabetes, obesity, high blood pressure, heart disease, and even cancer—have a common denominator. In fact, these degenerative diseases that afflict, disable, and kill so many people are not diseases at all; rather, they are symptoms of a more basic, single disorder: excess carbs, insulin, and insulin resistance.

Drink room temperature water twenty minutes before meals or between meals, but avoid it during meals. If you follow this regimen, it will reduce hunger, and you will naturally and more easily eat less. If you have to drink during meals, limit your mealtime beverage to no more than one cup, being careful to sip and not gulp. Studies show that without a beverage to accompany our meals, we eat more slowly, chew our food better, enjoy our meals more, and eat a lot less.

We all seem to be 5-year-olds when it comes to eating. People who seem significantly successful in other aspects of life, capable of overcoming life problems and handling their careers, educations, marriages, and so on, easily succumb to the only thing they really have total control of: feeding themselves. Please realize that unless you are in a coma and on feeding tubes, you, and only you, are in complete control over what you put in your mouth. We like to say we cannot resist certain foods, but really, it is that we just choose not to. We must choose to eat, as well as not to.

A dietary regimen works relatively quickly, within a few weeks, but it will only be successful as you faithfully follow it. You cannot return to your childhood immunity against carb attacks, so you must continue the dietary guidelines in order to reap the benefits. A return to your former
eating habits will quickly return you to your former health problems, if not worse.

So how should we eat? What is the plan? We need a strategy, a game plan we can easily understand and implement. The good news is that there is a plan, and it really does work. The main principle of this game plan is very simple: All nature-made food is good, while all manmade or man-modified food is not. The more we mess with our food and with nature, the worse the adulterated food is for our health.

How badly do you want your health and vitality back? Your health depends on how committed and motivated you are to get back to nature and unadulterated food and drinks. Our primary problem is not ignorance of what we should do. This book explains this clearly. Our problem is actually doing what we know we should do. It may seem difficult, like a high mountain to climb, and many of us try to make excuses. “On second thought,” we say, “I’m feeling pretty good. No sense in bothering with that now.” If we continue to blow off what we know is right, we will continue to experience ever-waning health.

Why do we eat when we are not hungry? Why are we addicted to it? Well, this is a subject for another book chapter.

**Raw Foods**

Start eating more raw foods, for the link between these and good health is too obvious to ignore. Raw foods include vegetables, fruits, nuts, and seeds that are uncooked and unprocessed. The best thing about these is that the food industry has not tampered with them (yet), so they are not full of preservatives, chemicals, and additives. Strive for a target of at least 60 percent of your food to be raw and organic.

If you eat raw, you will know exactly what is in your food, exactly what you are putting into your body. You won’t end up eating garbage that just resembles food, concoctions cooked up in a factory a year ago, then engineered, colored, and preserved to taste like a food you know.

Eat more veggies and less meat and cut down on dairy. If you do have dairy, try to find European dairy, as that part of the world insists on strict rules against tampering with dairy products. Eat entirely raw for one day a week and be nearly vegetarian for a day.
Fruits in general are good for us, but always in small amount or moderation. We can’t eat fruits every day, all day, because too much fructose, even if natural, is too dangerous. We should rarely eat fruits, and only as an occasional treat and even then, we need to choose only sour or non-sweet fruits. Fruits need to be a rare dessert. If you juice fruits then you concentrate the sugar from multiple fruit portions. This is not recommendable. It all goes to the belly fat.

Avoid processed or modified animal products, like meat and dairy. Strive for a plant based diet. Eat meat rarely, if at all.

**Hunger**

By far, the most important element in healthy eating is portion control. Everything good or bad comes from the size and quantity of our meals. As we age we need less and less daily food for living. Most people want to eat like they were used to eat decades ago. They then wander why they gain weight. It is wise to adjust food portions based on your age and level of activity.

On a scale from 1 to 10, we generally eat when we are hungry at a 2 or 3 level. We should avoid doing so. Hunger has been vilified by the media. In fact they are confusing hunger with prolonged starvation and wasting out. These are not the same thing. Hunger is a feeling we can train. If you are a little hungry, well, enjoy this feeling, don’t worry, you won’t die. The hunger sensation is not that bad; it is not a villain to be avoided by any means. In no case hunger should be something scaring you, making you eat just to prevent it from appearing.

We are genetically built to be able to sustain prolonged hunger periods. We can and we should fast often to mimic these evolutionary conditions. We are not built to process an overabundance of food. On a grand evolutionary scale, only recently we had the luxury of food abundance that we now have. We don’t need too many meals a day. We can eat three meals a day or we can eat none. We will still be ok. We won’t die from one day of not eating. On the contrary we will feel lighter and better. I challenge you to try.

Our stomach is made to be empty most of the time. When we eat something and we just start to fill the stomach, even with a small snack,
what we do is we wake up a chain of events that will ultimately result in a higher demand for food.

We all have satiety hormones. They are released when the stomach is full, whatever fullness it is trained to usually achieve. However, this satiety hormone is mainly released when food reaches the small intestines, which usually takes about 15-20 minutes. What do we do in those 15-20 minutes? From the time we begin eating to the time we feel no hunger? We have a choice. We can wolf down half the refrigerator or we can take small bites, and mindfully chew food slowly and thoroughly. Or we can do anything in between. The choice is totally ours.

How to Reduce Cellular Glucose and Blood Insulin Levels

For better health, and particularly for diabetics, we must reduce cellular glucose and blood insulin. The correct approach to this is as follows:

- Fast frequently, for twenty-four hours or longer. Drink only water.
- Eliminate refined, manmade carbohydrates and reduce sweet natural ones.
- Eat natural, healthy fat, not manmade fat, and do not eat too much fat of any kind.
- Eat mostly fiber, vegetables, and plant-based food.
- Eat lots of raw food, spices, nuts, and herbs.
- Cut your portion in half or more, chew well, and don’t eat yourself full.
- Eat three meals, with no second helpings and no snacks between.
- Eat limited meat two to three times a week; opt for chicken, turkey, fish, or eggs.
- Eat unlimited raw salads and vegetables.
- Eat unsweet fruits but limit yourself to two servings a day.
- Eat no starches, no sweets, and no flour of any kind.
- Keep nuts and cheese to portion sizes.
- Mix half a lemon in two liters of water and drink it all day.
Food Safety

How safe is our food? The Food and Drug Administration (FDA) is supposed to protect us from adulterated food, but this is not always the case.

Did you know there is an FDA law that allows companies to claim their chemicals and additives are safe, without even notifying the FDA? The FDA allows food manufacturers to do their own testing to determine whether an additive is safe. The testing is usually performed on animals, with questionable doses and for very short periods of time. They are allowed to conduct as many studies as they want on the same subject matter, then they can only report the favorable ones.

The whole process screams corruption and conflict of interest, but the government agency tasked with protecting us does not seem to care. Clearly, the food industry is in cahoots with the FDA. In fact, the FDA has never reviewed safety reports for more than 3,000 food chemicals, and they are so negligent and nonchalant about it, that most companies don’t even bother to notify them. The question is: If the FDA does not know what’s in our food, how can we?

If we want to be healthy, we have to take control. We can’t trust the government or the food manufacturers. We can’t trust anyone but ourselves. We need to be picky about our food choices. We need to be educated, read the labels, and ask questions. The less a food is processed, the more benefit it will be to our health. We need to eat real food, not substitutes. We need to eat organic most of the time, as nature is always the best way to keep our bodies naturally healthy.

There are over 10,000 ingredients added daily to our food, and most are not tested appropriately, if at all. Besides, an entire industry exists with the sole interest of concealing the potential health hazards in the food we eat daily.

When you eat meat and drink milk, you are ingesting a soup of antibiotics, hormones, steroids, and chemicals. This is precisely why you should look for organic products, grass-fed, sustainable, home-raised meat and milk.

Avoid common genetically modified (GMO) plants like corn, soy, sugar beets, papaya, zucchini, and squash. Only buy these if you know
they are organic or, better yet, raise them yourself. Make sure to wash any purchased produce very well before use.

You should also throw away all the sugars, artificial fats, processed foods, artificial sweeteners, dyes and additives, and anything that is prepackaged. This may seem radical and wasteful to some, but your commitment to your health must be a radical one. To put it bluntly, all of those things are trash, and they belong in the trash can.

Eat real food and food made from scratch, like grass-fed organic meats, wild fish, avocados, organic veggies, and some fruits, nuts, seeds, and olive oil. Eat clean, toxin-free food. The last thing you need is for your body to become a toxic waste dump. Even just a few of these things is too many. How little is little enough for toxins? None!

Fortunately, there is a great deal of organic food available on the market today: meat, dairy, eggs, berries, peppers, tomatoes, celery, cucumbers, potatoes, grapes, apples, peaches, corn, soybeans, sugar from beets, papaya, zucchini, leafy vegetables, chocolate, herbs and spices, and tea and coffee.

Eat at any restaurant chain at your own health risk. Most ingredients on the plate come portioned, in plastic bags, frozen or shelved. Some come from far away continents. Many are microwaved and then assembled on your plate to look pretty and fresh, when they are anything but that. As for fast food, it is cheap by comparison because it is not real food. You are what you eat, so do not settle for cheap, fast, or easy. Fast food is never prepared onsite, and nothing is really fresh. Fast food is devoid of nutritional value and is manufactured to be addictive. It is fattening and dangerous for our health. For the sake of your health, give up fast food.

Stop eating processed or semi-processed foods. More than 80 percent of processed foods contain either GMO corn or soy or other GMO ingredients, and you should avoid any and all modified foods.

**Why Diets Don’t Work**

Diets generally don’t work because most people have no plans to make them a lifetime habit. Most are just looking for a vehicle to patch things up so they can later return to the way things used to be. Rather than replacing the tires, they simply patch up the leak. The trouble is, that the leak is destined to return unless a complete change is made.
Food is also very addictive. It is our drug of choice when we need to cover feelings, emotions, moods or mental states. Often, we do not even realize this fact. For this reason, relapses are very common and people otherwise disciplined in every other fields of life become powerless when it comes to food. This is a common problem and will be addressed in a separate chapter and a solution will be provided in the ten week program.

If you are seeking good health, not only will you need to make some radical changes in your lifestyle, but for sustained benefits, you need to find a way to make these changes permanently. You need to be able to live with these changes for the next thirty or forty years, because you can’t go back again. You mustn’t take your body for granted. Diabetes, as well as many other conditions, calls for self-control and discipline.

Most Americans simply eat whatever they like, but we must take back control of our bodies. We cannot give ourselves a free pass to enjoy whatever we want, whatever tastes good, in exorbitant quantities. Does it take too much effort, too much willpower? Not if you consider the stakes involved.

You must also determine that partial victory is unacceptable. If you enter the battle with the idea of cheating a little here and there, you might as well stop right now. Those who don’t involve themselves totally in this fight will not succeed.

This is exactly why I will not fall into the mistake many diabetes authors fall into when they say, “Well, I don’t mean you have to completely stop carbs, chocolate, soda, or… Sure, you can cheat a little here and there, just enough to keep your addiction going.” On the contrary, I can tell you that you absolutely, unabashedly, unapologetically must take total control of your eating habits. No cheating and no substitutes can be tolerated if you want to really change your life and give yourself a chance at a longer one. Do not think of it as going on a diet. You are not going to lose weight fast. Your improvement must be gradual, purposeful, and permanent.

Most people’s idea of a low-carb diet is stuffing themselves with steak and eggs and eating little else, but this couldn’t be more misguided. Instead, enjoy a fresh salad, full of good-for-you veggies like tomatoes, cucumbers, peppers, broccoli, and green beans—as many raw, uncooked vegetables as you can get. Diabetes is a formidable enemy. It wants to take away your limbs, your ability to walk, your eyesight, your joy, your peace,
and, eventually, your life. You can’t approach this battle lightly, and your biggest arsenal in fighting it is a healthy diet.

**Respect the Food**

We have to learn to respect food. The countless hours of handling and care of each and every ingredient in food is overwhelming and deserves respect. We should not just place the food in the microwave, then mindlessly throw a blob of food on the plate and wolf it down all while we are doing something else.

Our food is what nourishes us. It needs to be prepared with much love and care, ideally from scratch. Food should come from natural sources and never from pre-packaged meals that were on the shelves for months or years. Food needs to be nicely arranged on the plate. We need to mindfully eat all food while chewing each bite thoroughly while savoring the flavors and the texture food has.

We need to eat enjoyable small meals not the opposite. Always refuel yourself with the best food quality possible, don’t feed yourself junk. Your body is supposed to be a temple not a garbage collector. Enjoy food and respect the meal time. Don’t do anything else when eating.

**Chapter Summary**

- The amount of carbs we require is zero.
- Insulin builds fat and raises cholesterol.
- Eat little, mostly plants and mostly organic and as close to raw as possible.
- Don’t drink anything during meals but be sure to drink water between the meals.
- Eat out only once or twice a week, if at all.
- Eat bread, meat, and dairy only a few times per week, if at all.
- Fast once in a while.
- You are what you eat, so do not settle for cheap, fast, or easy.
- Respect the food. Eat mindfully.
Chapter 21

A Sugarless Diet

The amount of carbohydrates absolutely required by humans for health is …zero. This is the overwhelming consensus of scientific wisdom today. So remember: proteins and fat are essential to life. Carbs are not.

• Goal: avoid refined sugar under any form or name.
• Refined sugar robs the body of essential vitamins and minerals. A high quantity of these vitamins is required for the processing of the sugar. They are the same vitamins that in a depleted state will lead to diabetes, heart disease, and other degenerative diseases. Sugar also depletes the immune system, contributes to fermentation, gas and candida overgrowth and acts as a water pill, dehydrating your body.
• Starches like bakery products, bread, pasta, pizza, potatoes, pretzels, bagels, doughnuts, cookies, cakes, candies, etc., are considered refined sugars.
• Sugar under any name is still sugar. Avoid fructose, dextrose, lactose, maltose, high fructose corn syrup, corn syrup, etc.
• Don’t eat so called “sugar free” products that taste sweet. They contain sugar under a different name which is worse for your health than sugar itself.
• Never eat or drink so called “diet” products. They contain artificial sweeteners that are bad for your health and are toxic too. Studies show you may gain more weight than with the “regular” products. No “zero calories” products.
• Artificial sweeteners under any names are to be avoided. Aspartame, NutraSweet, Equal, Sucrose, Saccharin, etc., are extremely unhealthy and unnatural. They are #1 on the complaint list at the FDA. However, the billion-dollar market will not give away its profits.

• Read labels very carefully. You will find sugar in products you would never believe like ham or mustard for example.

• The only good and natural sweetener that you may use on occasions, is a small amount of natural honey or maple syrup is OK for you.

• Natural sugar from fresh fruits and vegetables is OK because they come with natural enzymes and vitamins necessary for their processing. Do not abuse them though, especially if you want to lose weight. Sugar resulted from canned or processed fruits and vegetables is NOT OK (vitamins, enzymes were destroyed).

• Avoid soda or similar sweet drinks, carbonated or not, under any name or form (one can contains 9-13 tsp. of sugar) or fruit juices bought in the stores (they have added sugar and preservatives). The best would be homemade fruit juices on occasions.

**Chapter Summary**

• Avoid refined sugar under any form or name.
• Avoid “diet”, “light” and “zero” calories products.
• Avoid starches.
• Read labels carefully.
WEIGHT LOSS IS not an easy quest, and many factors can prevent you from reaching your weight loss goals. Below are the top ten common weight loss mistakes that you should try to avoid for more successful weight loss efforts.

1. **Not understanding that carbs, not fats, are the problem.** Many of us have fallen for the media’s false claims that eating fats will make you fat, but nothing could be further from the truth. Fats are not metabolized completely; some are incorporated into our structures and some are eliminated in the colon. If you eat too many fats, you may experience nausea, as the body is equipped with mechanisms to prevent you from eating too many fats.

   Carbs, on the other hand, are dangerous. Carbs of any name, shape, or form are still carbs. They stimulate insulin and transform into fat in the body. There is only one hormone in the body that gives a clear signal for fat production, and that hormone is insulin. Insulin levels are raised when carbs are ingested; this is not the case when we eat fats.

   To lose weight, follow a no-carb, no-sugar diet. Advice: Stay away from anything that tastes sweet or is made from starches or dough.

2. **Exercising without cutting carbs (dieting).** People think weight loss must include diet and exercise in equal proportions, but this is not the case. Rather, losing weight is about 97 percent influenced by what you ingest and only 3 percent or less is influenced by your exercise regimen.
You may exercise and sweat for hours, only to ruin all your progress by a few extra bites or a soft drink. Exercise is absolutely essential for great health, but it is not so essential for mediocre health and losing weight. By way of example, think of the poor souls who worked hard at concentration camps; they were not skin and bones for lack of exercise but for lack of proper nutrition. Naturally, those who incorporate exercise into their weight loss regimen will do better than those who diet alone, but diet is the most important consideration of the two.

3. **Drinking your desserts.** There are eight to thirteen teaspoons of sugar or sugar equivalent in just one can of soda. Juice, ice cream, and many other sweet treats will also pile weight on you. Alcoholic beverages can be another problem; a single serving of Long Island iced tea has over 700 calories! Some people may avoid dessert to lose weight, only to drink something far worse!

4. **Wolfing down your food.** Most overweight people do not eat consciously or chew slowly. Instead, they take big bites and gulp down sweet drinks in only a few minutes. In these cases, the feedback mechanism that tells your brain that you’ve eaten enough has no time to kick into gear. Your body requires ten to twenty minutes from the time to start eating to register when you are full. The food particles need to be absorbed first, and this takes a few minutes. If you gulp down a few thousand calories during those moments, you will bypass your natural protection mechanisms.

5. **Snacking.** Snacking is unnecessary and overrated and promoted mostly by commercial interests. Snacks usually contain fast-burning carbs, leaving you hypoglycemic and hungry just one to three hours later. If you feel you need to snack, this means that your main meals consist of too many carbs that burn too quickly (like burning hay) and leave you feeling empty fast. If your meals contain enough good fats and protein, especially in the case of breakfast, you will feel more even and calm all day and will not feel the need to snack. Fats and proteins are like logs in a fire; they burn slow and even, for a long time. Whole-grain snacks are like twigs; they burn a little slower, but not slow enough to make a great difference.
6. **Letting your stress get out of control.** Stress is another culprit that prevents us from losing weight. Cortisol is often dubbed a stress hormone because it is secreted during times of physical or psychological stress to help us cope with it. In times of high stress, we need glucose (sugar) quickly to handle the fight-or-flight stress reaction. These sugars must be quickly at our disposal. Cortisol, in response to stress, commands that stored sugar be thrown into circulation, thus stimulating insulin a little later. Studies have shown that cortisol secretion may not only promote weight gain but can also affect where that weight shows up on the body. Higher cortisol levels have been linked to more abdominal fat. Not only is abdominal fat unattractive, but it is also directly linked to serious health conditions such as diabetes and heart disease.

7. **Eating out.** A dieter walking into a restaurant is akin to an alcoholic walking into a bar. We often go out to eat for special occasions such as birthdays, anniversaries, and other celebrations. Perhaps you just do not feel like cooking or are simply craving some variety. All of these are understandable, but be aware that eating out can be dangerous to your weight loss efforts. Portion sizes are getting larger in restaurants, and so are our waistlines.

   Not only that, but in a restaurant, you have little knowledge or control of what goes into those dishes and how they are prepared. You should avoid buffets at all costs.

8. **Eating while distracted.** A common habit that prevents us from reaching weight loss goals is eating in front of the TV. While we are distracted this way, we tend to avoid paying any attention to our own hunger cues and eat mindlessly for the duration of whatever program we are watching, paying no attention to just how much we are really eating. Research has shown that people who eat in front of the TV report feeling as if they haven’t eaten at all. Because we do not register well how much we have eaten, we tend to overeat.

9. **Lack of sleep.** Failing to get the recommended hours of sleep can cause weight gain. Studies have shown that people who sleep less tend to weigh more and accumulate more body fat than those who got eight hours.
of sleep each night. Sleeping regulates the production of two hormones that are responsible for fullness and hunger. When we do not get enough sleep, we feel hungrier and less full, so we end up eating more. Also, when we’re tired, we tend to make less healthy eating choices and choose carb-laden, calorie-high comfort foods.

10. All-or-nothing mentality. Perhaps you fell off the wagon and ate five chocolate chip cookies when you had decided you would only eat one. Don’t beat yourself up about it! However, don’t convince yourself that you might as well eat the rest of the batch, along with a tub of ice cream and resume your diet tomorrow. Stop while you’re ahead and continue to eat healthy. Counteract your cookie binge by eating more veggies, or step up your exercise regimen for the day.

Chapter Summary

- Carbs, not fats, are the problem; go carb free not fat free.
- Avoid snacking, don’t drink your carbs.
- Exercising more won’t help. You have to eat less.
- Avoid eating fast. Chew well.
We live in a world caught up in a wide variety of addictions. Millions suffer from addiction to drugs, alcohol, and smoking, but there are also those who are addicted to other things, like television, food or sugar. Everything we do can turn into a habit or obsession and can become an addiction, including even sports or an active life. The recipe for a healthy, happy life is moderation, and the keyword is balance.

In everyday life, we encounter various energy drainers, but we are often unaware of this, either because we are used to them or because we try to comfort ourselves by thinking the whole world does the same thing. Sugar, sweets, wheat, soda, juice drinks, smoking, and drugs are some of these. Some might say putting sweets in the same basket with drugs is not fair, since they are not on the same level, but I would say those people are wrong. Why? Just like drugs, sugar can easily lead to addiction. Just like drugs, sugar is hazardous to the body. Because sugar is widely available and affects how we feel, it has become the drug of choice for all of us in recent years, more so than alcohol. For that reason, let’s talk a little more about this sweet disaster.

Sugar

Most of us use refined sugar on a daily basis, but what does it really do to our bodies? Refined sugar robs the body of essential vitamins and minerals, and unrefined sugar only robs it a little less. A higher quantity
of vitamins is required for the processing of sugar. Depletion of these vitamins can also lead to diabetes, heart disease, and other degenerative conditions. Another hazardous effect of sugar on the body is depletion of the immune system. Sugar contributes to fermentation, gas, and candida overgrowth. Sugar also acts as a diuretic and quickly dehydrates the body.

Refined sugars hide in so many products these days. You may not realize that ketchup or pretzels contain refined sugar, but they do. When it comes to tomato soup, taste testers almost always choose those that are higher in sugar. The high sugar products variety is exactly what the food industry produces for sale in grocery stores. Because sugar sells!

Sugar undeniably adds flavor, so it is added to many products that might otherwise be healthy. It is all about sale, and products that taste better sell better. The only true interest of big food corporations is making more money, so they will never sell truly healthy food. They know that people will always go for something that tastes better, and refined sugar is the magic ingredient. Sugar lurks in bakery products, bread, pasta, pizza, potatoes, bagels, donuts, cookies, cakes, candies, etc. If you had to name products with no sugar in them, you would have a big problem trying to find any.

It is important to know what you are eating. Don’t be ashamed to read the labels in the store before you throw various items in your shopping basket. You have every right to know what you are going to put in your body and the bodies of your loved ones. As you read those labels, you will be surprised where you find sugar, you can find it even in unlikely to have sugar products like ham or mustard!

There are several types of sugar. Besides refined and unrefined, sugar has many names: fructose, dextrose, lactose, maltose, high fructose corn syrup, corn syrup. You should avoid all of these as much as possible.

Another trap for poorly informed buyers is products that claim to be “diet” or “light”. Never fall for this marketing ploy! As we’ve already discussed, these “diet” products contain artificial sweeteners and are extremely hazardous to your health and even toxic. Some studies actually show that people gain more weight eating diet products than eating the regular varieties. Any product that claims to be zero calories is also fraudulent; there is no such thing as a product with null calories. What they really mean by “zero calories” is that “diet” sweeteners are not broken or burned down completely to water and carbon dioxide.
The most widely used artificial sweeteners are aspartame, NutraSweet, Equal, Sucralose, saccharin, etc. None of these are good for you in any way. They are entirely unnatural and are number one on the complaint list at the FDA, but it is a billion-dollar market that will not easily give up its profits for the sake of human health. The only better, natural sweetener is natural honey or maple syrup, and these should be used very sparingly as they too raise insulin levels.

As diabetes is a disease of glucose or sugar cellular overwhelm, even the zero calories products will have their respective sweeteners penetrate, invade and sometimes intoxicate the cells with the sweet ingredient. This penetration into the cells may happen with or without insulin help. Since most of these products are toxic at the cellular level, even though they are labeled zero calories, they are extremely damaging to the cells and to the body.

Natural sugar from fresh fruits and vegetables is okay in small amounts. These come with natural enzymes and the vitamins necessary for their processing. Do not choose the sweetest fruits, like grapes or melons, just to satisfy a sugar addiction, and do not eat these excessively, especially if you want to lose weight. Eat fruits that do not taste sweet, and enjoy small berries. Sugar resulted from canned or processed fruits and vegetables is not okay, as the vitamins and enzymes that would have naturally accompanied them are destroyed in the processing. Never believe that canned fruits are as good as eating fresh fruits.

Liquid sugar is just about the worst thing you can do to your body. Unfortunately, sugary drinks have taken over the world. Avoid soda and sweet drinks, carbonated or not, under any name or form. One can of soda contain nine to thirteen teaspoons of sugar or a sugar equivalent. This is far above the recommended intake for an adult. Do not think fruit juices are a better option, as these also contain high amounts of sugar and preservatives to keep the color vivid and to improve the taste. If you are going to have juice, drink homemade juices occasionally, and be aware that all fruits contain fructose, a fruit sugar that should only be used in moderation.

One sugar habit many people have is eating ice cream, especially in the evenings. Some eat a pint or more, even up to a half-gallon. This is also a habit that needs to be changed, as ice cream is full of sugar and this too raises insulin and promotes fat production.
People believe that because glucose is used as fuel they have to ingest a lot of it. Don’t worry much! When the liver does not have glucose to process anymore, the liver will make the glucose. The liver will make it, first from fats, then from proteins. In fact, this is exactly the mechanism by which we lose weight. The reason our body makes and stores fat is to be able to use the fat later by converting it to glucose.

**Smoking**

There is no question that smoking is toxic and in no way helps anyone. It is toxic to both the body and mind, as well as to relationships and to your pocket. Cancer and heart attacks are common for smokers.

If you smoke, the time to stop is now. The most efficient method to quit is cold turkey, as those who accomplish this, experience the fewest relapses. Crutches like patches and medications work minimally at best. For smokers, an addiction to nicotine can be even more difficult to conquer than an addiction to heroin. It is one of the most difficult addictions to overcome.

Nevertheless, the less you smoke, the better you feel. It takes many years for the body to rid itself of the effects of smoking. For lung cancer risk, this interval is over ten years.

Smoking used to be considered a cool thing to do, thanks to television and advertising. Today, it is still cool and more accepted in other parts of the world, but in modern North America, it is seen for what it is: A dangerous habit that ruins health and wastes resources. Every smoker can recite the reason why they started and why they still smoke today. Some smoke when under stress, some out of boredom, and some because they want to fit in or be cool, but they all have one thing in common: a bad, self-destructive habit.

Habits are hard to change! One method that seems to work effectively is to replace a bad habit with a better one. Change your smoking habit into something more productive and less hazardous. Have a piece of chewing gum every time you have the urge to light a cigarette, or call someone on the phone and talk for a few minutes. Distract your mind from wanting to smoke.

All habits take time to be inserted in our daily routines. It will take time to replace them with better habits, so be patient with yourself and
don’t give up. Your health is too important! The first small steps are always the most difficult, but they are also the most important. Whenever you want to buy a pack of cigarettes, put that money in a designated jar. Think of something you really want to save up for, and use the money you would have wasted on cigarettes to buy that desired thing. Set a goal and stay focused on it. Save money for trips, for gifts for people you love, or for a nice meal in a fancy restaurant. Save it for anything that will be useful and make you happy. There is no good side to smoking, and the money spent on cigarettes could be spent in a million better ways.

**Chapter Summary**

- Sugar is very addictive, dehydrates the body, and leads to heart problems, diabetes, and fast aging.
- There are many names for sugar and sweeteners.
- There are no healthy diet, light, or zero-calorie products.
- Artificial sweeteners are hazardous to your health and are even toxic.
- Liquid sugar is the worst; a can of soda contains up to thirteen teaspoons of sugar.
- Smoking is toxic to your body and your mind.
- The most efficient method to quit smoking is cold turkey.
I

LEGAL DRUGS DRAIN human energy by borrowing a high amount of energy upfront; then the repayment interval lingers for a long time. They are to be absolutely avoided. It is not necessary to list all their bad effects, as we all know that street drugs are bad for us. The hazards vary, based on the various types of drugs, but what they all have in common is that they harm you, the people you love, and society in general. Drug addiction never only attacks the addict; it will cause the addict to lose touch with reality, and the addiction will also hurt the ones the addict loves. The addict is too focused on the addiction to care about anything or anyone else. Drug addiction requires professional and medical help, as well as serious mental help.

Legal drugs include pills and medications that are bought over the counter or prescribed by a doctor. These are one major cause of fatigue and lack of energy. Make sure they are not the culprit in your case. Medications like beta blockers, blood pressure medications, and nerve pills like Lyrica are notorious energy drainers. Sleeping and anxiety pills drain energy too. Under medical supervision, you can slowly change or replace medications that are suspected of draining your energy.

Taking nerve pills when in stressful situations can cause a special kind of addiction. You will begin a dependency and reach for pills more often, thinking you are not strong enough to deal with problems. Don’t let yourself become addicted to artificial medication.
Fluorescent lights

Fluorescent lights are not good for us because they are not comprised of a natural spectrum of light. The light is bluer, and the frequencies of light are not balanced. On top of that, fluorescent light is not continuous light; it flickers at a rate of the AC current – at 50 cycles per second - just fast enough that we do not really notice. Even if we don’t notice the flickering, our eyes somehow sense it and have to constantly adapt to low and then high intensity light very quickly. In the end, after a few hours, the eyes may become tired and strained. Our energy may be drained, and we don’t usually even realize why.

If at all possible, avoid fluorescent lights. If not, take walks on your breaks, basking in the natural light to compensate and give your eyes a rest. In no case install fluorescent lights in your home. If fluorescent lights are already present in your home when you move in, it is suggested that you replace them as soon as you can.

Microwaves

Many studies show that food heated in microwave ovens loses nutritive properties very fast. Microwaves cook through a process of radiation. They might save you time, but they will harm your health. In this kind of oven, the food and water changes the structure in such a way that it becomes unhealthy.

Microwave ovens also emit radiation up to a few feet around. When your microwave is in use, always maintain a healthy distance of at least a few feet. Use them as little as possible.

Excessive Alcohol

Alcohol is more or less toxic. The body can properly deal with small amounts of alcohol, if the body and the liver are healthy, but when alcohol consumption becomes more than a drink a day, it can become unhealthy.

Occasional drinks are fine, but daily drinks are not. I strongly believe that we should take breaks in just about anything we do every now and then, and this includes occasional drinking. Everything must be done in moderation.
It is important to note that hard liquor is more dangerous than beer and wine and should be avoided.

If you are prone to drinking either more frequently or more quantity than other people, it is even more important to take vitamins, especially B1 and B complex, as alcohol depletes them from the body. Also take Vitamin C and Niacinamide.

Alcohol also contributes to multiplication of candida; those who are battling yeast infections of any kind should avoid alcohol altogether.

Alcohol addiction is strong and requires professional, medical, and mental treatment just like any drug addiction, especially since alcoholics can be potentially dangerous to themselves and others. Alcohol destroys families all over the world. It is a major issue in our society. Young people are using alcohol early on. Teenagers like to get drunk, never considering the consequences this destructive habit will have on their health in the future. Alcohol is available all over the world and is a serious problem for all of civilization.

**Chapter Summary**

- Fluorescent lights are not a natural source of light and should be avoided.
- While under medical supervision minimize prescription drugs.
- Avoid OTC drugs.
- Microwaving robs food of its quality.
- Use alcohol in moderation, for special occasions only, if at all.
- Alcohol and drug addiction require professional help.
Chapter 25

Detoxification

Our society has developed in many ways, especially during the last few centuries and especially in the areas of technology, science, and industry. Due to this amazingly rapid development, we now live in an increasingly polluted environment, and this has sparked new research to find ways to counteract it.

Detoxification is a subject of many debates, and books have been written about it. Toxins come from various sources: the food we eat, the water we drink, the air we breathe, and the soil we walk on, as well as many other sources that surround us. Even small toxin levels can eventually add up to serious health problems. We are constantly bombarded by hundreds of known and unknown pollutants.

This book offers a bird’s-eye view, so we will not delve deeply into the details of various toxicities. As explained in a previous chapter, toxicity can be divided into two categories:

Inorganic Causes

The major inorganic causes of toxicities include dental mercury fillings, fluoride toxicity, and toxic water (chlorine, city water, arsenic, lead, cadmium, etc.)
Organic Causes

Organic causes of toxicities include pesticides, herbicides, volatile organic compounds (VOCs), polychlorinated biphenyl (PCB), plastics, solvents, fire retardants, and industrial waste.

Naturally, the first step in detoxification is the removal of the offending agent. Without this removal, detox will only work partially, if at all. You know, it is impossible to dry off while still under the running shower.

Several organs in the body are tasked with dealing with toxic substances. These include the liver, kidneys, colon, skin, and lungs. By far, the hardest working and most important is the liver, which bears about 90 percent of this work. Inside the liver, many chemical reactions occur so that toxic agents (like alcohol, for example) are neutralized.

How does the body deal with toxic agents? One efficient way is to attach other molecules to the toxic agent, making the toxin much easier to eliminate. Another way is to dilute the toxin with water; this water dilution sometimes presents as an external symptom of water retention or edema. Many cases of edema have an unknown toxic overload at their core.

So how do we detoxify? We must help the liver process toxic chemicals.

To do so, we have to drink plenty of water to flush the toxins out and keep the kidneys working well.

We also have to brush the skin and make sure we have regular bowel movements.

This last part is absolutely crucial; bowel movements should happen at least once or twice a day. Logically, when something goes in by mouth, something should come out the other way. If we eat two to three times a day, it is not unusual to have two to three bowel movements a day. It is fine to remain on a stool softener for decades, as long as it accomplishes the goal of normal, healthy bowel movements. Most people are afraid to use softeners or mild laxatives, but you should not be. Detoxification is important, and regular elimination will help you feel lighter, with fewer body aches and less back pain.

It is clear that if you do not have at least two bowel movements a day you are retaining toxins inside your body.
There are many commercial liver or gallbladder flushes and intestinal detoxification kits on the market. Some work, and some don’t. Some last for three days, while others require three weeks. Many of them are only effective depending on your toxic level, discipline, and commitment.

The liver actually goes through two steps for detoxification, and many nutrients can help with these steps. By far, the most important is **Vitamin C**, taken every few hours. Also, we need to consider **milk thistle**, or its active component, **silymarin**, and also sulphur compounds, including the master of all antioxidants, **glutathione**. Glutathione precursors and anything that enhances the glutathione level in the blood, cells, or liver are excellent.

Taking Vitamin C, glutathione, and silymarin, as well as eating less and more carefully, ensuring regular bowel movements, and drinking plenty of water with lemon is a great daily detoxification that anyone would benefit from. Of course there are many more complicated versions of detox, enemas, chelation therapy, mercury detox and other procedures which should only be done under medical supervision.

It should be noted that when toxic, you are like a dirty pot that needs to be cleaned, so the first eliminations will be dirty when they come out. The more you wash, the cleaner the water and the pot becomes. And so are you inside.

Sometimes, these accumulated toxins need to come out rapidly, on their way out, because as they circulate throughout the body, they may produce further problems. In other words, you may feel worse before you feel better as the toxins take time to find their way out. This feeling of worsening symptoms when you start a detox program is called a “healing crisis”.

During the process of bringing you back to good health, you may experience temporary pain or discomfort, or cold and flu symptoms, dizziness, nausea, and fatigue. Do not be alarmed! These symptoms do not mean your treatments are not working; on the contrary, the discomfort is often a very positive sign that the healing process is taking place. The longer the symptoms last, the stronger the healing crisis. The worse you feel during a healing crisis, the more dramatic and spectacular the results will be, once the crisis is over.

Most patients do not understand the healing crisis because of their experience with conventional medicine. The focus of conventional
medicine is on eliminating discomfort and curing disease, while functional and complementary medicine seeks to address the underlying cause of pain and illness. Increasing a person’s health reverses the disease process; it is almost like putting a video of your disease on rewind. You may move through previous states of health, so old symptoms may re-appear, occurring in the reverse order of their original appearance.

Sufficient rest is very important during the healing process, while your body is under a great deal of stress. Similarly, your diet should consist of only light and easy-to-digest meals. Heavy, hard-to-digest foods should be avoided. Plenty of water should be taken in throughout the day.

Exercise is often helpful, especially if the crisis also presents itself on an emotional level. Because many toxins leave the body through the skin, light brushing of the skin with a natural bristle can help stimulate the blood and lymph flow.

Reducing environmental stresses can help a healing crisis pass more quickly. Take a good look at your daily stress level. Your diet, smoking habits, alcohol intake, and other lifestyle elements may need to be changed.

An attitude adjustment can be one of the most beneficial factors in coping with a healing crisis. A positive attitude will allow you to relax and recognize that the symptoms are temporary and that your treatment is on target.

When will you begin to feel better? After you detoxify, you will regain your vitality! Medical history, including the use of medications, exposure to toxic materials in the workplace, and age can affect the rate of improvement. A slower response time is expected for older patients.

Most people begin to feel better within one to two weeks; others may take a longer time to see an improvement. If you exercise regularly, give yourself permission to ease up on the time and intensity of your workout. If you do not exercise regularly, it may be best to wait until you have finished the detoxification program. It is okay to go for a walk and enjoy nature.

There are short-term detoxification programs. For example, there are special diets that only last a few days. In the course of several days, you will eat simple, basic foods in small amounts. These are foods that can be digested quickly and easily. It is suggested that one day a week, you fast completely. If hunger is intolerable, you can eat one type of vegetable
that day, such as an avocado. Fasting is one way to allow your body to detox while simultaneously taking a break from processing food. During the detox period, eat light food, exercise to a sweat, change bad habits, and maintain a positive attitude. The idea is to not eat anything that will require much effort to digest. Some people do not eat or drink anything during the detox day or drink only water.

**Chapter Summary**

- The first step of any detoxification is to remove the offending agent.
- Detox organs include the liver, kidneys, colon, skin, and lungs.
- Daily bowel movements are important, so use mild laxatives if necessary.
- Supplements that are helpful for detox include Vitamin C, milk thistle, and glutathione.
- During a healing crisis, you may get worse before you get better.
- Detox may benefit from periodic fasting.
Chapter 26

Exercise

EXERCISE IS VITAL, as our bodies are designed to move. Exercise is NOT optional. Our bodies were designed to move... well, every day, and many times. It is a ridiculous concept to say that our bodies are made to move about ... three times a week?

If you consider the above concept, it becomes logical to exercise daily, not just three times a week. Create an active routine and stick to it. It is advisable to exercise on an empty stomach and eat later. Start slow and build up to twenty to thirty minutes daily. You can take a break if you start feeling bad, but do not convince yourself you cannot do it. You can and you must, if you want to feel great.

Don’t make excuses for not exercising. You can always wake up half an hour earlier, exercise, and then take a shower and eat a healthy breakfast. This will enable you to start your day in the best way possible, and you will have more energy for daily duties.

Combine aerobic exercise in the fresh air, such as jogging, running, walking, or biking, with indoor exercise like pushups, core strength exercises, yoga, etc. The best exercise you can do is jump for five minutes daily on a mini-trampoline. You may need a stabilizing bar to hold on to, but don’t worry about getting your feet in the air, as long as you keep bouncing. During this exercise, every single muscle in your body is worked and stimulated. The lymph and blood flow are enhanced. You move alternately with and against gravity, and the result is like being under a gravitational “alternative current”.

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Another great exercise that activates all our body muscles is planking. Get in the position for pushups, but instead of supporting your body with your hands, lean on your forearms. This position is great for the legs, back, stomach, and arms. Try the plank challenge as well. Increase the time in plank position every day by a few seconds. It is great, and you will experience results.

Exercise not necessarily for the physical benefit, but for the mental and emotional tonus. The endorphins (feel-good hormones) you generate will be a great reward and help you feel well and alive. During exercise you should try to break a sweat. Walking the dog or going to the mailbox is not considered exercise. Walking to the next street is not exercise. Working in the garden is not exercise. You need to arrange a formal, dedicated time for exercising. Schedule a time to work up a sweat. Run, jog, lift weights, bike, or do yoga, tai chi, or chi qung. Whatever it is, you should dedicate time solely to that purpose, with the true intent to get something out of it.

It is important to do at least half of your exercise routine outdoors. Run one mile or jog, walk, or bike. When you jog or run, always make first contact with the ground with the ball of the foot, then roll the foot gently back to the heel. Run with small steps so you don’t land on your heels.

There is a common confusion people have about losing weight. Many believe there should be a 50/50 balance between diet and exercise, but losing weight is actually 97 percent diet and about 3 percent exercise. Bear in mind that only a few bites can neutralize hours of exercising. Exercise is great for a thousand reasons, but losing weight is mainly achieved through diet. Does exercise help? Absolutely, but it will not help you lose pounds nearly as much as diet will.

Contrary to the popular opinion, in general, for weight loss, exercise is mostly useless. Among those who understand physiology, the common belief is that exercise is not a great tool for weight loss. Why? Because we can always consume calories much faster than we can burn them. In other words we can’t out-exercise the American diet.

But diets, generally, don’t work either; they have a failure rate of 80 to 90 percent. What we need is a long term change of our habits. We need a new life not a new “diet.”

Unfortunately, we are made to move. The weight-control system appears to malfunction without daily exercise. When we sit most of the
day, everything falls apart. “In thousands of years of evolution, man did not have the luxury of sedentary life except very recently. An inactive life for man is as recent and as abnormal as caging is for an animal.”

As hunter-gatherers, as farmers, as field laborers, we moved, we worked, and we burned lots of calories. Today we don’t do even a fraction of that. It’s somehow inaccurate to say that we “go to work.” In fact, most of us we go to sit there. We are not really office “workers”; we are …office “sitters”.

As a result of this sedentary lifestyle, we burn far less energy during our work day than our ancestors did. To compensate for a day of office “work,” we will have to run about six miles every day. Do we ever exercise this much every day? We almost never do! No reputable expert is ever suggesting that exercise alone can easily reverse obesity. In order for exercise to combat weight, it must be combined with a simple, low carb, healthy diet.

There is a saying that diets are like politics and religion. People always believe what they want to believe, and nothing is going to change their minds. The best diet may be the one a person believes, because that’s the diet they are willing to stick to.

The same holds true for daily exercise: Do whatever makes you happy, be it jogging, yoga, strength training, marathons, or around-the-block walks with the dog. If you get bored or tired of one particular exercise, then switch to another. Just don’t stop your daily exercise - ever.

Find a way to move more when at work, too. Be creative and find new ways to take the stairs, take different and longer short walks, stand more, and stretch more. Sitting is becoming the new smoking. We all need to cut back on sitting.

Work outs and exercise release have massive effects on the body: they release beneficial endorphins, hormones, enzymes, and proteins that improve our glucose control, blood pressure, heart health, mood, immunity and more. The key to a lifelong weight control is finding the correct balance between diet and exercise. Plenty of exercise and a calorie restricted diet with no carbs is the key.

Compensate for our sedentary lifestyle by scheduling a work out period of at least 30-40 minutes each day and dedicate this time to exercise in such a way that you break a sweat and elevate your heart rate. Note the key word is scheduling. If we do not schedule it, it is unlikely to happen. We need to make exercise a daily habit.
You should exercise when you feel depressed, as it will help you feel better. Exercise is a habit we all need to have, and the more we do, the better we’ll feel. If you don’t already have time set aside, make time for it. It is that important! People who make exercising a priority don’t necessarily have more time than others. Rather, they make sure to schedule time for it because they know it enhances their energy, performance, and the quality of their lives. It has been shown that children who exercise during breaks are better able to pay attention and learn.

View exercising as a source of energy for everything else. However, even if you have the best intentions, if you establish tough exercise goals, you may fail. When you try to do too much and can’t keep up, you will likely give up. Never give up, but never set goals you may fail either. Be aware of how capable you are, and with that on your mind, set small, achievable goals. Make exercise challenging but never impossible.

Exercise is a crucial factor for any diabetic patient as it burns sugar and increases muscle sensitivity to insulin. Exercise also lowers the level of stored amounts of glucose.

Make daily exercise an utmost priority. When we do not prioritize our daily exercise, it is often because we are busy serving others. As a result, our own energy is not replenished and we become more and more exhausted. When we are tired and exhausted, we can’t be there for anyone or anything else.

People often that say that they don’t have time to exercise or that they won’t exercise because they are “constantly on the move all day long”. This excuse is usually not true, it is just an exaggeration, designed to make them feel better.

Those who say they don’t have time to exercise are under a great delusion. You cannot afford NOT to exercise.

**Chapter Summary**

- Exercise daily, not three times a week.
- The best exercise you can do is jump for five minutes daily on a mini-trampoline.
- Losing weight is 97 percent diet and 3 percent exercise.
- View exercise as a source of energy for everything.
Chapter 27

Relax

Tomorrow is another day! In some cultures, this is a way of life, the belief that mañana is always there. Cultures that hold this value and look at things from this perspective tend to suffer from fewer modern illnesses and far less stress than other cultures, such as the stressed-out culture we see here, in the United States. While relaxing is not a free ticket for procrastination, we can learn a great deal from those who proactively seek to relax and take life as it comes without worrying too much or trying to jam pack every day so full.

Here are some actions you can do to help you relax, reduce stress, and increase your energy:

Deep breathing. Deep breathing has been shown to reduce the body’s natural stress response. Do a deep breathing exercise for just 2 minutes.

Prayer press. Put your hands together in front of your chest in a prayer position and press them together for fifteen to thirty seconds, as hard as you can. While maintaining this position, practice deep breathing.

Focus on beauty. Spend a few minutes looking at fine art, exotic travel destinations, or even puppies—anything that you find beautiful or calming.

Watch videos. Enjoy your favorites, specifically focusing on videos that make you laugh.

Make a gratitude list. Read it aloud and be happy for all you have!

Go for a walk. This has been proven to reduce stress and make you feel better, rejuvenating your mind and body.
Get plenty of sleep. As mentioned elsewhere in this book, good rest is stress release at its finest.

Check your posture. Straighten up, don’t hunch your shoulders, and make sure to smile!

Perform a random act of kindness. Doing for others is refreshing and will make you feel better yourself.

Thank someone who has made a difference in your life. Send an email, a text, or a card to thank someone for being part of your life.

Drink water. Proper hydration is crucial for optimum health, both mental and physical.

Take time to smell the roses. This is meant literally and metaphorically. Pleasant smells can make it easier to relax.

Volunteer. Doing something for others and contributing to something beyond yourself is a way to feel more love and connection.

Listen to your favorite music. Music will shift your mood.

Dance. Even if you aren’t good at dancing, it is great for body, mind, and spirit.

Chapter Summary

- Relax and smile, tomorrow is another day.
- Practice deep breathing, sleep well and be kind.
- Pray often, be grateful, listen to music.
Given that we spend almost a third of our lives sleeping, it’s hard to believe that the topic has only gained a large scientific following in recent years.

Sleep allows the brain to restore functionality, order, and memory files and remove waste products. It is important for memory consolidation and many other functions, some of which we do not yet even understand.

Each individual has his or her own sleep requirement. While this is true, recent studies suggest that less than seven and a half hours of sleep per night can result in a sleep debt that can be significantly detrimental to physical and mental health and wellbeing.

Because of this accumulating sleep debt, I strongly recommend that everyone get at least eight hours of sleep per night. In the morning, sleep is deeper, and dream cycles are more intense. During this time, the body and mind regenerate even more. In support of this, studies show that children who start school at 10 a.m. are at least one-third more productive than those who start at 8:30 am.

Studies also show that if people miss even one hour of sleep, meaning that they sleep only six or seven hours instead of eight, they will accumulate a sleep debt and will not perform as well. What’s even more amazing is that when you question those who sleep just an hour less for two or three days consecutively, they believe they are in top shape, when they really aren’t. In spite of what these individuals claim, tests reveal that they generally underperform. Many purport that you will do fine with less sleep, but this is simply not the case.
Lack of sleep triggers diabetes, high blood pressure, and many medical conditions. Studies show that people who sleep less than six hours a night have increased overall risk of dying prematurely.

Napping for no less than ten minutes has been shown to improve alertness and cognition over the subsequent three hours. Napping for twenty minutes, however, results in sleep inertia, which includes symptoms like confusion and disorientation upon awakening.

It is best to go to sleep early, at the same time each day. Sleep for eight hours in a dark room, where there are no electronics. Melatonin will help not only your sleep but also your immune function and endocrine system. Before bed, take at least one milligram for every decade of your life, rounding up on the higher side if you’re in the middle of a decade.

Your body is fascinating, but your mind is even more so. Undergo an experiment: Try telling your body to wake up at a certain time, before the alarm sounds in the morning. You will be surprised to find that your body will obey. I actually recommend avoiding alarm clocks, as they are a very disturbing way to wake up and may stir you from an important sleep cycle, leaving it unfinished. It is better to wake up by yourself, naturally, without any help or invasive noise.

Scientists say sleep between ten p.m. and midnight is the most refreshing. It is also important, as there is less dreaming in this initial part of the night. Do not stay up late, especially on the computer or working. Avoid disturbing or intense movies or news reports that lodge weird or negative, worrisome messages in your subconscious mind.

13 Suggestions for a Good Sleep... and 13 Backups

1. **Sleep in complete darkness.** Even a very little amount of light can disrupt sleep by affecting the capacity of melatonin secretion of the pineal gland. This includes light that reaches any part of the body; it does not have to reach the eyes in order to affect sleep. Avoid continuous nightlights and rely on motion-controlled lights if you get up occasionally at night to use the restroom. Your bedroom window dressings should include blackout drapes. Avoid prolonged artificial light at night. Our ancestors
were in tune with natural daylight and followed the rhythms of nature. Artificial light, especially neon or fluorescent, disrupts the body and predisposes us to illness.

2. **Keep no electronics in your bedroom, even if they are turned off.** You should especially avoid placing a television set in your bedroom, and clocks and other devices should also be eliminated from your resting space. The best suggestion is an LED clock that only illuminates when pressed and remains lit for a few seconds. All ticking clocks should be avoided.

3. **Use the bedroom only for sleeping.** Do not watch television or read for any prolonged period of time in bed or before sleeping time.

4. **Use melatonin or other natural, herbal sleep aids.** Take 1 mg of melatonin for every decade you have lived, rounding up if you’re in the middle of a decade. For instance, if you are 55, take at least 6 mg; if you are 72, take at least 7 mg.

5. **What you eat and how much you eat is important and will affect your sleep.** Have your last meal of the day several hours before bedtime, never after six p.m. A light, mostly vegetarian dinner is best; in fact, those who suffer from night sweats should avoid all meat and animal products after lunch. It is also important to avoid snacking before bed.

6. **Go to bed early.** Studies show that early sleep, between ten p.m. and one a.m., is the most refreshing and healthy. Even more so, the hours between sunset and midnight are extremely valuable for good quality sleep.

7. **Go to sleep and wake up on a schedule,** about the same time every night. Develop a pattern or rhythm that is natural for you and easy to maintain.
8. **Have a bedtime routine.** Enjoy something pleasant to cool off from the stress of the day. The time right before you go to sleep is a most powerful time for affirmations, visualizing goals, practicing gratitude, or saying prayers.

9. **Put your work or intense tasks to rest at least two hours** prior to bedtime. This will give your mind time to unwind so you will be better prepared for restful sleep that will not be interrupted by the pressures of work and the stresses of life.

10. **Keep your bedroom at a cool temperature.** Ideally, you should maintain 73 degrees Fahrenheit. Your body heat naturally reduces while you sleep, and higher temperatures or stale, stagnant air can disrupt sleep. Refresh your room before sleep by opening the windows for a bit. Some studies show that keeping feet warm by wearing socks helps to improve sleep.

11. **Avoid information overload and overstimulation of the mind before bed.** It is best to avoid any entertainment or educational programs that cause your mind to think too much. Avoid action or horror movies and especially the evening news, as these can be detrimental. Before bedtime, your mind is like a sponge. It absorbs ideas that will be subconsciously implanted. These will not only have a great influence on your sleep but also on your overall mental health. Thus, be careful what you expose your eyes and thoughts to before you go to sleep.

12. **Avoid stimulants like caffeine.** Sensitive people and those with sleeping problems should avoid caffeine during the day. In these individuals, even one cup of coffee at any hour can disrupt sleep during the night.

13. **Exercise is important.** Incorporate a daily exercise routine into your schedule. This is healthy overall, and it will help you sleep better at night, but don’t exercise right before sleep.
If the above do not help improve your sleep, you can also try these:

1. Check with your doctor. Illness and medications can adversely affect sleep.
2. Sleep with your head at the north to align with the planet magnetic lines.
3. Make sure your bedroom door is in your field of vision and not behind your bed.
4. Check your bedroom for electromagnetic fields. Home EMF meters are widely commercially available.
5. Consider separate bedrooms if your spouse is too restless or snores.
6. Do not drink too much fluid or any alcohol a few hours before bedtime. Avoiding them will naturally minimize bathroom interruptions at night.
7. Snacks before bed are not recommended; however, you can try some honey or a tryptophan-rich snack if absolutely necessary and hunger seems to be keeping you awake.
8. A hot bath, shower, or sauna may help you relax before you lie down.
9. If complete darkness is not possible, use a sleep mask/ blindfold to block out light. Consider earplugs if you have to sleep in a noisy environment.
10. While reading stimulating works such as mystery and suspense novels will have the opposite effect, reading something spiritual or uplifting may help set your mind at ease for restful sleep. It is best not to read before bed, but if you must, read something light and positive.
11. Consider techniques like emotional freedom technique (EFT). In this technique, gentle tapping can solve many problems. You can learn more about EFT and other helpful techniques on the internet.
12. Losing excess weight can have a very positive impact on sleep, as those who are at a healthier weight will less often be interrupted by cramps, back pain, and achy joints and muscles.
13. Check your hormones. If all of the above methods fail to help you achieve restful sleep, seek a competent integrative physician who can provide bioidentical hormone combinations tailored to
your individual needs. For instance, insufficient progesterone is known to disrupt sleep. Remember to avoid non-bioidentical hormones.

**Chapter Summary**

- Sleep is paramount to overall wellness.
- Sleep at least seven and a half hours a night; anyone who sleeps less than eight hours a night will experience impaired performance the next day, even if they do not realize it.
- Sleep debt accumulates and is harmful to mental and physical processes.
- Sleep is important, as it is when the body recovers, debris is cleaned up, memories are classified, sorted, and stored, and the immune system regenerates.
- It is good to wake without an alarm, so that the morning hours of regenerative sleep cycles are not dangerously interrupted.
- Sleep in the dark, without electronics, in a comfortable but not very soft bed.
- Employ a regular, relaxing evening routine and stick to it.
- Use melatonin for better sleep and the improvement of other bodily functions, 1mg for every decade of life.
- Do not eat too much in the evening and avoid meat and heavy meals; do not eat snacks or drink too much liquid before bed.
- Coffee may need to be avoided entirely, as some sensitive people will see their sleep disrupted by even one cup at any hour of the day.
Chapter 29

Vacations and Recreation

Humans are delicate. Our bodies function sort of like a fine mechanism. In fact, you can compare our body to a very expensive machine. Just like any machine, the body needs to cool down from time to time, in order to work best.

Humans need rest and recreation. The brain needs time off, so it can perform better. Rest doesn’t mean you should lie or sit on a couch all day; rather, it refers to a vacation, a break for the mind and body. Taking time away from complicated thinking processes and from making decisions at work is important. In fact, it is crucial for your sanity.

To relax and energize your body, you need to sleep every night. Likewise, to relax and energize your brain, you need to take breaks and vacations and participate in recreation activities. When we take work breaks, we re-balance and re-create our lives. Then we can approach challenges from a different perspective, so we can be more effective tackling them. Anyone who has a demanding job, a stressful life full of obligations, dues, and deadlines has to refuel themselves with some quality time off. Quality time off is far from the noise, papers, demanding bosses, and sometimes hostile work environments. If you choose not to take time off to refuel and recharge, your system will eventually crash. This often results in nervous breakdowns, anger explosions, burnout, and immune system problems. Not only that, but if you are overworked, it will also affect your friends and relatives and all the people in your life with whom you cannot spend quality time.
Go out in nature, breathe fresh air, explore, and have fun. If you prefer solitude more than company, that is fine; just do whatever suits you. Being alone gives you an opportunity to reflect on life, and many benefit from meditating, walking in silence, and just being quiet for a time.

Because our world is a very noisy and stressful place, just being in silence is one of the hardest things to do. This is all the more reason for you to take a break.

We all talk too much, often about unimportant things. We all “yakety-yak” all the time, and some people seem addicted to hearing themselves talk. We waste words easily, paying no attention to their meaning or the problems they can create. Words are powerful, so use them wisely. Being quiet for some time will bring peace to your heart. Being alone and walking in nature will give you a wider perspective. You will notice things you don’t notice when you are working or chatting away with others.

Make a bucket list of the things you want to do and the places you’d like to visit. Include the adventures you’d like to experience in your lifetime. One of the greatest illusions of humankind is the perception of time; we think we have plenty of it, but the shocking truth is that we really have very little. Our lives are short, no matter how long they may seem.

The older we get, the faster the time appears to pass. Jokingly, we call this the toilet paper effect: the closer it is from the end the faster it spins. We become used to the same daily routines. We pass by the same buildings every day and watch the same TV programs every evening. This is one reason why time seems to fly by, because every day seems the same, mundane and monotonous.

When you go on a trip and visit new places and experience adventures, time will pass quickly as well; however, you will enjoy it. Not only that, but when you later reflect on it, those days will seem precious and will become cherished memories. Doing good, happy things worth remembering will make you happier in the future.

Have fun and do what makes you happy, for happy people are always more productive. We were not born to only earn money and pay bills. Go for a walk, meet someone new, share a word or two, read good books, travel, laugh, love, and fill your air with fresh air, as often as you can.

In your recreation activities, you can include physical activity as well. You might choose more active vacations, those that incorporate hiking,
walking, and biking. Put some physical effort in it, because the more tired your body gets, the less your brain has to think. Having a balanced mind and body is the key to great health. You will never be in balance without some recreation and vacations.

Be willing to invest money in these activities; in fact, 4 to 8 percent of your income should be spent on recreation and vacations. Some might say this is too much, but if you lose balance in life, you lose everything. Your productivity and the quality of your work depends highly on how well your brain and body can work together. Without breaks, vacations, and recreation, your body and mind will not function at their best. Therefore, vacations are an investment in yourself, a wise use of your money.

Vacations and recreation are all about staying away from the internet, email, and social media. Checking your email ten times a day while sitting by a beautiful lake won’t feel like relaxation. If you are not willing to step away from cyberspace and be disconnected, you will constantly be in a state of alarm; work emails and social network comments can instantly pour much negativity into your life and steal your peace of mind. Thus, when you are on vacation, avoid your cell phone, laptop, or tablet. This is your time to reenergize, to recharge your batteries and find peace. Don’t let the stress of the outer world get through to you.

There are no excuses for not taking a break from your work. Even if you have to work one day of the weekend, try to relax on the other day. Find a hobby, something that makes you happy and gives you a feeling of inner peace and joy. Maybe it is something active, like hiking, running, or kayaking. Maybe your hobbies are not sports at all and you prefer the arts, like painting or writing. Whatever it is that makes you feel more at ease and refreshed, make time for it in your busy schedule.

In the most extreme cases, when you cannot take days off, at least take a short walk in the evenings, perhaps for an hour or two. If you have the opportunity, go for a walk in nature or in a nearby park. Walking by a river, lake, sea, or ocean will rejuvenate you; water always has a calming effect.

Just sitting and looking at the surface of the water will help you find an inner balance. The nature around us is miraculous, and we should be grateful for every opportunity to enjoy it. Reconnect with nature whenever you have a chance, and you will find a source of everlasting energy.
Chapter Summary

- Vacations and recreation bring balance in life.
- Make a bucket list and start traveling.
- Enjoy active vacations, and include physical activity if you can.
- Vacations are a wise investment.
- When on vacation, avoid the internet, email, social networks, and all electronic, connected gadgets.
- Reconnect with nature and find balance in life.
When it comes to relationships and sex, I am far from being an expert, but we all know that these can have a great influence on your energy, vitality, and even your longevity. Relationships are not only the romantic type, but may also include interpersonal relations with friends and relatives. Volumes could be written about them, and we could still not cover all aspects, as relationships are a very sensitive and complex thing. We are all different, yet there are many things we have in common.

Talking particularly about relationships between men and women, it is well known that each gender has a different means of communication, different frames of reference; it has metaphorically said that men and women are from different planets, and books like *Men Are from Mars: Women Are from Venus* illustrate this point quite convincingly.

Relationships are points of great challenges in our lives. They are how we grow and help others grow as well. None ever go perfectly smoothly; rather, they may be rather rough, but in this way, they polish us to be better human beings. The main role for relationships in our lives is to teach us to love and care about others.

The times in which we live dictate the tempo of our lives. It dictates what we want and how badly we want it. It dictates how much spare time we have and what we do in that spare time. Likewise, the tempo of our lives has a vast effect on relationships. People became shallow, looking only for material satisfaction and other factors that complement their egos.
We may have a short temper and be blind to our own faults while ardently criticizing the faults of others. Sometimes, we notice only flaws, and we do not have eyes to see much beauty and virtues. Because of this, many people fight and argue instead of learning to let go and forgive.

This short temper, a subconscious aggressiveness and confusion as to how to deal with our human differences, leads to breakups, misery, and resentment. People are often too prideful, especially when it comes to relationships. Not many of us are willing to admit when we are wrong, and not many will swallow their bitter words and move on. We too often prefer to fight and argue.

People often bring bad energy home from work or school, and this can poison otherwise good relationships. Instead of calming down and trying to release the stress, we tend to transfer our nervousness to everybody else. You should try to avoid this transference of bad energy, since it can harm you and your loved ones. Seek peace with those who are close to you. When you are bursting with desire to start a fight or get defensive, go for a walk or perform some strong physical exercise and let the bad energy out.

It is essential that we learn to forgive. Un-forgiveness and inflated egos are the main cause of so many divorces and couples going their separate ways, even after many years together. Always remember that no one is perfect; we all make mistakes. Love should always be stronger than pride, since it can heal your soul and help you grow. Pride, on the other hand, only leads to loneliness and misunderstanding of others.

Learn to listen to others, to their needs and feelings. Whenever you need to discuss something, do it in a nice way. When in state of disturbance, we often say severe words that cannot be taken back later. Even after the anger simmers down, the harsh words remain in the memory. This is why it is always better to talk calmly, with a cool head and a clear picture of what you want to say. When we are angry, we cannot think properly, and we say too much, often creating more confusion instead of solving the problem.

Most people suffer greatly from relationships in life. Together with health and finances, relationships are part of the big trio of challenges that can either destroy us or help us grow the most. Sadly, few people believe they can do much to change their money, health, or relationship situations and simply assume it is up to some luck and random events or
coincidences. Since we live in a cause-and-effect world, there are laws and rules to be successful in health, finances, and relationships, but our educational system doesn’t teach us about these rules.

What no one tells you is that relationships require dedication, commitment, focus, and hard work. It is important to realize and consider how your partner is feeling, to stand in their shoes. It is important to be giving, compromising, and emotionally available, as much as we can. Many relationships drain our energy. At home and at work, relationships sometimes take an energy toll on us. When this happens, stand up for your beliefs, and do not let anyone manipulate you.

Love is great, as it can change you completely and make you a better person. However, if you notice that you are not changing into a better version of yourself, and if you become unhappy with who you become, then it is ok to avoid the person who triggered this feeling.

Happiness is all about choice. Despite people chasing happiness in the material world, it is really a chosen state of spirit, and it springs up from the inside. The world you see is a projection of the picture you create in your mind’s eye. You have a choice to see things in a good or bad way. It is the same with happiness. You do not DO happiness or BECOME happy. You only choose to BE happy. It is always, always your choice. Happiness is not dependent on others. It is not your partner’s job to make you happy, but is your job to BE happy in that relationship. If you are looking for someone else to make you happy, you are taking the wrong approach. Happiness is an internal choice.

A false sense of entitlement is also a killer of many relationships. Stop waiting and start living! Everybody is perfect with their imperfections!

There is someone perfectly imperfect for you as well.

Last, but not the least, in order to love others, you must first learn to love yourself. Have a relationship with your body, mind, spirit, and even your subconscious mind, the great manifestor in your life. Have an imaginary dialogue with these parts of you, respect and honor them. Listen to your emotions, body and mind.

The most attractive people we meet are usually self-confident. How can you improve your self-confidence to be attractive? Do what makes you happy! Dress in a way that makes you feel good. Exercise is also a great way to boost self-confidence. Naturally, there will be rainy days when no
one feels great. When you have such a bad day you can make yourself go for a jog or to a gym or take a walk anyway. It is good to start moving.

The first step is always the hardest, but after a workout you will feel better and have far more self-confidence than you did when you started.

These days, many people mistakenly believe that self-confidence is dependent on looking good, but your achievements can be an even greater boost. What you do and how well you do it will make an impact on how you feel about yourself, and when you love yourself more, you will do a better job of loving others. When your body feels physically strong and healthy, your mind will follow; good or bad, where your mind leads, your body will follow also.

**Sex Life**

There is no denying that sex is a big part of our lives. Respect it and enjoy it, as it can have a great influence on the quality of your whole life. Sex with someone you love is not only a physical experience, but a spiritual one as well. Energies collide, and souls meet. Sex is the most sacred of all human connections. Unfortunately, our present society in general and some religious circles especially, often have a very distorted view towards sex.

Society and media aggressively uses sex and sexual images for any marketing purpose. Sex is used as a tool to draw new viewers into TV shows and to sell all sorts of things. Because of this, young people may have an extremely difficult time approaching sex as anything more than a product, something with which we barter.

Sex has been demonized by some societies and religions, even though it is a very natural and necessary part of life. The truth is that sex is normal and important for humans, both for reproduction and for relationships.

In this book, we are focusing on energy, and sex is a great way to rebalance energy. Keep in mind that moderation is good advice for everything we do, and this also applies to sex. Listen to your body’s needs and the needs of your partner. Don’t dismiss or be embarrassed about your natural urges or libido. Fulfilling our natural needs is what brings balance to our lives; if you fail to satisfy your sex drive, you will somehow become energetically imbalanced and this will reflect upon your state of your body, mind and emotions.
Chapter Summary

- Relationships help us grow.
- Be aware of the grand differences between men and women.
- Learn to forgive. Don’t focus on flaws, for no one is perfect.
- When you are angry, take a break.
- To love others and allow them to love you, you must first love yourself.
- Respect and enjoy sex.
PERSONAL HYGIENE IS important for preserving good health. This includes dental hygiene and hygiene of the hair, skin, and nails. In addition, we add your attire and bed linens; everything that comes in contact with your body can be considered personal, since it directly touches your skin.

Hygiene is an important factor in good health because infections come from bacteria, which requires high humidity and dirty conditions. The clothes you wear may touch seats on public transportation or in your office. If there are many people passing by, there are more chances for bacteria to spread from one to another.

When conditions are not clean, we may develop itchiness, allergies, and infections. While you may enjoy being fashionable, style should never take precedence over clothing that is comfortable and feels nice against your skin. Underwear should generally be cotton, as that fabric allows the skin to breathe and absorbs humidity.

Always go for natural fabrics, and you will make the best choice. Avoid clothes made out of synthetics; man made fabrics literally choke the skin, causing skin problems. The best choices are cotton and wool. These will allow your skin to breathe and reduce perspiration, since they offer good air flow. They are much healthier and better for your skin than artificial fabrics. A notable exception are some recent high tech sportswear for those involved in heavy activity.

Clean sheets are important. We sweat at night, and our pillows and bed linens absorb this perspiration, creating the perfect humid, moist
environment in which bacteria can fester and grow. This may cause skin problems. It is important to change your bed linens often and to beat your pillows and blankets free of dust and debris.

Part of your daily hygiene routine should include showering, at least once a day. The frequency of showers depends, of course, on factors like exercising, sweating, and where and how intensively you work. It also depends on cultural factors, education, environment, and your personal obsession with hygiene. I suggest that everyone go beyond the scope of general hygiene and look at it from an energy improvement perspective. If you lead a very sedentary life, it may not seem necessary to shower daily, but showering daily is recommended for a great level of energy, if for no other reason.

How does showering change your level of energy? Showering washes your old energy away and refreshes your energy field. Imagine it as wiping a board clean. When a shower is taken in the morning, it encourages the movement of the lymph, and this is essential for the cleansing of your body. It is preferable to take two showers a day, once first thing in the morning and once after work or after exercise, in order to cleanse yourself from perspiration and some negative, tired energy. A shower will make you feel refreshed and lighter. You may feel the water washing your worries away, along with negative thoughts you brought home from the office.

What is the ideal temperature for a shower? Believe it or not, your shower should be cold, or you should at least alternate between hot and cold, finishing with a colder temperature. Dry vigorously with a towel.

If you have a chance to go outside after your shower and simply stand on unpolluted grass for a few minutes, that would be perfect for energy rebalancing. We have mentioned that city water is not a great choice for many reasons. It is good to have a water filter available for your shower as well. Showering with good, clean, quality water is as important as drinking it. All chemicals and chlorine from city water can linger on your body and may be absorbed through the skin.

What I am trying to underline here is the idea of showering not just to clean the outside dirt and grime but also to cleanse and renew your energy field. Shower to improve your circulation. Shower to purify your mind after a hard day at work. Shower to restart your system, to give yourself a boost. Do not overuse chemicals, like shower gels, shampoos, and soaps,
as these may actually dry your skin. Sometimes it is better not to use body wash or soap at all.

Last but not the least, maintaining overall cleanliness and good personal hygiene is important for maintaining a sense of self-confidence.

This book does not always recommend what is necessary, but it does suggest what may be a “good idea” for us to implement for an improved state of body, mind and overall health. Is it necessary to eat every day? Is it necessary to walk? Is it necessary to have a roof over your head? Well, none of this is really, truly necessary, but it is a good idea, isn’t it? The same holds true for personal hygiene and showering!

Chapter Summary

- Personal hygiene is more than showering
- Wear natural fabrics
- Wash sheets regularly
- Shower first thing in morning and after work or exercise
- Use water filters
HE OLDER WE get, the less time we feel we have. People get easily trapped in a web of daily tasks, lose their grip, and constantly feel rushed and overwhelmed. Disorganization and clutter are major energy drainers. What we can do in order to preserve our energy is to be well organized and manage our time wisely. We live in a time of multitasking and deadlines. Naturally, we all try to keep up with our fast pace developing society, but we often get lost, drowning in our numerous daily obligations.

Every morning, metaphorically speaking, we wake up with a cup full of energy. Throughout the day, everything we do empties that cup little by little. We can never really save time; we can only manage better the time we have and make the best of it.

If we have too many tasks to handle at once and too many active projects, our energy is dissipated, dispersed in too many directions. As a result, we may feel exhausted and feel like we cannot accomplish anything, even if some progress has certainly been made. For any important project we should be like a rocket, we should have all the engines maxed out, in the same direction.

It is helpful to make a list of your open projects and attack them just as you would financial debt, smallest to largest. When you finish and successfully close an open project, do NOT start another project right away. If you follow this method, (eliminate open projects that are draining your energy), you will soon feel lighter, more energetic, and will enjoy life again.
Enjoy the breaks, the time you have with less or no projects for longer, instead of moving on to a new project right away. Take time to enjoy the results of your hard work. This way, you will refill your energy for the upcoming challenges. Knowing and feeling that you accomplished previous work successfully, will make you more confident.

Finishing tasks one by one instead of chipping away at many at once will not only save your energy and keep you out of stressful situations, but it will also contribute to a better quality of your work. To give our best, we have to fully focus on the task at hand and direct all our energy to only one thing at a time.

Clean your house, clean your attic, and clean your office. Throw away what you are not using to make space for new items. Things you no longer use will harbor old, stale energy that stops the flow of any new energy you may need so much. Your desk should always be tidy, with only a few things that motivate you or help you get the work done. Too many things will only collect dust and distract you, as well as may block your energy flow. Get rid of old objects and clutter; and provide a clean, tidy place for your work skills to flourish. The clutter and the space around you are symbolic; Symbolic means how it is inside yourself, so it is reflected outside.

Having a schedule of daily tasks and projects that need to be finished will help you manage your time better. Knowing each deadline, you will know how much time you can spend for mid-work relaxation. One more benefit of putting things on a paper is that it allows you to clear your mind and frees mental space. You do not have to keep thinking about deadlines all the time, relying on your memory, you have it written down. Put all the excess information on paper and pin it to a memo board. Clear your mind of things that block your thinking process. This way, you will build new habits and clear the path for a better energy flow. Having too many things to think about at a time will keep you distracted; it will confuse you and make you feel as if you are always behind and in a time rush. Know your priorities. Do one project at a time and don’t think in advance about the other million duties waiting for you. Focus is the key for success. Make a habit to write down your tasks, and make it a part of your everyday routine. Buy a memo board and hang it above your work desk. It may take a week or two to accomplish the goal of completing each and every task on the list, but once it’s done, you just have to keep it clean. It will make your life much easier.
Why do I insist that cleanup is so important? It is because clutter occupies space in your mind and your subconscious mind. You can’t think clearly and make sound judgments when you are surrounded by physical or mental clutter. Some may disagree, but this is what I strongly believe.

Let’s try to metaphorically explain how clutter works and what it does to your mind and body. The internal body equivalent would be constipation. In order to be ready to receive new food, your body has to release the food already taken in. If it is unable to leave the body, digested food in the intestines will interfere with new food intake, and the intestines may become blocked with garbage.

All the clutter you have on your desk, on your computer, in your email inbox, or in your head will slow your productivity and may cause problems with delivering results in your projects. My advice is to clean up the environment where you work and sort things out in your mind. Keep a list of priority projects and follow the list, checking them off one by one. Take breaks between fulfilling tasks to give your brain time to refresh and recover, preparing yourself for the next upcoming challenge.

If you are always late, wear a watch and set it ten minutes ahead of real time. Respect your time and always manage it well during the day. Never give in to the habit of constantly being late. Know your limits and capacities; don’t promise to deliver results by a deadline if you are aware that you won’t have enough time to finish the work.

Always be aware of the energy flow in your productivity. Get rid of everything that is blocking your energy and distracting. You want to avoid future nervous breakdowns.

**Chapter Summary**

- Working on too many projects at once drains your energy.
- Take breaks between projects; never start another project immediately.
- Get rid of clutter; it blocks energy flow.
- Keep your word and do not make promises you cannot fulfill.
- If you are late often, set your watch ten minutes ahead of real time.
- Clean up your house, basement, attic, office, emails, and computer.
Chapter 33

Building Boundaries

Boundaries are crucial elements in the energy economy of our lives. They are rules we set so other people know what lines not to cross. They protect us from wasting energy on unimportant things. Setting boundaries will prevent energy loss throughout the day and prevent energy-draining people from disturbing your peace and bringing you to a place of emotional and mental imbalance.

The boundaries we set vary, depending on different factors such as age, sex, culture, and many others. The clearer the boundaries, the greater the respect you will receive from the people around you. The more you enforce your boundaries, the more people will observe and respect them. I have mentioned here energy vampires.

Energy vampires are people who try to break through your boundaries and steal some of your energy, leaving you exhausted and drained. You should find a way to keep yourself away from these people otherwise they may negatively impact your energy level.

We are all very different. Some people find it very difficult to say “no” to others, while some have no problem with saying “no” at all. Maybe people find it difficult to say “no” because they are scared of being rejected or because they are afraid of hurting someone. Some people are afraid to say no to authorities, to their bosses, or to their colleagues.

You should never feel afraid to protect yourself. It is your responsibility to say no to demanding, criticizing, bullying, abusive, and controlling people. By saying no, not only will you prevent them from draining your energy, but you will also save others from being victimized by them. Once
you face this energy-draining kind of people, you will encourage others to create their own boundaries, as well as protect their energy.

There can be many boundaries to set up. They can be physical, such as the ones you place around your personal space or the closed door to your room, a space where you expect others to respect your privacy.

On the other side, boundaries can be material things, such as the amount of money you are comfortable giving to someone. There are also emotional, sexual, and spiritual boundaries. You need to consciously be aware of these boundaries. You will often have to set them up and enforce them in your life in order to prevent unnecessary energy wasting.

People who don’t speak up and don’t set boundaries may feel powerless, let down, and abused. These people feel as if they have no control over their own lives, and they tend to suffer from depression.

Please honor yourself. The life you want is the life you can have, as long as you are brave enough to fight for it. Learn to love yourself enough to say no to things you don’t want. Learn to say stop whenever you feel uncomfortable with anything. If you are not strong enough to do this, your energy will be sucked away, leaving you feeling tired and helpless, despite all the things you may be doing right.

You may have to set up boundaries at home and work. Write down a list of boundaries that you wish to be respected.

Review your list and communicate the top ten boundaries to both your family and to your colleagues or employer. They need to know where your personal “minefield” is and what lines are not to be crossed. At first, they might laugh or discourage you, but do not allow this to erase the boundaries you set; instead, it should only make your boundaries clearer and firmer. If they choose to cross those lines and disrespect you, be clear and express that they are not welcome to do so.

Boundaries are not meant to punish anyone. They are set for your own wellbeing and protection. Anyone who loves you and wishes you well will respect the lines you draw. Be particularly aware of people who want to push your boundaries through fear and guilt trips. Do not give in; if you do, you will face a downward spiral. Be assertive, calm, firm, and courteous.

Never feel guilty for not doing things that can harm you, no matter what people say.
Since the question of personal boundaries is very important for living a happy life and being content with your life, it is a subject of many books. I strongly recommend and encourage you to read at least one book and learn how to set appropriate, effective boundaries. You will learn how to appreciate yourself and how to make others respect you as well.

Boundaries build self-esteem, personal energy, and power. They are not selfish. Boundaries are an act of necessary self-love, something we should all possess. Make boundaries a priority and persist, especially if you receive a push back. This is a signal that people may not have enough respect for you or that they are trying you out. A push back signals that setting and enforcing boundaries is a must.

**Chapter Summary**

- Set and enforce boundaries.
- Learn to say “No”.
- Never feel bad for protecting yourself.
- Boundaries can be physical, emotional, sexual, or material.
- Put yourself first and prevent people from draining your energy.
- Boundaries build self-esteem, personal energy, and power.
- Boundaries are for your protection and wellbeing.
EVERY PERSON WHO wants to achieve something in life has goals. Why is goal setting so important? Picture your life as a ship. If this ship has a home dock, it will set and keep the course and will use all engine power to reach it. If the ship has no particular home dock to reach, it will just wander the seas, wasting its engine power and fuel roaming the waters. Without a dock, the ship has no particular direction to move in. The same is true in our lives. If you set goals, you will direct your energy toward fulfilling your goals. Without goals, you will simply wander through life achieving nothing, and you will wake up ten years older one day and realize you have merely survived another decade without writing any new chapters in the story of your life.

In this book, I have mentioned writing various lists. Words have strength and power of which we are not aware of. We use words too much, wasting them for no reason and without any meaning.

The truth is that words are magical. They are verbalized thoughts, and thoughts are real things that create our lives. Spoken words can have great influence on the energy we attract. Buddhist monks know the power of words, and for centuries, they’ve been using this power by chanting. Repeating mantras over and over focuses our energy on words and sounds. Written words are powerful as well, as they are a graphical representation of our thoughts. Set goals and write them down. Pin them on a memo board and read them several times a day. It has been proven that whoever sets goals in writing and reads them daily has a 90 percent chance of achieving them.
Words are miraculous if you know how to use their power. Believe in your written words! When you read your goals over and over again, as you should, you will focus your energy and consciousness on fulfilling them.

What Are Goals?

Goals should be something we intend to achieve. Goals can fall into different categories: lifetime goals, five-year goals, monthly, weekly, and even daily goals. At the beginning of each week, write down what you want to accomplish for that week. Take this list with you wherever you go. Read it several times a day. Commit to resolve this list. Make it a priority!

There are many goal-writing books out there. According to goal setting gurus your intentions should be S.M.A.R.T. goals (specific, measurable, attainable, realistic and timely).

Contrary to the S.M.A.R.T. goal concept, I strongly believe that at least some intentions should also fall into a category named “impossible goals”. I believe that you should “shoot for the moon, for even if you miss, you may end up among the stars”. You should also challenge every element from the S.M.A.R.T. principle. What I mean by that is to set some fuzzy, undefined, immeasurable, impossible dreams without a deadline. You can’t really put constrains on the world/universe timing. You probably know the saying: Man plans, and God laughs!

When you are driving at night, your headlights may only enable you to see 50 yards ahead, but you can get to your destination by continuing on the path, even if that destination is not immediately visible in the dark. Repeatedly, you just advance 50 yards at a time, but eventually you will reach your destination, even though the final goal was not visible or “realistic” from the start.

Someone wise once said, “It is what you dream, not what you DO, that make a difference.” What Walt Disney, Martin Luther King, John F. Kennedy, Einstein, Copernicus, Galileo, Leonardo DaVinci, and many other visionaries dreamt was far more important and made far of a difference than what they actually did, because those dreams were so real, that someone else eventually picked them up and created a new reality – a reality that these dreamers and visionaries would not have even imagined.
Do you really think Walt Disney could have applied the S.M.A.R.T. principles and ended up with a clear vision of today’s or next century’s Disney commercial empire? I would venture to say: No way!

So, let’s be unrealistic! Some of the most successful people on the planet have been “unrealistic” about their dreams. They dreamed impossible ideas. Most of them had no clue as to how they would implement and bring their dream into reality. To successful people, the “how” is not that important. The “how” comes later.

First figure out the “what”, the big dream. What is your big “dream”? It all starts with a BIG dream. What is your dream? What would your ideal life look like?

Contrary to the popular opinion of today’s entrepreneurs, action is overrated. Please do not misunderstand: I am not suggesting that you take no action at all or that you don’t set S.M.A.R.T. goals or dreams. I am only saying that these S.M.A.R.T. goals should be balanced with just the opposite concept.

There are always two sides of a truth. I strive to understand the fine balance of different opposing principles, perceiving both the seen and the unseen. In todays’ times, we need to live in both worlds without belonging to any. I can’t emphasize this enough: Please do not underestimate action. It is important to take action in life and not just stand on the sidelines. Even if you are wrong, you can make corrections and adjustments and keep going. No matter what, keep your S.M.A.R.T. goals AND your impossible dreams in your consciousness. As someone said, “Every master was once a disaster!” You correct and keep going.

You will get better and better in time. Please remember that the first step, the first action, is crucial, because it will give you momentum to continue.

The best way to work your intention out and manifest it is for you to take a few minutes in a relaxed state, preferably before sleep, and immerse yourself in really living and feeling your intention already realized. See, hear, feel, smell, and touch it, just as if you are inside your dream, inside your already realized intention. This only takes a few dedicated minutes a day. By also acting as if you already achieved the goal, you will direct invisible energy and your thoughts toward the goal. Some materialistic people argue that seeing is believing, and they pride themselves in this;
however, the balancing side of this concept is that in fact believing is seeing. If and when you truly believe in something, the world/universe will turn that firm belief into a reality.

It is all about energy and consciousness. Energy is alive. It travels. It changes shape; you can never destroy or re-create energy. It is the same with consciousness. What you can and should do is each day is to consciously attract to yourself the reality that you choose. This is accomplished with positive thoughts. What happens in your mind is what will soon happen in reality if you focus enough and convince yourself repeatedly that your intention is already realized.

Naysayers often disregard recent techniques like meditation, affirmations, and thinking positively, purporting it will still not make things happen in the end. I am here to challenge them and ask: Is this really so? Then what is the evidence for their arguments? Have the naysayers really and truly tried saying the same positive affirmation hundreds of times each day and say it with conviction for year after year, believing it, only to see it fail in the end? Isn’t it more likely that the negative naysayers just gave up because their limitations convinced them of the contrary?

Finding Your Passion

Many people experience an existential or identity crisis at some point in their lives. They don’t know who they are anymore or who they became over the years. Having an existential crisis is part of being human. It is expected! We are all very similar!

The problem with our identity crisis lies in the propaganda we are bombarded with daily by the media. We see strong TV characters, hear uplifting music, and watch celebrities standing up for something we admire. They represent a blessed life, the one everyone wants to have, but in the end, we are still left with the nagging question: “Who am I?”

Your mind may tell you, “I want material abundance, to have a life just like his or hers, to be just like them.” My advice is to please stop comparing your life to others and instead reconnect with your inner child. Don’t watch TV programs or read news about stars and celebrities. Don’t spend time on social networks looking at photos of someone else’s seemingly perfect life.
Social networks are guilty for creating great disappointment and making us criticize our own personal achievements. On Facebook, everybody promotes themselves as perfect humans with perfect friends surrounded by all the material things they want. The truth is that some pictures are cropped and photo-shopped, showing only the best smiles and the best moments; if instead you saw the entire picture, you’d know they are in fact just as ordinary as anyone else. Don’t let social networking bring you down, and never compare yourself with others. Be your own unique, genuine self.

What does passion have to do with this? Passion keeps you focused on the things that are important to you. It makes you realize that you really are a special person who has a life with a purpose. Finding your passion is an important task in your life. If you live seventy years doing things that never make you happy, how will you say you actually lived your life? Life without a purpose is just poorly spent time.

If you are having trouble finding your passion, that can be solved with one simple question: “How can I help people?” Even better, ask yourself: “How would I love to help people.” When you ask yourself these questions, the answer will come naturally, maybe in just one second. The way you can really help people is usually through whatever it is that you are most passionate about, but we all tend to put this big emotional charge on the concept of passion.

Stop asking yourself what your passion is and start putting your energy and focus on how you might help others. If you do that, you will find your passion in the process! By helping others, you will discover your purpose in this world. Help doesn’t always mean you have to become a doctor, a scientist, or a fighter for human rights. Help can come in other professions and hobbies and be just as meaningful and important.

Maybe you are great at playing guitar. You could go to a nearby hospital and ask to play to sick children who have been bedridden for a time. You can entertain them and make their day more cheerful. Maybe you make fantastic muffins or pies. Bake some and share them with homeless people you meet in the street. Are you a hard manual laborer? Offer to make some chairs or a table to be sold at a charity auction. If you are great with words, you can write motivational speeches and present them at schools to encourage and inspire children. You can write poems
and positive thoughts and simply print them out and share them with the people you encounter when you are out and about. There are millions of ways to help people around you. Ask yourself this question over and over: how can you help... and your answer will lead to your passion and your purpose in this world. If you still get stuck on this question, consider the challenges you have overcome in life. You will find passion in that too. If you love challenges and are competitive, sports might be a passion for you. If you still have trouble seeing what you are naturally good at, and because we all have our blind spots, ask those around you. If you ask enough people who know you well, you will find out much about yourself.

Because the energy you get is the energy you receive, by finding your passion, you will become a beacon of positive energy to those around you, attracting even more positive energy from the universe that will move you in an upward spiral. Passion helps us create a great life, love it, and enjoy it. When we aren’t doing what we love, we are not living to the fullest. Without passion, we are just running in circles, trying to pay bills and mortgages. Don’t be a slave to your life, for your life and your destiny are in your own hands.

Chapter Summary

- Words are powerful; write down a list of intentions and read them daily.
- Have S.M.A.R.T. goals but also have “impossible” dreams.
- For a few minutes a day, see, hear, feel, smell, touch and vibrate as if you are inside your already realized intention.
- Ask yourself how you would love to help people. This will lead to your passion.
Chapter 35

Vital Energy

There are two kinds of energy: physical (physiological) energy and vital (or life) force. The first is represented by the power and warmth you feel as a result of your body metabolism. For this energy to be replenished you need a proper diet, rest and physical activity or exercise.

Vital force, on the other hand, comes from external sources outside the body. It has many names and is also known as chi, liveliness, or vitality. This kind of energy allows you to engage in energetic, efficient activity. It represents your vivacity, cheerfulness, optimism, and the feeling that you can move mountains at any given moment. This is the kind of energy that may have you feeling that you want to jump up and down.

In the first period of life, both types of energy exist in abundant supply. The older we grow, the more aware we need to be of the management of these two types of energies.

Vital force is stifled when creativity is suppressed and an individual fails to strive to a worthy goal, to grow, and to contribute. This will lead to people who are indifferent, who know it all, and who grow old and tired very early in life. A curious person allows him- or herself to become amazed. If you act with energy, more energy will come to you; in this way, you will remain young and full of energy. Some claim that the way to have more of this vital force is to hook it to a worthy goal.

It is not that we do not have continuous access to vital force; however, we waste it with obligations, unfinished business, strict rules, debt, duty, doubts, and worries. Vital force is activated by the energy of intention, which
is activated by goals. Every obligation you commit to will weigh on you, and if you are not careful, these will stack up and sap all the energy right out of you. Do not even commit to a worthy goal unless you intend to complete it. Leaving any project, word or promise incomplete, inadvertently or otherwise, will only add to your already monstrous pile of burdens. Vital energy is easily used up when you stockpile a wide range of many unrealized plans.

In order to free this vitality from the inside, you must free up your resources either by getting rid of old potential intentions or launching their realization. Either resolutely realize your intentions or get rid of them entirely, along with the weight of all the obligations that come with it. Anything that is endlessly postponed is a useless load, and this will rapidly drain you of energy. Also, it is better to become active, to act, to reevaluate, and to just keep going. In contrast, endless studying and filling your mind with volumes of irrelevant data only creates tension rather than resolution.

You can free up much mental space and conserve much energy by getting rid of things that are building up inside your head. Make a list of the limitations that are oppressing you and throw them off your shoulders to give yourself more freedom.

Make a list of all unfinished tasks around the house or at work, things you promised to do, and eliminate them from your to-do list or finish them.

You will notice a surge of energy with each successful completion of a task. The freedom from obligations to others and yourself is a necessary resource in order for you to effectively pursue your own goals.

Free up engaged resources by letting go of bad drinking habits, worry, anxiety, and doubts. Guilt, negative feelings, and overwhelm can suck energy out of you, but if you let go of these things, you will set that energy free to be of good use to you. Becoming free to live according to your own credo will provide you with amazing amounts of free energy.

All negative thoughts must be mercilessly and resolutely thrown away so they do not place a burden on your energy reserves. The same way you clean your house and discard garbage, you must get rid of any and all negative thoughts. Do not let any mental or emotional garbage lie around in your head, for it will only lead to fatigue and exhaustion and a sense of failure.

To sustain your vital force, you also need physical energy. You can accomplish this by eating a diet of mainly fresh produce, preferably in
its raw state (not heated in any way). A high level of physical energy will make you look and feel inspired, creative, confident, and successful; on the contrary, skepticism, apathy, and depression are indicators of low energy levels.

If you are not aiming for anything, you will get nowhere. When you focus only on your efforts and not the goal ahead, you will exert too much physical energy. Children have plenty of energy, however adults think this energy is uselessly dispersed. In the same way, if you do not give your energy a clear direction, it will be of no good use to you!

Give your energy a specific direction toward a worthy goal. Focus and concentration create miracles!

**Chapter Summary**

- There are two kinds of energy: Physical Energy and Vital Force.
- Eat raw food as much as possible.
- Complete unfinished tasks and projects.
- Hook vital force energy with a worthy goal.
Chapter 36

Energy Vampires

HAVE YOU EVER experienced a sudden drop in energy and felt exhausted and depressed after talking to someone? These people can be called energy vampires, and they are toxic. They suck positive energy out of you and leave you feeling mentally, emotionally, spiritually, and mentally drained. Energy vampires usually, but not always, are people who grumble or complain all the time, those who seem to be in constant need of sympathy, help, and confidence boosting. They always expect the worst to happen and encourage you to feel inadequate, inferior, and guilty.

Avoid them systematically; eliminate them from your circle of friends or your client roster. They can’t pay you enough for the damage they are doing. Protect yourself against these energetic attacks by different methods you can read about easily. Often, we are trapped in energy-draining relationships. Energy vampires tend to act like victims in constant need of help, but the more you try to help them, the more they seem to be in need of your help. This is a vicious circle, leaving you drained of energy.

You may soon lose interest in previous hobbies and find yourself concentrating only on these toxic people, trying your best to help them out of their problems. If you notice that this person is not trying their best to improve the quality of their own life and is in constant need of your assistance, it is time to leave them behind.

These self-proclaimed victims feed on your energy because they cannot provide enough positive energy for themselves. Never feel sorry about moving on. You have tried to help, but you cannot help those who don’t really want to be helped and prefer to remain in their misery.
Sometimes it happens that people feel separated, strange, or dissociated and feel like someone or something else has invaded their personal space. Sometimes people experience feelings that are not their own. These are called introjects from important reference persons. Sometimes our strong emotions, irrational beliefs, and strong resistance point to these kind of energy structures not related to our self.

Sometimes a traumatic event occurs, and at the time, we can make no sense of it. Maybe you had a strange reaction to this event and could not process the full experience appropriately. This energy pattern of improperly processed experience literally forms frozen worlds of energy structures that drain an immense amount of energy from us, sometimes for a lifetime. These frozen energy patterns, as well as fears, anxieties, trauma, beliefs, and others can be dissolved and healed by some recent techniques including Emotional Freedom Technique (TFT), or Thought Field Therapy (TFT).

One therapy that I believe is most phenomenal, is called “logo-synthesis”, and was developed by a Swiss Psychologist called Willem Lammers. He explains in detail in his books, which are available online, how to heal emotional frozen patterns by the power of the spoken word, sometimes in a matter of minutes. You must only say three or four well-designed sentences, and these abnormal frozen energies disappear, sometimes after a lifetime of suffering.

Energy vampires are all around us, and they can be anyone. Maybe a colleague at work is trying to set you back, decrease your job performance, and make you look bad. Maybe it is your partner or your mother. Some steal energy unintentionally, while others are well aware of it.

**Chapter Summary**

- Energy vampires drain your energy mentally, emotionally, and spiritually.
- Energy patterns of improperly processed traumatic experience form frozen worlds of energy structures that drain an immense amount of energy from us.
- Use different techniques including EFT, TFT or logo-synthesis.
Chapter 37

Social Life

Socialization is a necessary part of life. It signifies live interaction with people, face to face. Social networking and media are artificial socialization. When interacting with people face to face, you can read their body language, you can hear the tone of their voice, and you can look into their eyes while having a conversation.

Social networking leaves you with nothing more than words on a screen, mostly devoid of emotion. This is why text and online chat arguments happen; misinterpreted words are frequent when one cannot hear inflection or the tone of another’s voice or see the facial expression that accompanies those words. My advice is to never have serious conversations on social networks or by text. You may not have much relevant or supporting information, and you will often understand in a wrong way what the other person is trying to tell you. Humans are social beings, and no matter how much you love being alone and undisturbed, it is in everyone’s nature to long for a social contact. Humans have lived in groups throughout all of history.

We are naturally developed to function with others of our kind and to somehow play a role in a group. We feel better when we contribute to a community of some sort. In the early years of our human existence, every member had a role to play and obligations to fulfill. This way, groups functioned well, and humanity survived, facing great challenges throughout ages.

Unfortunately, today, the fabric of social interactions is changing in a flash on the historic scale. In terms of social interactions, we are exploring
new territory. We are making mistakes like any explorers would. Social life today is far from what has been over millennia or from what it was merely twenty years ago.

Instead of sharing ideas that could contribute to the prosperity of our environment, city, country, or species, we generally like to chat about more trivial, seemingly nonessential things. We may gossip about others, and talk more about problems than solutions. We may brag about material possessions, show off items we buy, all those new, fancy clothes, bags, shoes, cars, and cell phones. Sadly, most of what we have to say says nothing at all.

Who is talking about new ideas nowadays? Not many. If we don’t take at least a small part in changing society for the better, eventually everyone will stop trying to make any changes or improvements. Not only are the evildoers guilty; the blame is also cast on those who could say or do something about it and don’t. A culture brings along a civilization, but the civilization too often destroys the culture.

What Society Means for an Individual

To be part of a group, of something greater than ourselves, gives us great satisfaction and fills us with energy. In a circle of people with similar interests, you will refuel and receive fresh, new energy from those who are like you. You will also find new motivation to keep going and keep helping, revealing new purposes and intentions in your life. Encountering people with similar interests and hobbies can result in an explosion of positive energy, a communion of kindred spirits. Kindred spirits understand each other, help each other, and have a good time together. Find a circle of people who have the same passions, interests, or hobbies as you do and join them!

If you have no hobbies just yet, find something that is interesting to you and see if there are any associated groups in your area who gather occasionally. At the very least, you can join a women’s circle or a men’s gathering. Go out with your chosen group periodically and take advantage of the group energy. If it is a good fit, it will make you feel better, and quality time with them will recharge your batteries.

A group doesn’t necessarily mean a large number of people. Two or three friends or good people will do. Close people having fun together
can only do you good. Going out with friends is considered part of our personal energy management and hygiene.

If you have a sport as a hobby, join a sports fan club. This way, you can share your love for your chosen sport and cheer for your team together and even organize fan events. You may join a science group if you prefer science, or a biking club, a Rotary club, or a charity group. There is a wide array of choices, and you can choose whichever group suits you best.

When you find a group that is to your liking, be active within it. Don’t waste the opportunity by remaining passive and staying in the corner. Help everyone. Be part of group activities and keep yourself in action. Meeting new people may require some effort from you to pull yourself out of your daily routine. You need to, especially if your daily activities are very solitary. Step out of your comfort zone and explore new people, places, and things.

If you live a full, interesting life, you will attract friends who will want to align themselves with what you are doing. Invite them to do something with you. Be the catalyst, the one who will gather them and organizes group activities. Propose interesting projects and take some initiative. Everyone loves being in a productive, interesting circle of people.

Sometimes you may need to compromise. You may need to occasionally inconvenience yourself or others for the sake of being part of your group. Being with your kindred spirits usually outweighs minor inconveniences. Always respect other members of the group. Be aware that while you may have many things in common, you are all individuals and different. Never let those differences be a reason for arguments.

If you’re just not the very social type, then just one or two good buddies may be all you need in order to feel better or even to be happy. At the very least, if you have been lonely, joining a new club or a circle of people should be enough to improve those feelings or to even relieve them entirely.

A great principle when it comes to building a social life is to take initiative. It’s a mistake to wait for others to put in an effort to befriend you; while that would be great, you cannot always count on it. Ultimately, only you can decide if you will go out or stay in your room. What you get out of your social life depends on how much you effort you put in.

If you don’t know how to make friends, you may feel it is too complicated. One feature of more social people is that they throw the word
friend around rather loosely when describing their relationships. However, this almost becomes a self-fulfilling prophecy, in a way. Sure, if you’ve just met someone, it may not be a deep, intimate relationship, but you can still hang out with them and have a good time. If you naturally tend to look down on everyone you meet, you need to make an effort to consciously override those negative impressions and feelings.

Give your social life a chance. Don’t limit yourself. You may find yourself warming up to people rather quickly and enjoying friendships you never thought you’d have!

**Chapter Summary**

- Human beings are social creatures.
- Join a circle of people with the same passions, interests, or hobbies.
- Being with kindred spirits will energize you.
- Go out with friends regularly.
- Be active and take initiative.
IT MAY SEEM odd to mention these concepts as related to someone’s level of energy; however, studies have proven time and time again that in the grand scheme of things, people who meditate and pray deal with stress much better and manage their internal energy much more efficiently.

They are mentally and emotionally more stable and are, in fact, happier individuals. Unloading all your cares to the very capable management of a higher power and asking for guidance really does work miracles.

Enjoying nature and the great outdoors can be compared to active meditation. In meditation, you sit with your eyes closed and focus on your breathing or a word and nothing more: no internal chat, no side thoughts, no worries. You must only be present and focus on your breathing. Do this every morning, for at least five minutes, but preferably more. Make it part of your morning daily routine.

Praying is best when you use it as an expression of gratitude for what was, is and what will be. Let the higher power know your intentions, wishes, and hopes, but let go of your expectations; do not expect things to always work out the way you envision them. Things will happen in a natural order, in the right time, and in the right way.

Go out in nature and take a mountain hike. Enjoy the mountains and valleys and bike, ski, kayak the waters, or even play golf in a natural setting. Taking part in nature will help you maintain your optimism and your sanity, give you a new and improved perspective, and just have some fun. Mankind and nature have belonged together for centuries, for we are an integral part of one another.
In modern times, we too often confine ourselves to a concrete jungle of buildings. It is no wonder that the minute we walk into a forest, near a waterfall, or to a beach, we immediately feel better, refreshed, and energized.

There is no better medicine than nature itself. In nature, your stress level will go down while your level of creativity goes up. Your immune system will improve, and you will benefit from better, more restorative sleep.

One of the most energizing things about nature is the sun. Sunlight is good for you, as it heals and lifts the mood. Use sunscreen only in moderation; be willing to spend at least fifteen minutes in the sun to benefit from unblocked, full-spectrum light.

**Chapter Summary**

- Meditate and pray daily.
- Unload your cares.
- Connect with nature.
- Be grateful.
Chapter 39

Smile, Forgive, and Enjoy the Ride

SMILE, FORGIVE, AND enjoy the ride! When you forgive, new opportunities will be presented to you, and you will feel lighter and more energetic.

Forgive for your own benefit, not for others. Forgive not as an act of altruism but as an act of psychological and energetic hygiene. When forgiving someone, say, “I no longer assume responsibility for the behavior of another person, and I can go my own new way.” Forgiving our opponents frees us from the tunnel vision of the past and clears our energy systems. Great people always forgive, knowing they have to forgive in order to have a peaceful life and a clear mind. No one is perfect, and all humans make mistakes. The more you forgive, the more you will grow spiritually.

Below is the essence of a happy life with purpose. Follow this simple advice, and you will live your dreams. Take small daily steps to implement this advice in your life and make these habits, part of your everyday routines:

- Be positive and maintain a positive attitude. Purposely focus on the positive and be optimistic about what the future has in store for you.

- Simplify! Minimize the material distractions in your life and de-clutter so you have more time to focus on what you really value.
- Turn off the TV, the computer, and your cell phone. Disconnect from the imaginary world of pixels and social media and reconnect with nature and the inner you.

- Surround yourself with successful people. You are the average of the five people you spend the most time with.

- Every night before you sleep, visualize yourself inside the scene of your already accomplished goals.

- Smile to enhance your mood. The next time you are feeling down consider smiling instead of frowning, which only reinforces a negative mood.

- Be worldly. The successful person makes an effort to know what’s happening in the world. That person has informed opinions about current events and can engage intelligent people in friendly discussions.

- Know about the finer things in life. This will show that you are a person of class and culture and allow you to be a peer among the leaders. I recommend that you familiarize yourself with food, wine, sports, finances, art, and literature.

- Utilize good manners. People do notice little things like pleases and thank-yous.

- Keep your network of contacts alive. The more people you know and interact with, the more good opportunities will present themselves to you.

- Travel to broaden your horizons. Go someplace different. Be curious about the world and soak in other cultures.

- Dress sharply, in contemporary styles that are comfortable and make you feel good about yourself. Groom yourself well and
maintain a clean appearance. Smell nice but not overwhelmingly strong.

- Wear rose-colored glasses. When you habitually put a negative emotional spin on facts, it’s like piling on weights before a race. By contrast, when you put a positive spin on the facts, you’ll be free to see opportunities and possibilities.

- Establish priorities. Make intelligent choices, decide on goals and intentions and the order in which you should pursue them, and have vision and foresight.

- Use resources wisely. Ask, “Do I really need this new item? Is this the best use of my money? What don’t I see? What else is available?”

- Examine your life quarterly, then engage life with vengeance. Search for new pleasures and challenges.

- Have a spiritual routine. Pray daily.

- Be grateful and thankful and remember that pride will be your downfall.

- Sing, smile, and love yourself.

- Be concerned only about things that are in your control. Don’t mind the things that are beyond your capacity to direct or alter.

- Be a responsible, kind person. Approach yourself with honesty and thoroughness; maintain spiritual hygiene; stop the blame-shifting for your errors and shortcomings.

- Go for it! There will never be a better time in your life to live your dream. Swing for the fences. Aim for the moon so you might hit the stars. Don’t be afraid to fail. Even failures will become learning experiences.
• Dream big and act bigger. Your dreams are yours to make a reality. They are not for others to live, so don’t allow anyone to stop you from anything you believe you can do. Remember to dream big, no matter what others say. Dreams matter, but you need to act boldly to make them your reality.

• Live the life you want, not the one you have to.
Chapter 40

Things to Remember

- Don’t believe anyone, including myself, and don’t take their word at face value; check everything for yourself.
- If your case is difficult, complicated, severe, or unusual, please see a doctor.
- Don’t read this book if you are not open minded.
- This book applies to a majority but not ALL people.
- Fatigue and exhaustion is very common.
- Fatigue is different than weakness.
- Chronic fatigue lasts longer than six months.
- Fatigue has many causes.
- Treating the causes of fatigue is the correct approach.
- It may take a few months to treat fatigue correctly.
- Fatigue is very common and misunderstood.
- Lifestyle and diet play a major role in fatigue.
- Getting back to health has to be practical, systematic and as close to natural as possible.

Diet:

- Don’t count calories. They are deceiving.
- Eat 70/20/10. Meaning water, good fats, protein.
- Eat sugarless, meaning nothing sweet or starchy.
- Avoid sweeteners natural or artificial.
- Eat as close to raw food, as much as you can.
- Avoid plastic bottles and fluoridated city water.
- Use room-temperature, filtered water.
- Drink six to eight eight-ounce glasses of water per day.
- Start every day with a glass of lemon water.
- Avoid juice, iced tea, soda, and diet or light beverages.
- Drink hot tea and coffee only moderately.
- Respect and be thankful for water.
- Start your day with lemon water.
- Eat breakfast within an hour of waking up.
- Breakfast should be packed with proteins and good fats, and an excellent choice is eggs.
- Avoid oatmeal and cereal.
- Always have a light meal in evening, and never eat carbs for dinner.
- Don’t have snacks.
- Eat healthy foods: no carbs, grains, sweets, diet products, or processed foods.
- Food is not as nutritious as it used to be.
- Food nowadays is not the same as it used to be. It is mostly GMO, meaning it is modified in one way or another.
- There are immediate and delayed allergic reactions to food.
- There are also food sensitivities and toxic reactions to additives and chemicals.
- You can have blood tests to check for food allergies and sensitivities. Check for toxins too.
- Try an elimination diet for one month to observe which foods may be causing you trouble.
- Most people have some sensitivities or allergies to dairy and grain. Go a month without milk and grain and see how you feel.
- Lupus, thyroiditis, and other autoimmune problems may be connected with the food you eat.
- Sugar is very addictive, dehydrates the body, and leads to heart problems, diabetes, and fast aging.
- There are many names for sugar and sweeteners.
- There are no healthy diet, light, or zero-calorie products.
- Artificial sweeteners are hazardous to your health and are even toxic.
● Liquid sugar is the worst; a can of soda contains up to thirteen teaspoons of sugar
● Smoking is toxic to your body and your mind.
● The most efficient method to quit smoking is cold turkey.
● Avoid refined sugar under any form or name.
● Avoid “diet”, “light” and “zero” calories products.
● Avoid starches.
● Read labels carefully.

Endocrine Considerations:

● The 3 Signs of Adrenal Fatigue:
  ○ Low Blood Pressure.
  ○ Inability to cope with stress.
  ○ Low sexual drive.
● Eliminate Stress and use DHEA.
● Use vitamins B, C and adaptogens.
● Keep TSH lower than 1.5 and free T3 normal - high.
● Thyroid makes T4, later, every cell of the body transforms T4 in T3.
● T3 is the “active” peripheral thyroid hormone.
● Most people respond better to products containing T3.
● Testosterone in men: Check for low-normal range, less than 450.
● Periodically check free and bound fractions, estradiol and metabolites.
● Target testosterone range in men is above 700.
● Use only transdermal creams for bioidentical hormone replacement.
● Take extra zinc, 50 mg.

Lifestyle:

● Vacations and recreation bring balance in life.
● Make a bucket list and start traveling.
● Enjoy active vacations, and include physical activity if you can.
● Vacations are a wise investment.
● When on vacation, avoid the internet, email, social networks, and all electronic, connected gadgets.
● Reconnect with nature and find balance in life.
● Get seven to eight hours of restful, uninterrupted sleep per night.
● Exercise delivers excellent physical and mental/emotional results.
● Bacterial infection can be a major cause of chronic fatigue.
● Disinfect keyboards, doorknobs, etc. before touching them to help reduce bacterial exposure.
● Exercising more won’t help. You have to eat less.
● Avoid eating fast. Chew well.
● Fluorescent lights are not a natural source of light and should be avoided.
● While under medical supervision minimize prescription drugs.
● Avoid OTC drugs.
● Microwaving robs food of its quality.
● Use alcohol in moderation, for special occasions only, if at all.
● Alcohol and drug addiction require professional help.
● Working on too many projects at once drains your energy.
● Take breaks between projects; never start another project immediately.
● Get rid of clutter; it blocks energy flow.
● Keep your word and do not make promises you cannot fulfill.
● If you are late often, set your watch ten minutes ahead of real time.
● Clean up your house, basement, attic, office, emails, and computer.
● Set and enforce boundaries.
● Learn to say “No!”.
● Never feel bad for protecting yourself.
● Boundaries can be physical, emotional, sexual, or material.
● Put yourself first and prevent people from draining your energy.
● Boundaries build self-esteem, personal energy, and power.
● Boundaries are for your protection and wellbeing.
● Words are powerful; write down a list of intentions and read them daily.
● Have S.M.A.R.T. goals but also have impossible dreams.
● For a few minutes a day, see, hear, feel, smell, touch and vibrate as if you are inside your already realized intention.
● Ask yourself how you would love to help people.
● Relax and smile, tomorrow is another day.
● Practice deep breathing, sleep well and be kind.
● Pray often, be grateful, listen to music.
● Human beings are social creatures.
● Join a circle of people with the same passions, interests, or hobbies.
● Being with kindred spirits will energize you.
● Go out with friends regularly.
● Be active and take initiative.
● Energy vampires drain your energy mentally, emotionally, and spiritually.
● Energy patterns of improperly processed traumatic experience form frozen worlds of energy structures that drain an immense amount of energy from us.
● Use different techniques including EFT, TFT or logo synthesis.
● Exercise daily, not three times a week.
● The best exercise you can do is jump for five minutes daily on a mini-trampoline.
● Losing weight is 97 percent diet and 3 percent exercise.
● View exercise as a source of energy for everything.
● There are two kinds of energy: Physical Energy and Vital Force.
● Eat raw food as much as possible.
● Complete unfinished tasks and projects.
● Hook vital force energy with a worthy goal.
● Meditate and pray daily.
● Unload your cares.
● Connect with nature.
● Be grateful.

**Detox:**

● Blood tests may reveal acute organic or inorganic toxicities.
● Hair analysis and specific vitamins and minerals deficiencies hint to toxicity.
● Toxic elements urine challenge tests confirm chronic heavy metal toxicity and establish detox efficiency.
• IV chelation treatments, thirty to forty treatments, up to three a week, can be beneficial for heavy metal detox.
• For heavy metals other than mercury, the treatment of choice is EDTA.
• For mercury detox, the treatment of choice is DMPS, with DMSA as a finisher.
• Appropriate mercury detox treatments can and should be done after silver teeth fillings are removed.
• Avoid plastic bottles and containers.
• Drink tap water that has been filtered, detoxified, alkalinized and ionized.
• Use no fluoride based toothpaste.
• Check to see if fluoride is added to your city water.
• The first step of any detoxification is to remove the offending agent.
• Detox organs include the liver, kidneys, colon, skin, and lungs.
• Daily bowel movements are important, so use mild laxatives if necessary.
• Supplements that are helpful for detox include Vitamin C, milk thistle, and glutathione.
• During a healing crisis, you may get worse before you get better.
• Detox may benefit from periodic fasting.
• Personal hygiene is more than showering.
• Wash sheets regularly.
• Shower first thing in morning and after work or exercise.
• Use water filters.
• Your body is 70 percent water. Refresh it daily.

**Nutritional Supplements:**

• **Vitamin C**: Humans can’t manufacture it. Helps collagen, fights infections. Recommended dose: 1,000 – 2,000 mg or more daily.
• **Magnesium**: Involved in energy production and hundreds of other roles. Recommended dose: 4-500 mg daily. Avoid magnesium oxide.
• **Ginseng**: An adaptogen that helps with stress.
• **Multivitamins, B Complex**: Take a high-quality multivitamin daily, with plenty of B vitamins.

• **Other Supplements for High Stress and Improved Energy**: Rhodiola rosea, CoQ10, royal jelly, pantothenic acid, fish oil.

• Treat mild depression naturally with vitamins and supplements such as SAMe, B12/B-Complex, Niacinamide, St. John’s Wort, and Myer’s IV.

• For fighting bacterial infection, use Vitamin C, Iodine, and Silver.

• Due to lot of propaganda, false claims, and intentional confusion in the marketplace, the miraculous three—vitamins, minerals, and amino acids—are sorely misunderstood and misused.

• Vitamins, minerals, and amino acids are essential for our existence.

• Be wary of low-quality products in market, as well as false claims in the media.

• In good faith, you realistically cannot overdose on vitamins and minerals.

• Everyone has at least one nutritional deficiency and likely far more than one.

• Undergo blood tests to find out what your body lacks, then custom supplement accordingly.

• Learn to tell the difference between high and low quality multivitamins.

**Sleep:**

• Sleep is paramount to overall wellness.

• Sleep at least 7.5 - 8 hours a night.

• New studies show that people who sleep less than 8 hours experience impaired performance the next day, even if they do not realize it.

• Sleep debt accumulates.

• Sleep is when the body recovers; when debris is cleaned up; when memories are classified, sorted, and stored; and when the immune system regenerates.

• It is good to wake up without an alarm, in the right sleep cycle. The morning hours of sleep are regenerating.
● Sleep in the dark, without electronics, in a comfortable but not very soft bed. Have an evening routine, and keep your TV in another room.
● Use melatonin for sleep and for other important functions, 1mg per decade of life.
● Do not eat too much in the evening. Avoid meat and heavy meals.
● Sometimes coffee disturbs sleep, even one cup in the morning for sensitive people.
Chapter 41

General Rules to Follow

- Don’t believe anyone, check everything for yourself.
- If your case is difficult, complicated, severe, or unusual, please see a doctor.
- Treating the causes of fatigue is the correct approach.
- Lifestyle and diet play a major role in fatigue.
- Don’t count calories. They are deceiving.
- Eat sugarless, meaning nothing sweet or starchy.
- Drink six to eight eight-ounce glasses of water per day.
- Start every day with a glass of lemon water.
- Avoid juice, iced tea, soda, and diet or light beverages.
- Avoid oatmeal and cereal.
- Always have light meal in evening, and never eat carbs for dinner.
- Don’t eat snacks or have seconds.
- There are no healthy diet, light, or zero-calorie products.
- Artificial sweeteners are hazardous to your health and are even toxic.
- Keep TSH lower than 1.5 and free T3 normal - high.
- Target testosterone range in men is above 700.
- Use only transdermal creams for bioidentical hormone replacement.
- For heavy metals other than mercury, the treatment of choice is EDTA.
- For mercury detox, the treatment of choice is DMPS, with DMSA as a finisher.
• Appropriate mercury detox treatments can and should be done after silver teeth fillings are removed.
• Supplements that are helpful for detox include vitamin C, milk thistle, and glutathione.
• During a healing crisis, you may get worse before you get better.
Chapter 42

What They Don’t Tell You About Fatigue

- Treating the causes of fatigue is the correct approach.
- It may take a few months to treat fatigue correctly.
- Lifestyle and diet play a major role in fatigue.

**Diet:**

- Don’t count calories. They are deceiving.
- Eat sugarless, meaning nothing sweet or starchy.
- Avoid sweeteners natural or artificial.
- Eat as close to raw food as much as you can.
- Avoid plastic bottles and fluoridated city water.
- Start every day with a glass of lemon water.
- Avoid juice, iced tea, soda, and diet or light beverages.
- Breakfast should be packed with proteins and good fats, and an excellent choice is eggs.
- Avoid oatmeal and cereal.
- Always have light meal in evening, and never eat carbs for dinner.
- Don’t eat snacks, don’t have seconds.
- Eat healthy foods: no carbs, grains, sweets, diet products, or processed foods.
- Food nowadays is not the same as it used to be. It is mostly GMO, meaning it is modified in one way or another.
- Most people have some sensitivities or allergies to dairy and grain. Go a month without milk and grain and see how you feel.
Lupus, thyroiditis, and other autoimmune problems may be connected with the food you eat.

Sugar is very addictive, dehydrates the body, and leads to heart problems, diabetes, and fast aging.

There are many names for sugar and sweeteners.

There are no healthy diet, light, or zero-calorie products.

Artificial sweeteners are hazardous to your health and are even toxic.

Liquid sugar is the worst; a can of soda contains up to thirteen teaspoons of sugar.

Endocrine Considerations:
- Keep TSH lower than 1.5 and free T3 normal - high.
- Thyroid makes T4, then later, every cell of the body transforms T4 in T3.
- T3 is the “active” peripheral thyroid hormone.
- Most people respond better to products containing T3.
- Testosterone in men: Check for low-normal range, less than 450.
- Periodically check free and bound fractions, estradiol and metabolites.
- Target testosterone range in men is above 700.
- Use only transdermal creams for bioidentical hormone replacement.
- Take extra zinc, 50 mg.

Lifestyle:

- Exercising more won’t help with weight loss. You have to eat less.
- Avoid eating fast. Chew very thoroughly.
- Fluorescent lights are not a natural source of light and should be avoided.
- Get rid of clutter; it blocks energy flow.
- Keep your word and do not make promises you cannot fulfill.
- Energy patterns of improperly processed traumatic experience form frozen worlds of energy structures that drain an immense amount of energy from us.
- Use different techniques for healing including EFT, TFT or logo synthesis.
The Secrets of Fatigue

- Exercise daily, not three times a week.
- The best exercise you can do is jump for five minutes daily on a mini-trampoline.
- Losing weight is 97 percent diet and 3 percent exercise.

**Detox:**

- For heavy metals other than mercury, the treatment of choice is EDTA.
- For mercury detox, the treatment of choice is DMPS, with DMSA as a finisher.
- Appropriate mercury detox treatments can and should be done only after silver teeth fillings are removed.
- Avoid plastic bottles and containers.
- Drink only tap water that has been filtered, detoxified, alkalinized and ionized.
- Use no fluoride based toothpaste.
- Check to see if fluoride is added to your city water.
- Supplements that are helpful for detox include vitamin C, milk thistle, and glutathione.
- Your body is 70 percent water. Refresh it daily.

**Nutritional Supplements:**

- **Vitamin C:** Humans can’t manufacture it. Helps collagen, fights infections. Recommended dose: 1,000-2,000mg or more daily.
- **Magnesium:** Involved in energy production and hundreds of other roles. Recommended dose: 4-500 mg daily. Avoid magnesium oxide.
- **Ginseng:** An adaptogen that helps with stress.
- **Multivitamins, B Complex:** Take a high-quality multivitamin daily, with plenty of B vitamins.
- **Other Supplements for High Stress and Improved Energy:** Rhodiola rosea, CoQ10, royal jelly, pantothenic acid, fish oil.
- For fighting bacterial infection, use Vitamin C, Iodine, and Silver.
- In good faith, you realistically cannot overdose on vitamins and minerals.
Chapter 43

You Can’t Be REALLY Healthy If You Don’t:

- Breathe clean air.
- Sleep 8 hours a night.
- Eat only natural, mostly raw, not man-made or man-altered food.
- Drink only water and plenty of it.
- Eat little, mostly plants, and fast often.
- Exercise regularly.
- Detoxify the body.
- Quit smoking, alcohol.
- Quit commercial starches, milk, grains, flour and sweets.
- Cut down on stress, worry, anger.
- Take powerful supplements.
- Avoid eating snacks or second taking.
- Control your portion size and chew thoroughly.
- Avoid artificial sweeteners or artificial anything.
Addendum I

Action Checklist for Healthy Energy

- Check adrenals, thyroid, and testosterone.
  - Keep blood pressure systolic values over 120.
  - Keep TSH below 1.5
  - Keep testosterone over 600 for men.
  - Do not exceed normal values.
  - Check for depression and infections, including in the teeth.
  - Take SAMe 800mg three times a day for three days.
  - Check with a dentist skilled in treating cavitations.

- Correct vitamin, mineral, and amino acid deficiencies.
  - See Addendum: Protocol

- Get checked for food allergies.
  - Check IgE, IgG panels and nonspecific panels, like LRA or ALCAT testing.
  - Check for toxicity, lead, and arsenic.
  - Perform an EDTA, and DMPS urinary challenge test.
  - Work with a knowledgeable, skilled doctor.
  - Eliminate fluoride paste, plastic bottles, and city water.
  - Call your city/county to find out if fluoride is present in city water.

- Drink only water with lemon, and plenty of it. Start your day with lemon water.
• **Take vacations and days off.**
  ○ Avoid working on the weekends when you can.

• **Take extra supplements**
  ○ Use fish oil, Vitamin C, ginseng, multivitamins, DHEA, taurine, CoQ10, and royal jelly, in great quantities. Generally, you can’t take too much of these unless you are doing so intentionally. Limit only DHEA to 50mg a day for men and 25mg a day for women.

• **Detox the liver.**
  ○ Use Vitamin C, silymarin, and glutathione, three to six capsules a day of each for a few weeks.
  ○ No alcohol, acetaminophen (Tylenol), or heavy food.
  ○ Fast periodically.

• **Keep your body clean.**
  ○ Filter your shower water.
  ○ Shower at least once daily, preferably twice.

• **Nurture and take care of your relationships.**
  ○ Forgive and be kind.
  ○ Take care of your sex life

• **Get a good night’s sleep.**
  ○ Don’t stay up late.
  ○ See Addendum: Use melatonin as per supplement protocol.

• **Avoid things that are bad for you.**
  ○ Avoid all of the following as much as possible: sugar, sweets, wheat, grains, soda, juice drinks, soft drinks, smoking, drugs, neon light, microwaves, or excessive alcohol.

• **Eat a good, healthy breakfast and lunch.**
  ○ Do not eat or drink when angry or stressed.
  ○ Do not eat late-night snacks or snacks in general.
Avoid clutter and colon clutter (constipation).
- Clean and tidy up your house, attic, basement, car, and office.
- Make sure you have one to three bowel movements a day.
- Take a stool softener, if needed.

Set boundaries at home and at work.
- Tell others what you will and will not do.
- Make others aware of your do-not-cross lines in all facets of life.

Set high but achievable goals.
- Set S.M.A.R.T. goals.
- Ponder on and set seemingly impossible dreams for yourself.

Join a club, go out with friends, and have fun.
- Find a hobby.
- Make new friends.
- Enjoy life.

Avoid being overwhelmed.
- Finish old projects, and do not start new ones until you are caught up.

Relax!
- Remember that you do not have to do everything today.

Avoid negativity and energy vampires.
- Stay away from toxic people and relationships.

Exercise daily, to a good sweat.
- Try rebounding, jogging, and power walking.

Enjoy nature, and meditate and pray for guidance.
- Visit nature often.
- Meditate daily.
- Pray for guidance and help for those around you.

Smile, forgive, grow, and enjoy the ride.
Addendum II

What Supplements Should You Take Daily?

We divide your daily needs into different categories (tiers). It took many years of research to understand this concept, but applying these strategies will serve you well for better health.

Tier I: The Foundation

The Foundation is a regimen to be taken by everyone, male or female, young or old. It contains four elements and is not to be changed and modified at any time:

- **A Great Multivitamin with Minerals.** Consider Power Source One, at a dose of six to eight a day, available at [www.POWERsourceOne.com](http://www.POWERsourceOne.com).
- **Magnesium:** 4-500 mg a day (not oxide).
- **Good-Quality Fish or Other Oil:** one to two a day.
- **Vitamin C:** one to two 1,000 mg capsules daily, never chewable.
**Tier II: For Age Fifty-Five and Over**

These should be taken in addition to The Foundation, for great benefit to people fifty-five and older:

- **Vitamin D**: 5-10,000 IU per day.
- **Probiotics**: 25 billion or more.
- **Digestive Enzymes**: with each meal.
- **Vitamin E**: 4-800 IU (look for the word “mixed”, meaning mixed tocopherols and tocotrienols)
- **Vitamin B12**: (for those fifty-five and older who are chronically fatigued): 1 mg injections i.m., at least monthly for the rest of your life. When tired more often.
- **Melatonin**: Before sleep, take 1 mg for every decade you have lived. Example: If you are 52 year old take at least 5 mg. If a little drowsy, mildly depressed or have low libido, please scale the dose down.

**Tier III: For Specific Conditions or Further Wellbeing**

- **Antioxidants, anticancer supplements**: sulforaphane, DIM, blueberries, spirulina/chlorella, etc.
- **CoQ10** (ubiquinol form), the more the better.
- **Supplements for special conditions** like arthritis, cardio-vascular, mental wellbeing, prostate, cancer, etc.

**Instructions and clarifications:**

Never substitute any element from The Foundation or even Tier II. In other words, The Foundation must always remain the same. You can build upon it, but do not remove anything.

Do not remove Vitamin C, for instance, because you just chose to add CoQ10, Resveratrol, or something else; Vitamin C is part of The Foundation and should, therefore, be a constant form of supplementation. You may take more supplements if necessary, you can add, but do not substitute, especially not for anything listed in Tier I - The Foundation.
Those fifty-five years of age or older should also adhere to Tier II, and those suffering from specific conditions or just wanting to further improve a particular organ/ system or overall health should add Tier III supplements.

Minerals and amino acids can be taken separately or specially mixed and prepared for you by special companies that specialize in personalized pharmaceutical combinations.

What Makes a Great Daily Multivitamin and Supplement?

A great multivitamin is not junk or cheaply made. It is a multivitamin that can make a real difference and have a real positive impact on health.

A great multivitamin is never one or two a day. You just can’t squeeze that many high impact ingredients into a one-a-day small capsule. If you want to take a high enough quantity of the ingredient powder mix necessary to have a high impact on health, this daily powder amount will be the size of a walnut. It will be difficult or impossible to swallow it in one setting, because of the size. For this simple reason and for convenience too, the whole walnut size amount of powder is further divided into 6 or 8 capsules a day.

A great multi should never be less than 4 a day. Ideally it will be 6-8 a day even more. There are also supplements with a daily dose of fourteen or more daily. Usually these provide only minimal extra benefit compared with 6-8 a day as the extra ingredient mix will generally consist of green powder or powdered herbs and vegetables.

How to Spot a Great Multivitamin

1. Check the serving size. Anything less than 4 a day is no good.

and

2. Check the B vitamins it contains. B1 or B6 levels should be 35 to 50 mg or higher for a daily dose, ideally close to 100 mg.
More sophisticated evaluators should examine the label for the rare occurrence when the manufacturer includes activated B vitamins like Benfotiamine, Pyridoxal 5 Phosphate, 5 Methyl Folate, etc.

We strongly recommend a high impact formula developed and designed by Dr. Pop over the last fifteen years, called **Power Source One**. It is one of the most powerful and complete daily supplement on the market that you can find. It contains more than fifty high impact, high quality ingredients. One bottle of Power Source One has the equivalent of you taking twenty-three bottles of other commercial supplements.

Power Source One is very well tolerated by patients, and many have offered amazing testimonials. Power Source One is available online at [www.PowerSourceOne.com](http://www.PowerSourceOne.com). Use it for yourself and feel the difference.
 Statements and Concerns

After reading this book, it is to be expected that some will have opinions or ideas about what has been read. In order to clarify and elaborate, I offer the following answers to some of these critics and concerns:

“This does not apply to me.”
My answer: Give it a chance, a full, meaningful try. You have nothing to lose and everything to gain. There is a 95 percent chance it will work.

“I can’t keep such a strict diet.”
My answer: Because chronic illness and fatigue is caused by diet, the only correct answer is diet. Medications are only crutches, not cures. The degree to which you are willing to follow a diet is the degree to which you will find relief from chronic fatigue and its multifaceted complications.

“You don’t provide proof of what you are saying.”
My answer: Scientific publications, quotations and footnotes are left out of this work on purpose. This guide is a practical one written for laypersons, not for fact-checkers, so-called scientists, or fault-finders. It is advice gleaned from my years in practice, and it is written for those who are searching for applicable methods at improving their health.

“I can’t give up my diet soda or sugar-free products.”
My answer: Continue drinking diet soda and eating sugar-free products at your own risk. If you do, you will not be able to reverse your fatigue. The fact that such items contain sugar substitutes and zero calories does not make them healthy or suitable in any way for anyone, diabetics or...
otherwise; in fact, it is the utter opposite. Many are toxic and indigestible, but it is your choice to eat and drink what you will.

“The information in the book is repetitive.”

My answer: The truth is worth repeating, for it is by repetition that we learn. The media repeats false facts over and over, and people buy into it. How much more important is it, then, that we reiterate the truth, until we listen to its wisdom and apply it to our lives?

“Most of this is just common sense, things I know already and nothing special or unique.”

My answer: There are many, many new, forward-thinking concepts in this book, if you take the time to deeply think about them. Remember that negativity is bad for your health; try to find the positive and glean whatever truth you can.

“I do not agree with your position or a specific concept expressed in the book.”

My answer: You don’t have to agree with me. This book is for people who want to get better, not for those seeking debate. If you see the book as an argument rather than a guide, you would do better to walk away from it.

“I don’t believe in your ideas.”

My answer: You are under no obligation to believe a single word I’ve written here. As clearly stated, right from the very first page, these are my ideas, my concepts based on my experiences and my own personal convictions. I do suggest that you take all you read here cautiously and critically. Ultimately, any idea is proven by its results when correctly applied, not by our level of conviction or belief. This is not religion. Apply these concepts and experience a better life or not. The choice is yours, and it’s as simple as that.

“I would rather stay on my lousy diet and take my medication.”

My answer: You have free will. My question is: How is that working for you?

“I don’t really like the straightforward voice and tone of this book.”

My answer: We need to be direct and serious, because fatigue is a serious situation. Many books are written in a coddling, nicer way, granting more pity and leeway to patients, but this is not conducive to the best possible outcome. When you educate a child, you need to be firm and
convincing, with clear boundaries. If you say, “Oh, dear, do whatever you like,” the child will walk all over you. The same holds true for patients because, as humans, if given an inch, we will take a mile. This book is direct and to the point because that is how fatigue must be treated.

“There are no recipes in the book.”

My answer: This is not a cookbook. This book is designed to give you a better understanding of fatigue and health in general. Those who are looking for recipes can find them online or from countless other books.

“This book only tells me what not to eat, not what I can have.”

My answer: It is easier to tell you what not to eat, as telling you everything you can safely eat would require far too much space. Not only that, but no list would ever satisfy everyone. Personal preference does play a role, and this would only lead to arguments and complaints. It does not really matter much what you eat, as long as you keep the guidelines described in this book in force, including portion control.

“The food choices you offered are too limiting.”

My answer: There are plenty of choices left, but you should step away from many of the things you’ve grown accustomed to eating and drinking. As is said, if you always do what you’ve always done, you will get nowhere. Any major change can be overwhelming and needs to be done gradually. You have a choice to open up a door to a new universe of food. It is there, even if many choose to ignore it.

“Your book is okay, but the information seems outdated, nothing new and exciting.”

My answer: If you want excitement, visit an amusement park or casino! This is actionable information that works. Appreciate the information for what it is and put it to good use. If you do, you will live longer to enjoy the more exciting things in life.

“This information is contrary to sound science.”

My answer: It is only contrary to the present dogma in science, as well as to some corporate interests. The ideas in this book work, and the best proof is in results.

“You are not a specialist. What do you know?”

My answer: Are you looking for results, or are you looking for a title? You don’t need a specialist or a professor to treat you unless you have an unusual case or are on several medications. The specialists approach to
illness is very traditional. How is the traditional approach working for you now? An experienced MD with firsthand experience should be enough.

“This book suggests eating like a bird or even starving.”

My answer: Illness is caused by too much eating and/or drinking. Thus, in order to reverse it, you have to address this issue. You can’t continue to pig out and expect miracles.

“Low-carb eating generally means high-fat or high-protein diet, right?”

My answer: Not at all! A big chunk of the small meals recommended here includes raw vegetables, which are full of nutrients and fiber that are good for you.

“This book is too basic, too simple. Where are the details?”

My answer: This is intentional. There are too many complicated books out there. More details will be found in the workbook or program, but the advice here is general advice that will work when properly applied.

“Are you saying I can never eat my favorite foods again?”

My answer: If your favorite food is like vodka for an alcoholic or cocaine for a drug addict, then, no, you should not eat that food again. Find better culinary company to hang around with!

“I am disappointed with this broad-spectrum approach. I need to know more.”

My answer: This book is an educational tool intended to give you a broad understanding of fatigue as a medical condition. It is impossible to go into all details effectively, or there would have to be volumes written, and some specific cases still would not be adequately covered. More how-to will be addressed by a workbook and a 10 week program.

“I’m not going to stop eating out. I love restaurants.”

My answer: If you want to reverse illness, you must make some difficult changes and sacrifices. A sick person who insists on visiting restaurants is like an alcoholic who wants to continue bar-hopping. It is your choice and your life, but eating out is not wise.

“I noticed that none of the concepts presented in the book are endorsed by any other well-known organization.”

My answer: No, my ideas and concepts do not have the thumbs-up from any organization, but this should be seen as a good thing. The concepts herein are different, a fresh perspective, very different from the
official ideas promoted by the medical establishment, and they should be viewed as a welcomed change to old-school thinking.

“The book contains some questionable or controversial ideas.”

My answer: This is precisely why I believe the book is valuable, and you should feel the same. This new perspective is a refreshing break in a sea of propaganda. This book gladly declares, “The emperor has no clothes!”

Chapter Summary

- If you are a difficult, complicated, severe, or unusual person, it is likely that no amount of sound advice or guidance will work for you. You are what is called “psychologically reversed”. Until a person who is psychologically reversed corrects that problem, there is little hope that any of these concepts will be of value.
- It is easy to criticize but far more difficult to create something worthwhile.
- Your results will be proportionate with your effort and involvement.
Addendum IV

Hyper-Oxygenation

The Answer That Will Change Your Life

OXYGEN IS VITAL to every physiological function of the human body. Whether you’re a Navy Seal, an Olympic Athlete or simply an unwell person, you will benefit greatly from flooding your cells with even more oxygen. Nothing will distance any person further from death than more oxygen.

Driving oxygen deep into tissue has a restorative, in many cases curative, effect on the body. This is not to imply that oxygen alone is a panacea and cure-all; however, when combined with exercise, proper diet, carefully selected vitamins and supplements and plenty of good, clean water, high levels of oxygen in the tissue enable the body to expel toxins and restore its ability to heal and repair itself naturally.

The foundational concept is to drive a lot of oxygen deep into the body via the blood stream. This is best accomplished by any activity which raises the heart rate. When the heart rate is elevated more oxygen is carried out to tissues.

The Exercising on Oxygen concept is simple: Hyper-Oxygenation physically forces oxygen into the body’s cells. Oxygen then starts a healing and restorative process where normally there would be none.

More oxygen translates into more cellular energy, more healing energy and more overall energy to help us feel good, have more energy and perform better.
Exercising on Oxygen is healing without drugs, chemicals, surgery or invasive procedures. You can do it in the comfort of your own home or office. It can be used to prevent or address many health problems caused by poor oxygen delivery to the cells.

For more information about how to do this correctly please contact us.
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Because everyone is different, I believe that more than just a book is necessary to help you fight a plethora of chronic illnesses. Diabetes, heart disease, fatigue, and depression are extremely complex, complicated conditions, and every afflicted person needs as much guidance and support as possible to deal with the specifics of their particular case.

For readers who want to apply the principles of this book by themselves, there will be a self-help Workbook available for each of the main printed books. The workbooks will offer tables, checklists, illustrations, schedules, to-do lists, testing info, trackers, and fine guidance for selecting a correct regimen of nutritional supplements. The workbook is available from the same source where you ordered this book.

Please visit www.CalinPopMD.com/WorkBooks to order What Your Doctor Never Told You Book Series

All books are also available in electronic format

Dr. Pop’s Secrets of Good Health. Health 101: What Your Doctor Never Told You
Learn how to eat, how to sleep, what supplements to take, and how to make small changes in your daily routine that will manifest later as big health changes for the better.

Dr. Pop’s Secrets of Heart Disease: What Your Doctor Never Told You
Do you have heart disease, feel lost and do not know what to do? Do you fear an early, painful death? Don’t! You can regain control of your health, even without any new medications.

Dr. Pop’s Secrets of Diabetes: What Your Doctor Never Told You
This simple book is full of precious NEW information and guidance, and in it, you will find the help you need to recover from diabetes and its complications, from much misery and an early, painful death.

Dr. Pop’s Secrets of Depression: What Your Doctor Never Told You
This book offers a different perspective on this common affliction, as well as many natural ways to safely navigate the complexity of this illness.

Dr. Pop’s Secrets of Fatigue: What Your Doctor Never Told You
Dramatically improving your chronic fatigue in just a few short weeks is a priceless opportunity! Is this an empty promise? Read on and find out! Change from misery to health, starting right now!

The Exhaustion Syndrome
In this book you can find the causes and learn about remedies for extreme fatigue leading to exhaustion and misery.

The Exhaustion Syndrome for Executives
A no-nonsense, short and sweet version of what a busy person needs to know and what they can do to combat fatigue and exhaustion.

The Exhaustion Syndrome for My Patients
What if we told you that you could get all the energy you need, when you need it? In this book, you will find everything you need to start your plan for better health and greater energy.

The Symbolic Message of Illness
Any illness or symptom is a highly Symbolic Message. Understand and use this message, and ill health will no longer be a factor. Become more aware of how we attract ill health and symptoms.

The Perfect Order of Illness
Symptoms and illness are information packages in code, attempting to deliver a very specific message. What is your illness trying to tell you? Read this book to find out!

The Truth about Colloidal Silver and Gold
This book attempts to clarify the many misconceptions related to colloidal silver. All silver colloids are not created equal. What is the best and safest colloidal silver? Read and find out the truth!
Because everyone is different, I believe that more than just a book is necessary to help you fight a plethora of chronic illnesses. Diabetes, heart disease, fatigue, and depression are extremely complex, complicated conditions, and every afflicted person needs as much guidance and support as possible to deal with the specifics of their particular case.

For readers who want to apply the principles of this book by themselves, there will be a self-help Workbook available for each of the main printed books. The workbooks will offer tables, checklists, illustrations, schedules, to-do lists, testing info, trackers, and fine guidance for selecting a correct regimen of nutritional supplements. The workbook is available from the same source where you ordered this book.
Ten Week Health Coaching Programs are now available for the health conditions described in Dr. Pop’s books:

HEALTH 101
HEART DISEASE
DIABETES
DEPRESSION
FATIGUE

Even when someone knows exactly what needs to be done, there is often no commitment or consistent action to reach the goals. This lack of accountability is a habit, and it will be a constant roadblock to any health success unless it’s eradicated and replaced by new, productive habits.

The ten-week Health Coaching Program will address this problem! It will guide, motivate, and hold you accountable to your health goals. The program is for those who are ready to create health success habits and keep progressing toward a greater state of health.

The program will provide you with a highly trained health coach who can and will give you correct health advice and hold you accountable. Your excuses will become a thing of the past. You will set health goals and intentions in areas like weight, blood sugar levels, energy and fitness levels, and your coach will drive you to meet and exceed those healthy targets. Stop producing fewer results than you are capable of! Put a stop to the wheel of health confusion, procrastination, and indecision for good!

Health Coaching is THE program to ensure that you get exactly what you want out of your life. This ten-week program will:

• guide you in creating goals for each major area of your health, then help you break those goals into actionable, manageable steps
• help you focus on building the best health-promoting lifestyle you are capable of, considering your particular health problems and the unique life situations you are dealing with
• provide a biweekly, high-accountability process that will keep you on track to reaching your goals, so you literally can’t miss them
• provide you with a concierge coach to guide you through your entire journey, offering elite customer service, assistance, and support every step of the way, including maximizing your learning experience
• train you to commit without over- and under-committing and to fulfill all your commitments all the time

Is this for you? Go now to www.CalinPopMD.com/HealthCoaching to order the Program
Now you are able to purchase the Health Laboratory Testing panel at a fraction of the cost you would pay at any major laboratory. Finally discover the root causes, the main drivers and markers of your health issues so you can concentrate your efforts where they matter most and give yourself a much better chance for success in fighting and reversing your health condition. Monitoring and improving your health becomes easy. The cost of this package varies, so please visit our website below for the most current pricing. You can now choose between a Basic Panel and an Advanced Panel for an even more detailed analysis of your health condition.

**Basic and Advanced** Laboratory Test Panels are available for each of the following:

**HEALTH PANEL**

**HEART DISEASE**

**FATIGUE PANEL**

**DIABETES PANEL**

**DEPRESSION PANEL**

Heart laboratory panels are more detailed and contain a **Basic Panel**, three levels of **Preventive Panels** and an **Near Term Risk Panel**.

**How Does It Work?**

After you choose the Laboratory Panel you desire to check, we will set you up with a blood-drawing service and will draw a specific laboratory bloodwork panel or panels for you. The extent of these tests will depend on the level of health complexity you choose to evaluate and monitor. After the blood draw is performed, within a short period of time, you can sign in to your online account and see your test results.

An explanation of where you stand in relation to health will be offered, along with information about the severity of any conditions you are facing. General advice and some actionable steps will be included in your report.

**Test and monitor yourself today with Dr. Pop's Laboratory Panels!**

Call us or go to www.CalinPopMD/Labs to arrange the lab tests.
There is presently no clear marker, bloodwork or health indicator to quantify fatigue, diabetes, depression, general health, fitness, or aging speed. There really are no clear, perfect indicators to quantify illness and disease. A few blood markers of varying reliability are available, but we still lack a way to precisely quantify diabetes (not just blood sugar), heart disease, fatigue and many other conditions.

That is…until now!

For the first time, you can know exactly where you stand, how you are doing, and how much progress or damage you’re experiencing in your general health and the treatment of your specific illnesses, all based on accurate scientific laboratory testing.

The Health Index is a novel idea, a reliable indicator that quantifies your health and gives you a new perspective on what is going on inside your body. It really puts you on the map of health and illness, enabling you to periodically find out where you are. With it, you will be able to determine if the direction you are moving is for better or worse, even if this movement is very small.

The Health Index is a patent-pending, proprietary formula that quantifies each person’s health or disease condition, on a scale up to 500. It is very simple to understand: A Health Index rating below 100 is normal, and one above 100 is abnormal. Basically, like the golf score, the lower the number, the better it is. Please note that the Health Index requires Laboratory Testing as a prerequisite.

Now available at nominal cost for the What Your Doctor Never Told You book series

GENERAL HEALTH INDEX
HEART DISEASE INDEX
DIABETES INDEX
DEPRESSION INDEX
FATIGUE INDEX

Please visit www.CalinPopMD.com/Index to order
We now offer a great opportunity for you to purchase the most beneficial and powerful designer Health Nutritional Supplement package available for each of the conditions described in Dr. Pop's books.

Leave the extensive supplement research to us and alleviate the confusion of choosing from a plethora of questionable products with confusing or misleading labels and claims.

Our premium quality Nutritional Supplement packages come in big jars and foil packs for a three month supply. They are powerful, high impact daily supplement regimens that will make a big difference in your specific health condition.

For each book and their health condition described in Dr. Pop’s books we provide a carefully designed, all-inclusive Basic and Advanced Nutritional Supplement package options.

These supplement packages were carefully and personally designed by Dr. Pop.

Go now to www.CalinPopMD.com/Supplements and order a three month supply of designer, high impact nutritional supplements for any of the following conditions:

**HEALTH 101**

**HEART DISEASE**

**DIABETES**

**DEPRESSION**

**FATIGUE**
RESOURCES
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