By Anthony Gucciardi

Transform your health
Avoid secret health traps
Escape dieting forever

2015 EDITION

THE NEW HEALTH PARADIGM

INCLUDES SHOPPING GUIDE & NON-GMO SHEET
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It's Time to Begin Your Ultimate Natural Health Transformation: How to utilize 100 billion dollars worth of scientific research to optimize and transform your mind and body

Preface:

Congratulations on taking the initiative and beginning your health transformation! By this point in your life you have probably been exposed to countless viewpoints and theories on the absolute 'best' methods to eliminate disease and improve mental clarity, and it is oftentimes very challenging to weed through all of these ideologies and select one that both truly works and is founded upon reputable research.

The fact is that the traditional concept defining what is “healthy” is no longer valid in our modern scientific society. For thousands of years fruits and vegetables have been considered health foods, and rightfully so. Today, however, conventional produce is sprayed with disease-breeding pesticides, blasted with nutrient-depleting radiation, and oftentimes genetically modified. Therefore, the common perception of 'healthy' food is often incorrect in today's world – and it goes way deeper than produce.

It is time that we really define “health” and learn how to truly obtain it, as the food industry is counting on you to stay in the dark so that they can maximize profits.

By the end of the first few chapters, not only will you transform your view of what is truly 'healthy', but you will be able to formulate advice for yourself and others – all after the first few chapters - and there are 7 of them total!

For some of you, this book may be among a long list of books or special reports that you have purchased in your search for better health. Oftentimes the overwhelming number of health-related books currently on the market either seek to enhance your life in only one area, or simply offer harmful or misleading advice that can lead to detrimental side effects and long-term failure. Books that aim to treat only one area are not providing whole body solutions, which are absolutely necessary if you are really going to transform your body.

Others that promote mainstream medical treatments such as side-effect-riddled pharmaceutical drugs and invasive surgeries, are simply steering you in the wrong direction – they are ignoring the new wave of research that is paving the way for revolutionary natural health treatments that are extremely safe & effective.

Billions of dollars have been spent on scientific research that identifies how your body responds to various nutrients, forms of exercise, daily habits, and even your environment. Not only is it important to sort through the research as some studies are funded directly by major drug companies, but it is also important to understand how the genuine studies can dramatically change your life through bettering your health.
Chapter 1: Defining 'Healthy' and Avoiding Invisible Health Traps

If you ask the average person to list some “healthy” foods, they may detail a variety of fruits and vegetables, or perhaps assorted whole grain products. Some individuals may even add dairy products to the list. The truth of the matter is that, given the nature of our modern society, this kind of thinking is no longer valid. Thanks to the negative bi-product of scientific advancements, you simply cannot judge the health properties of a given food product based on your preconceived notion of the food being 'healthy'.

Traditionally healthy food items such as conventional vegetables, prominently pushed as the healthy choice in grocery stores and conventional wisdom alike, now contain dirty secrets that render them completely unhealthy.

A number of invisible threats to your health that are lurking incognito in the food supply include:

- Genetically modified ingredients (GMOs)
- Artificial sweeteners (aspartame, sucralose)
- Monosodium glutamate (MSG) (in various forms)
- High-fructose corn syrup (also found to contain the heavy metal mercury)
- Hydrogenated oils (trans fat)
- Pesticides
- Herbicides
- Pre-sale irradiation
- Bisphenol-a (BPA)

You will learn to identify each of these threats before purchasing any given product, which is vital to eliminating toxic additives that are continually pushing stress on your body. Even if you are familiar with all of these nutritional dirty bombs, there is a significant chance that you are still being tricked into consuming them through deceptive labeling and the selective omission of ingredients. The food industry can be extremely slimy when it comes to telling you the truth.

Many major brand names will do almost anything in order to conceal the truth behind health-destroying ingredients that lurk inside your favorite products; that is why it is essential to print
out the Identifying Toxic Additives section of this book, as well as the Avoiding GMOs Shopping Guide each time you visit the store.

These guides exist to help you if you simply do not have time to spend researching each food ingredient and the effects of consumption. The lack of knowledge on the subject throughout the general public can be exemplified through a simple question. If you were to ask someone who does not actively follow health news -- or even someone who does -- they would most likely have no idea that a recent investigation revealed that 50% of high-fructose corn syrup contains mercury.

Mercury, of course, is extremely hazardous and can cause severe side effects by damaging your nervous system. In fact, mercury is one of the deadliest elements known to mankind. It has been linked to: central nervous system disorders, spinal cord damage, eye damage, kidney disease, vision problems, and many other unwanted conditions.

Obviously, very few individuals would consume high-fructose corn syrup if they grasped this fact, yet high-fructose corn syrup is still in the vast majority of processed food. It is a shocking staple in the American diet that is contributing to soaring disease rates, including cancer and obesity. Now simply apply this fact to around 20 other ingredients conservatively, and you can begin to see how nutrition plays a major factor – if not the largest - in the creation and prevention of disease.

The only contenders for the leading breeder of disease is environmental toxins and high stress levels, which we will discuss later on.

Of course there are a number of threats that go beyond high-fructose corn syrup, as I have detailed earlier. It is important that we go over exactly why these ingredients are a threat to your health, and a little history behind them as well. After all, you're probably asking how they could have possibly entered the food supply in the first place given their negative background. Even if you are a food additive veteran, I am confident that you will learn something that will change the way you view food products.

Even hardened natural health mavericks have been shocked to learn about many of these findings. This is due to the fact that you often have to search as far as newspaper articles from the 90s to get to the bottom of the story.

For example, you may know that the artificial sweetener aspartame is a health destroyer, but do you know how it is created?

As early as 1999, the creation process of aspartame was revealed to the world through investigative journalism. An article by The Independent entitled "World's top sweetener is made with GM bacteria" exposed that two of the largest health threats – artificial sweeteners and genetically modified organisms – were joining forces.

The 1999 investigation found that Monsanto, the largest biotech corporation in the world responsible for genetically modifying the world's food supply, often used GM bacteria to produce aspartame in their US production plants. The end result is a fusion between two of
the largest health hazards to ever hit the food industry — artificial sweeteners and an array of genetically altered organisms.

In the report by The Independent, Monsanto openly admitted that their mutated bacteria is a staple in the creation process of aspartame:

“We have two strains of bacteria – one is traditionally modified and one is genetically modified,” said the Monsanto source. “It’s got a modified enzyme. It has one amino acid different.”

You may be shocked by this information, but may still be wondering what the big deal is. After all, does it really matter that Monsanto played a role in the creation of aspartame? Some health officials continue to assert that GMOs are no different than regular ingredients, going as far as to say GMOs are no threat at all to your health. This is a similar trend in the health field; health officials and major corporations always continue to claim controversial items to be perfectly safe. From cigarettes to radiation, the debate has always continued even after hard research has shown the dangers of these substances.

But are GMOs an exception? Let's take a look at what the research says. The topic of genetically modified foods is so vital to understanding what defines “healthy” that it will be covered in great depth. Remember, even if you are a hardened GMO expert, you will surely learn a thing or two about these foods. And if you are already an expert, then share this information with a friend!

**Genetically Modifying the Planet**

It was an outlandish prospect just decades ago, and you may still consider it to be: manipulating the genetic coding of produce to make it grow faster and larger.

As researchers around the world continue to push boundaries regardless of environmental or ethical consequence, genetic experiments are becoming increasingly more reckless. Chinese scientists have already admittedly inserted human stem cells into goat fetuses, and U.S. researchers have studied the idea of creating a mouse with human brain cells.

Scientists have borrowed genes from a jellyfish to make other organisms glow, and have even implanted spider genes in goats as a means of creating super-strength silk. They took it a step further by creating genetically modified salmon that they intended to release into the wild before Congress blocked the Food and Drug Administration from approving the decision due to concerns of health endangerment.

But the list doesn’t end there. Genetically modified potatoes are among the latest food abominations created by biotech corporations such as Monsanto. These potatoes, once planted in farms worldwide, can easily spread to nearby crops and taint the very genetic integrity of the plant.

It is easy to see that biotech corporations and scientists obsessed with genetic alteration are modifying the internal coding of nature. Of course the genetic manipulation is pushed through by mainstream reports with the argument of solving world hunger and curing disease, but the
The truth of the matter is that the long-term environmental consequences are yet to be experienced.

Monsanto has also created genetically modified crops containing a toxin called Bt. Bt is incorporated in GMO crops that are intended to kill different insects, however Bt usage has subsequently spawned mutated insect populations which are now resistant to the biopesticide. So far at least 8 insect populations have developed resistance, with 2 populations resistant to Bt sprays and at least 6 species resistant to Bt crops as a whole. Farmers are therefore forced to use even more pesticides to combat the resistant bugs. This huge increase in pesticide use is very much contributing to the downfall of the environment and the ecosystem.

What is the answer to this problem, according to Monsanto? To further genetically modify the Bt crop to make it a super-pesticide, killing the resistant insects.

Tests, however, have concluded that further modified Bt toxin crop provided ‘little or no advantage’ in tackling the resistant insects, despite extensive time and funding put into the enhanced modification. It seems that Monsanto’s solution to everything is to further modify it into oblivion, even in the face of evidence proving this method to be highly inefficient. The research shows that this will undoubtedly lead to insects that are resistant to the most potent forms of Bt and other modified toxins, resulting in the use of even more excessive amounts of pesticides in order to combat pests.

Monsanto’s best-selling herbicide Roundup is also creating resistant forms of life. Farms across the world are experiencing the emergence of herbicide-resistant superweeds. The heavily resistant weeds have an immunity to glyphosate, a carcinogenic chemical found in herbicides like Monsanto’s Roundup. These resistant weeds currently cover over 4.5 million hectares in the United States alone, though experts estimated the world-wide land coverage to have reached at least 120 million hectares by 2010. Until further data is provided on the weed coverage, it is unknown whether or not the weeds actually far exceeded these estimates. The appearance of these superweeds is being increasingly documented in Australia, Argentina, Brazil, Chile, Europe and South Africa.

Of course, once again, the resistant weeds are so resistant to roundup that they require excessive amounts of herbicides. It is no surprise that the company is refusing to accept responsibility for the escalating cost of combating the weeds, stating that “Roundup agricultural warranties will not cover the failure to control glyphosate resistant weed populations.”

You may be thinking “sure, that does sound quite devastating to the environment, but what does that have to do with my health?” Genetically modified foods actually have an equally profound impact on public health, and it is vital that you know how GMOs can affect your body.

**Under Genetic Attack**

The safety of genetically modified ingredients has been questioned by health experts for years, but thankfully, due to emerging research, there is no longer a need to simply rely on
the educated opinions of health professionals. Instead, you need only look at the research to notice the health dangers that genetically modified foods pose.

Shockingly, a review of 19 studies announced that consumption of GMO corn or soybeans may lead to significant organ disruptions in rats and mice – particularly in the liver and kidneys. The researchers also mentioned that GMO soybean and corn varieties contribute to “83% of the commercialized GMOs” that you may currently be consuming if you purchase conventional produce.

The research does not end there, however. Amazingly, there is evidence to suggest that GMOs are actually able to *transfer into your body through a gene transfer*.

Research indicates that the gene sequences inserted into GMOs are capable of **transferring into the host gut bacteria through horizontal gene transfer**. In essence, the study shows that you literally *are what you eat*. This basically means that the consumption of genetically modified food can alter the genetic makeup of the bacteria within our bodies that is the foundation for our health. If the BT toxin gene (or even the antibiotic-resistance gene commonly used in food staples such as corn and soy) transfer into gut bacteria, they could be turned into a *pesticide-producing factory*.

There is also the possibility that the now genetically modified transmogrified gut bacteria can transfer their genes to the epithelial tissue lining our intestines, which is a recipe for disaster. What these findings really show is that we truly are biologically compromised from what we eat. If you are consuming genetically altered food products, your biology can seriously be compromised.

This information exposes just how serious of an issue genetic modification really is. We are essentially threatening our very own genetic integrity through the consumption of these foods, according to this new research. As you may have expected, the studies do not end there.

Another study, conducted by International Journal of Biological Sciences, analyzed the effects of GMOs on overall health. What they found prompted mainstream attention as well as a response from biotech giant Monsanto. The researchers observed a relationship between the consumption of food items containing genetically modified ingredients and *organ failure*.

In the conclusion of the IJBS study, researchers wrote:

"Effects were mostly concentrated in kidney and liver function, the two major diet detoxification organs, but in detail differed with each GM type. In addition, some effects on heart, adrenal, spleen and blood cells were also frequently noted. As there normally exists sex differences in liver and kidney metabolism, the highly statistically significant disturbances in the function of these organs, seen between male and female rats, cannot be dismissed as biologically insignificant as has been proposed by others. We therefore conclude that our data strongly suggests that these GM maize varieties induce a state of hepatorenal toxicity....These substances have never before been an integral part of the human or animal diet and therefore their health consequences for those who consume them, especially over long time periods are currently unknown."
Given the significant nature of the findings, Monsanto quickly responded stating that the research is based on “faulty analytical methods and reasoning and do not call into question the safety findings for these products.”

In response to Monsanto’s comments, study author Gilles-Eric Séralini stated:

"Our study contradicts Monsanto conclusions because Monsanto systematically neglects significant health effects in mammals that are different in males and females eating GMOs, or not proportional to the dose. This is a very serious mistake, dramatic for public health. This is the major conclusion revealed by our work, the only careful reanalysis of Monsanto crude statistical data."

It is important to note that Monsanto concluded that its GM corn was safe for consumption after only a **90-day study**, even though chronic problems can rarely be found 90 days after the study. Perhaps Monsanto is the one who needs to re-investigate their testing process.

The evidence linking GMOs to health conditions has even prompted the American Academy of Environmental Medicine (AAEM) to issue warnings over the consumption of such ingredients. According to the prominent organization, “Several animal studies indicate serious health risks associated with GM food,” including infertility, immune problems, accelerated aging, faulty insulin regulation, and changes in major organs and the gastrointestinal system. The AAEM has even asked physicians to advise patients to avoid foods containing genetically modified ingredients.

Outside of the GM ingredients, Monsanto has also secured a large percentage of the dairy industry.

Monsanto’s genetically engineered growth hormone known as rBGH inhabits much of the United States dairy supply, and chances are you may be unknowingly consuming it. The synthetic hormone is created using molecules and DNA sequences that are a result of **molecular cloning**, which has been linked to breast and gastrointestinal cancer. Unfortunately, it is estimated that around 1/3 of cows in the United States are injected with this synthetic hormone, which means that you have most likely been highly exposed to rBGH if you live in the U.S. or have eaten U.S. dairy products.

RBGH is actually a synthetic version of natural bovine somatotropin (BST), a hormone produced in cows’ pituitary glands. Monsanto was the first to create the recombinant version from genetically engineered E. coli bacteria, releasing the result under the brand name “Posilac.” Since then, a division of **Eli Lilly and Company**, Elanco Animal Health, has acquired the Posilac brand. It is important to remember that Eli Lilly and Company are the makers of suicide-linked Prozac, who were able to cover up the 1980s research which found antidepressants to breed even more depression and suicidal thoughts than depression itself.

Despite public outcry and the warnings of international health professionals, rBGH is the largest selling dairy animal drug in America. In fact, **the U.S. is the only developed nation to allow for humans to consume milk from cows given artificial growth hormone**. Are U.S. government officials truly convinced that rBGH is safe for human consumption, or does it...
have more to do with the fact that key political figures who were instrumental in the approval of rBGH were actually affiliated with Monsanto?

• Margaret Miller was in charge of preparing the report on rBGH following its approval at Monsanto. She was later the official in charge of reviewing her own report as Deputy Director of Human Safety and Consultative Services at the FDA.

• Michael R Taylor was a partner at the law firm that represented Monsanto on a variety of issues. Afterward, Taylor became the FDA’s deputy commissioner for policy, where he wrote the FDA’s rBGH labeling guidelines. In these guidelines, it was claimed that there is no difference between rBGH and regular milk. This stance is part of the reason why rBGH is still legal in the United States today. Taylor then spent a few years working directly for Monsanto, and has been brought back by Barack Obama as the Food Safety Czar.

If the process in which rBGH was approved is not suspect enough, peer-reviewed research has identified rBGH as a risk factor for both breast and gastrointestinal cancer.

The Genetic Guessing Game

In order to properly understand the potential long term risks of genetic modification, it is important to examine the bioengineering process that takes place in order to create GM ingredients. Billions are spent each year to create GM food products, using a bizarre method that has many environmentalists and activists outraged. The process entails the transfer of genes from one organism to another, such as taking particular genes from a pig and transferring them to a tomato.

Due to the complexity of a living organism’s genetic structure, it is impossible to track the long-term results of consuming genetically modified food. Introducing new genes into even relatively unsophisticated bacterium may cause an array of issues, highlighting the complexity of even the most simple organisms. Introducing new genes to highly complex organisms such as animals or crops is even riskier.

When introducing the gene to its new host, it is essentially impossible to predict the reaction. The genetic intelligence of the host could be disrupted with the introduction of the new gene, creating an adverse reaction. There is truly no way of knowing the long-term effect genetically modified food, as there are too many variables. There is simply no room for science when Monsanto is involved.

How GMOs Redefine Healthy Food Choices

Obviously there is no room for GMOs in truly healthy food products, which is why it is truly vital that you understand the nature of GMOs and how they are oftentimes hidden in commercial food products. It may very well shock you to know just how prevalent GMOs are within the food supply.

In fact, nearly 93% of US soybeans are genetically modified in order to resist powerful weed-killers that were found to be killing the actual soybeans as well as the weeds. Following
current trends, genetically modified food products will makeup the majority of the future food supply if a change is not made.

Other commonly modified food staples include:

- Corn
- Cotton
- Soy
- Sweet corn
- Hawaiian Papaya
- Rice
- Potatoes

Statistics show how GMO crops and ingredients have skyrocketed in even the past few years. Here are statistics as of 2009-2010:

- Genetically modified soybeans currently make up for 93% of the US soybean supply.
- Genetically modified corn currently makes up for 86% of the US corn supply.
- Genetically modified cotton currently makes up for 93% of the US cotton supply.
- Genetically modified Hawaiian papaya currently makes up for 93% of the Hawaiian papaya supply.

When viewing these statistics, it is easy to see how many consumers are being tricked into consuming genetically modified foods. Amazingly, in a poll conducted by ABC, more than 90% of Americans feel that products containing GMOs should be labeled – meanwhile, these individuals are actually consuming GMOs on a daily basis unknowingly. What it comes down to is that as long as the threat is not visible, many consumers will simply purchase commercial products without thinking about the consequences.

This is exactly why Monsanto and others have been squelching attempts to label products that contain genetically modified ingredients.

**The World Takes a Stand Against Monsanto**

In light of these dangers and lack of transparency when it comes to the presence of genetically modified foods in the food supply, there has been a global resistance against Monsanto and GMOs alike. Nations around the world are now banning and uprooting GMO crop fields, thereby putting an end to the genetic manipulation of the planet before the proverbial roots of genetically modified creations dig too deep.
Hungary has gained international recognition for their bold stand against biotech giant Monsanto, destroying all Monsanto corn fields littered with GMO crops. The nation destroyed 1,000 acres of maize found to have been grown with genetically modified seeds, which are banned in the country. Many of the farmers were actually shocked to find they were using GMO seeds, which are resulting in extreme environmental consequence.

Peru has also taken a stand for health freedom, passing a monumental 10 year ban on genetically modified foods. Amazingly, Peru’s Plenary Session of the Congress made the decision despite previous governmental pushes for GM legalization. The known and unknown dangers of GMO crops seem to supersede even executive-level governmental directives.

Anibal Huerta, President of Peru’s Agrarian Commission, said the ban was needed to prevent the “danger that can arise from the use of biotechnology.”

When the people demand anti-GMO action from the government, they are oftentimes forced to listen.

“There is an increasing consensus among consumers that they want safe, local, organic fresh food and that they want the environment and wildlife to be protected,” wrote Walter Pengue from the University of Buenos Aires in Argentina, in a recent statement concerning GMOs in South America. “South American countries must proceed with a broader evaluation of their original agricultural policies and practices using the precautionary principle.”

France is the latest nation to voice opposition against genetically modified crops, with GM maize unlikely to hit French fields next year despite the end of a ban of Monsanto maize. Amazingly, evidence shows that French legislatures will launch new restrictions regarding the use of Monsanto’s 810 maize on French soil.

It all began when France’s State Council overturned the ban on Monsanto’s GMO maize stating that it was not sufficiently justified. The organization then attempted to legitimize its decision by saying that the government did not give enough evidence to substantiate a ban. Under law, an EU country can only unilaterally ban a genetically modified strain if it can scientifically prove the strain is a risk to the health of humans, animals, or the integrity of the environment. Interestingly the ban was lifted under these circumstances around the same time reports surfaced highlighting the many ways in which GMO crops and bio-pesticides are thoroughly damaging the environment.

The list of nations, towns, and cities standing up to Monsanto and GMOs as a whole is steadily increasing in length as more consumers proposition their government to make the change. As the momentum builds behind anti-GMO campaigns and organizations, a monumental shift in the tolerance and presence of GMOs will occur.

**Finding Out if Your Food Contains GMOs**

Until then, however, it is essential to protect yourself and your family from GMO ingredients. While the labeling of GMOs has yet to come to fruition due to corporate interests, there are surefire ways to safeguard against the presence of GM ingredients.
There are two statements to look for on products to know that they don't contain GM ingredients:

"Non-GMO" OR "GMO-Free"

Furthermore, it is important to decipher the differences in organic labeling to ensure that you are not unknowingly purchasing food items with hidden GMOs, pesticides, or other toxic additives.

There are 3 types of organic products; 100% organic, organic, and made with organic ingredients.

- **100% Organic** - Made with 100% organic ingredients. These are the highest quality organic products.

- **Organic** - Made with at least 95% organic ingredients. A close runner-up to the highest quality.

- **Made with Organic Ingredients** - Made with at least 70% organic ingredients. The remaining 30% adheres to strict restrictions and won't contain GMO's or additives. These products don't qualify for the USDA seal.

You should know that **legitimately organic (USDA certified) food does not allow for GMOs.** Notice that I did not say anything about 'All Natural' products. The truth is that products carrying the 'All Natural' label are oftentimes loaded with GMOs, high-fructose corn syrup, pesticides, and many more ingredients that are destroying your health.

One recent report shattered the “All Natural” label scandal, finding that popular “All Natural” labeled cereals that appeared to be healthy were actually full of genetically modified ingredients.

The 48 page report entitled 'Cereal Crimes' offers insight into which 'natural' products contain a secret cocktail of pesticides and genetically modified ingredients. Many of the companies exposed within the report have actually established themselves as health-conscious and environmentally friendly in many circles, making way for extreme consumer outrage. The report is sure to lead to consumer backlash against these companies, one of the most prominent being Whole Foods.

What the report found about 'all natural' breakfast cereals:

- **Kashi brand** (owned by Kellogg's) cereals were found to contain "high levels" of genetically modified ingredients. This means that at least one of the main ingredients was found to contain GMOs, with 100% of the soy tested in Kashi cereals found to be genetically modified.

- **Mother’s brand cereals** (owned by PepsiCO) also contains 'high levels" of GMOs. Around 28% of the corn was found to be genetically modified.
• Barbara’s Bakery Puffins cereals contained around 50% genetically modified corn. Even more surprising is the fact that this product is enrolled in the Non-GMO Project, according to the Cornucopia report. What this means is that the product was not verified by the project, a distinction that confuses many shoppers and can be thought of as deceptive.

• Kashi GoLean, Mother’s Bumpers, Nutritious Living Hi-Lo, and General Mills Kix were found to oftentimes contain 100% genetically modified ingredients.

• Kashi Heart to Heart Blueberry cereal was found to contain grains coated in the residue of many pesticides such as phosmet, carbaryl, azinphos methyl, malathion, chlorpyrifos methyl, and chlorpyrifos.

Outside of outing these products as carriers of toxic substances, the report also highlights the ubiquitous nature of these ingredients – even in products that market themselves as earth friendly and health conscious. It also serves as a reminder to ensure that your grocery list meets the non-GMO requirements. Remember, a non-GMO shopping guide comes free with this book, so you can refer to it anytime during your grocery shopping online or in the store to check and see if a product may contain GMOs.

[Continued...]
You may be wondering why some of these companies deceive unknowing consumers into purchasing products with hidden additives and fillers. Perhaps one of the main reasons is that a large number of many “healthy” brands are owned by their very unhealthy competitors, such as Coca-Cola and General Mills. In fact, some of your favorite “All Natural” or even organic companies may be owned by a corporate giant:

[Photo credit: Phillip H. Howard https://www.msu.edu/~howardp/organicindustry.html]

It is clear that GMOs have heavily infiltrated the food supply, similar to the toxic element mercury which I earlier revealed is prevalent among processed foods in the ingredient high-fructose corn syrup. Mercury is not only present in processed foods, however. In fact, there is a growing mercury 'pandemic' as mercury exposure continues to climb thanks to not only contaminated food items but some common household items as well.

**The Mercury Pandemic**

With today’s manufacturing there are many chemicals and toxins that are both purposefully added to products as well as unintentionally added. **Mercury** is one of those additions to many of the products people consume and
topically apply every day. In order to avoid exposure to this heavy metal, and in turn avoid the risk of any heavy metal toxicity, you need to know where the metal resides in order to avoid it.

**Processed Foods**

As discussed, of the most significant places you may find mercury is in processed foods that could be severely impacting your health and preventing a real transformation. In 2009, a study found that almost half of commercial high-fructose corn syrup (HFCS) contained mercury.

Even more troubling, nearly a third of 55 popular brand-name food and beverage products that listed HFCS as the first or second ingredient were found to contain mercury as a whole. With an incredible amount of processed foods and fast foods containing this ingredient, the result could be described as a **mercury pandemic**.

“Mercury is toxic in all its forms. Given how much high-fructose corn syrup is consumed by children, it could be a significant additional source of mercury never before considered. We are calling for immediate changes by industry and the [U.S. Food and Drug Administration] to help stop this avoidable mercury contamination of the food supply,” the Institute for Agriculture and Trade Policy’s Dr. David Wallinga, a co-author of both studies, said in a prepared statement.

But what are the other leading sources of mercury exposure?

**Personal Care Products**

Mercury is also very present in skin whitening creams and body care products. Concernedly, mercury has even been found in some of these products **at levels as high as 300,000 parts per million**.

The presence of mercury in these products was revealed when the Chicago Tribune newspaper sent 50 skin-lightening creams to a certified lab for testing. **Six were found to contain amounts of mercury banned by federal law.** Five of the six had more than 6,000 parts per million — **enough to potentially cause kidney damage over time**.

In fact, the Food and Drug Administration banned mercury in skin-bleaching and lightening products in 1990, but the agency rarely tests the products to see if products contain mercury that could jeopardize your health. Clearly, as evidenced by the Chicago Tribune investigation, mercury roams freely among personal care products.

But even professionals assume that these products are free of mercury.

“I’m shocked and speechless,” said Dr. Jonith Breadon, a Chicago dermatologist who said she sees patients weekly who ask about lightening their skin. “I just assumed since [mercury] was banned in the U.S., it never got in. But clearly that isn’t true.”

**Energy Saving Compact Fluorescent Light Bulbs (CFLs)**
Research has found that the levels of mercury released from CFL's exceed those that are considered safe for humans. Shockingly, the mercury can also 'leak' slowly from the CFLs over time, leading to prolonged exposure. For owners of new ‘green’ homes that are extremely well sealed with little exposure to outside air, CFLs (compact fluorescent lamp) may pose even more of a threat.

The study, which examined the mercury content of 8 different CFL brands, was published in the Environmental Engineering Science, a peer-reviewed online only journal published monthly by Mary Ann Liebert, Inc. The amount of liquid mercury (Hg) that initially leaches from a broken CFL is lower than the level allowed by the U.S. Environmental Protection Agency (EPA).

While there is really no “safe” level of exposure to toxic mercury, CFL makers are able to sell their products based on this regulation. The problem, however, is that over time the amount of liquid mercury released may exceed the level set by the EPA. Research conducted by Yadong Li and Li Jin, Jackson State University (Jackson, MS) found that over longer periods of time, the CFLs emit carcinogenic chemicals far beyond the “safe” level set by the EPA.

While rapid removal of broken CFLs can minimize hazardous conditions, the bulbs continue to leak mercury elsewhere into the environment. CFLs are a threat to human health as well as environmental integrity, and more research must be conducted before they can be touted as a ‘safe’ and ‘environmentally-friendly’ alternative to conventional light bulbs.

**Dental Amalgam Fillings**

Used since the American Civil War, dental amalgams contain an estimated 50% mercury — which studies have found is leading to the toxic contamination of water, air, and soil. Fortunately, in the last 10 years nearly half of dentists have recognized this and have stopped using them in their practice.

However, 50 percent of all US dentists still use them. The 50 percent that still use mercury-based fillings account for between 240-300 tons of mercury entering the market every year.

Sadly, mercury from amalgam fillings can also pollute the environment, leading to contaminating nature and subsequently many animals. Once in the environment, dental mercury converts to its even more toxic form, methylmercury, and becomes a major source of mercury in the fish you eat. According to studies, amalgam is "more expensive than most, possibly all, other fillings when including environmental costs."

How do amalgam fillings possibly result in this environmental havoc? Well, it starts with the production.

According to Consumers for Dental Choice:

“The environmental health effects of amalgam are well known, and have recently been reiterated by the United States Environmental Protection Agency: brain damage and neurological problems, especially for children and the unborn babies of pregnant women.
With dental mercury uncontrollably entering the environment from multiple pathways, phasing out amalgam and transitioning to non-mercury alternatives is the only way to reduce – and eventually eliminate – this significant source of mercury that threatens our environment and ultimately our health.

Amalgam fillings pollute the soil through landfills, burials, and fertilizers. The air quality is affected through dental clinic emissions and sludge incineration. Lastly, the water is polluted with mercury through not only dental clinic releases but human waste as well.

This is one reason why seafood is in such a degraded state of quality.

Seafood

The seafood industry has been repeatedly caught in mislabeling products and omitting pollutants that taint much of the food supply. Seafood items have been known to contain mercury (and are perhaps one of the most well-known sources of the toxic element), but many seafood items contain an array of other pollutants and chemicals. Startlingly, the fish you are eating may not even be the kind you think you bought or ordered.

By running fish DNA through gene sequencers, scientists have found rampant labeling fraud in both supermarkets and restaurants. Cheap fish is often substituted for expensive filets and higher quality fish types. Geneticists analyzing fish samples have even stated that 25 to 70% of the seafood samples were fraudulently identified. Similarly, government inspections have found that an average of 37% of seafood is fraudulently identified. The most common mislabelings are for red snapper, cod, wild salmon and grouper. Most fish purchased in the US is imported, yet the FDA currently inspects less than 2% of these fish.

Fraud runs as high as 90% for red snapper in particular – a featured dish in many restaurants nationwide. Most red snapper is a different type of snapper than identified by these restaurants and grocery stores – mainly rock fish or a variety of unrelated fish. Similarly, because of dyes and feed additives, it has become a real challenge to determine the difference between truly wild salmon and farmed salmon. Wild salmon is considered to be commercially extinct in the Atlantic Ocean, so any salmon labeled “Atlantic” is farmed. Even salmon labeled “wild-caught” has been found to actually be farmed salmon 56% of the time.

Some other examples of fraud: Tilapia masquerading as almost anything else; perch labeled as shark, yellowtail instead of ma-hi-mahi, catfish as grouper and farmed shrimp from Vietnam labeled 'Gulf shrimp'. In one case, tilefish was labeled as grouper. Tilefish contains more than 3 times the amount of mercury found in grouper and women of childbearing age and children are advised not to eat it.

Besides affecting your pocketbook, this fraud can dramatically affect health:

- Substituting with lower quality fish can leave the consumer exposed to unexpected toxins, contaminants and allergens.
• Farmed seafood from other countries -- especially Vietnam -- may contain many drugs not allowed in the US.

• Serving farmed fish leaves you exposed to antibiotics and dyes that would not be present in legitimately wild-caught fish.

• Chemical contamination is much higher in farm raised seafood than in wild-caught.

• Ciguatera. This is a form of food poisoning that comes from a fish toxin that was at one point confined to tropical regions, but is now circulated worldwide due to the globalization of the fish supply. It is very difficult to diagnose when not being looked for, and it is nearly impossible to trace the source of the fish in the event that the diagnosis is not quick enough. Ciguatera can last for weeks or even months and years. Some symptoms include pain, nausea, diarrhea, muscle cramps, numbness, weakness, irregular heart beat, blurred vision and 'reverse temperature sensation' -- where hot feels cold and cold feels hot. In some people, the symptoms recur throughout their lifetime.

• Processed fish products often contain parts derived from other varieties of fish, and even some crustaceans. The presence of unlabeled shell fish can cause a fatal allergic reaction in a sensitive person.

• Farmed salmon are plagued with sea lice which is now controlled with a heavy duty pesticide called emamectin benzoate, or SLICE. The FDA doesn't even test for this, while Canada has decided it is OK to allow small amounts to be present. About 40% of salmon sold in the US come from Canadian fish farms.

How to protect yourself:

• When buying fresh fish, do not be afraid to ask the customer service representative (at the store location or through the phone with the producer) about the origin and conditions of the fish. If they can't answer or can't find the answer, beware.

• Avoid farmed fish – especially when imported.

• Be suspicious if the fish seems exceptionally cheap.

• Beware of wild-caught salmon on the market during the off-season (from November through March).

• When possible, buy directly from the fisherman.

Avoiding Mercury Exposure

Now that you are aware of these major mercury depots, it is much easier to avoid these items and the mercury exposure that comes along with them. Steering clear of these products will not only result in better overall health, but it will be vital on your quest to completing your natural health transformation.
Going Beyond The Basics

You have now expanded your knowledge beyond 90% of the population with regards to how to really define health and identify invisible health traps, but you may be craving some more specific guidance. That is exactly what you are about to receive: advanced health techniques that a very small percentage of the population truly utilizes. From discovering the *right* superfoods and health-promoting supplements to learning how to break beyond the nutritional basics, this information pushes someone who simply avoids toxic ingredients to really *thrive* with their natural health transformation.
Are you always tired, suffering from bloating, gas, or obesity? There's a distinct difference between the fundamental and advanced stages of health – a difference between rudimentary and optimal health. With the majority of mainstream books, you may get to the lowest and most basic form of true health after reading through hundreds of pages. But you will go beyond that here.

It's time to blaze past these books in a single chapter with a powerful informational bomb of optimum health knowledge. We'll dig into the best essential nutrients, supplement traps, and more. And this is only the beginning. This chapter is expanding your intricate health knowledge base so that we can get into even more advanced topics including how to exercise properly and dramatically slash your time in the gym.

Remember that it is impossible to master everything in this book in a single read, for true mastery it is essential to study over the material more than once. For this chapter, I will be giving you a great deal of vital information that has resulted not only from my own years of research, but the findings of many health experts within both the alternative and mainstream health community.

While there are many vital topics to cover, it is important to begin with the tackle of the highly-popular myths regarding supplementation. In addition to the question of whether or not you even need them, there is much to answer in this field filled with deception and slick branding.

1. Supplementation: Friend or Foe?

Chances are that you have taken at least one 'health' supplement in your life. Whether it be a multivitamin you picked up from a local grocery store or a high priced herbal blend imported from a foreign nation, the majority of even the slightest health conscious consumers have tested the potential powers of supplementation.
Over the years, the mainstream media and the medical establishment have begun a proverbial war against vitamins and health supplements as a whole, with the FDA going after new formulas in an attempt to shut down at least a large portion of the emerging market. Is the government overreacting or is there actually some legitimate concern when it comes to the free sale of supplements in the United States and elsewhere?

Well, it depends on who you ask. If you ask the scientists performing studies on the effectiveness of multivitamins purchased in pharmacies and grocery stores, they will most likely say that vitamins can actually damage your body. If you ask researchers utilizing food-based multivitamins free of fillers and synthetic ingredients, they will most likely swear by them and label the FDA regulations as draconian.

There is a clear distinction between low quality supplements full of synthetic ingredients and fillers and high quality nutraceuticals that are made with 100% organic food-derived ingredients, but it is usually not that simple.

In fact, even 'high quality' retailers who are selling their products at a premium price can oftentimes be adding fillers to their supplements that could be rendering them a threat to your health. It is for this reason that many vitamin studies are almost worthless, as scientists may choose to perform studies on synthetic formulas and act as if the synthetic-aspect of the research were not an integral factor.

One example of how distorted the science on vitamin effectiveness can be observed by asking one simple question: Does vitamin E naturally help protect against the effects of aging, or does it lead to liver damage and complications associated with lung cancer? Well, it depends on what the study authors want to tell you. The synthetic version of vitamin E is a petrochemically derived analogue of natural vitamin E that is capable of disrupting the endocrine system, whereas the natural form of vitamin E is effective against aging, oxidative stress, and hundreds of other conditions.

When analyzing the ingredients within many top selling vitamin brands, it is easy to see how studies can so easily tout the dangers of 'vitamins' when in reality they are actually exposing the dangers of synthetic ingredients and fillers that are known to damage your body. Here are some of the ingredients contained in one top selling multivitamin, along with their adverse effects:

- **BHT**: a fat soluble compound used in jet fuels, rubber, petroleum products, electrical transformer oil, and embalming fluid. Research has linked BHT to lung cancer, bladder cancer, DNA damage, and gastric cancer.

- **Boric Acid**: a chemical oftentimes used as an antiseptic, insecticide, or flame retardant. Found to cause DNA damage.

- **Synthetic Vitamin A Acetate**: a petrochemically produced byproduct that is capable of causing birth defects.

It should be a little more clear how supplements containing these ingredients, many used as industrial chemicals, will produce different test results than legitimate, health-promoting
products. Of course this is but a small sample of toxic ingredients that are oftentimes present in top selling brand-name multivitamins and other supplements sold around the world.

One rule of thumb is to be very suspicious of vitamins sold in mainstream stores and pharmacies. These products are oftentimes owned by pharmaceutical companies and contain these ingredients like BHT and boric acid. Thankfully the internet allows for you to not only find and buy high quality supplements, but at an extremely discounted rate. Physical stores have to cover for their 'overhead' cost, which is basically the cost of purchasing and delivering the product to the store. But online you can buy straight from the manufacturer.

When you purchase high quality supplements online, it can be less expensive than buying the pharmaceutical-corporation-owned toxic vitamins. But you may also be wondering if you need supplements in the first place, and if supplements are even necessary when following a nutrient-rich diet.

Do You Even Need Supplements?

The very word 'supplement' implies that these products are to be taken as an additional supply of any given nutrient or ingredient. However in some circumstances, it may be nearly impossible to receive optimal levels of a given nutrient without supplementation. But before determining whether or not supplements are actually necessary, it is important to first define the genre of supplementation.

Are green superfoods, which are a blend of highly-nutritious plants oftentimes sold in powder form to be mixed, a form of supplementation? You may use green superfoods to supplement your daily nutritional intake with breakfast, though it is essentially a food item. Chances are, it is simply impractical for you to consume a large number of leafy green vegetables each morning, and a green superfood shake gets the job done with far less preparation time, volume, and overall hassle.

The fact of the matter is that nutrients from food or the environment (such as sunshine-based vitamin D verses supplementation) are always preferable over pill supplementation. Of course for the vast majority of individuals, it is a highly challenging and unrealistic quest to reach optimum nutrient levels each day while abstaining from all forms of supplementation and superfood mixes.

For example, even if you are consuming a majority-wise raw food diet, you may be deficient in vitamin D during the winter months as the sun in many areas does not produce adequate amounts during this time. You could attempt to remedy this by eating large amounts of fish, or you could simply supplement with high quality vitamin D3.

This same scenario can be applied to hundreds of different nutrients that you may be missing out on such as resveratrol, turmeric, and many probiotics. In fact there are many supplements that are well known to enhance your health, and are even backed by large amounts of peer-reviewed research. One question I am always asked by readers is “What is the best supplement for your health, and what are the most important supplements I should be giving to myself and family?”
While it is a tough question to answer, it is one that actually can be answered using not only experience and years of research, but highly credible scientific research.

**What are the Most Important Substances for Your Health?**

Supplements won't completely transform your health if you neglect to change your unhealthy lifestyle habits, but they certainly can be instrumental in your ultimate health transformation. Thankfully, a great deal of research has recently been conducted on a few great nutrients that the mainstream medical establishment can no longer ignore. As we covered, a large majority of supplement studies are virtually worthless, but I have sorted through the hundreds of thousands of peer-reviewed studies to root out only the ones that actually utilize the correct forms of these nutrients.

It is also important to take an inside look into many of these studies that have produced some highly shocking results, as they oftentimes use extremely low doses compared to the daily levels known to produce substantial results. Such is the case with the powerful nutrient vitamin D, which is oftentimes studied using doses significantly lower than recommended by health professionals.

These are not only some of the most beneficial supplements to your health, but their unique nature makes it challenging to include them in your daily diet. Or in the case of vitamin D, you may not be able to generate enough of this nutrient during the winter months.

If you are reluctant to take supplements of any kind, there is some great news. You may not even have to use supplementation to add these beneficial items into your diet.

**Vitamin D**

Vitamin D is known to fight cancer, obesity, diabetes, a number of other diseases, and it is completely free when generating it from sunshine during the appropriate months. Better yet, it's extremely easy to produce, and takes around 15 minutes or so for many people. Amazingly, if you live in a tropical region than you may be able to generate vitamin D all year long, removing the necessity of vitamin D supplementation completely.

**Vitamin D for Fat Loss**

In one study by the University of Michigan, it was found that higher vitamin D levels actually accelerated fat loss, and the effects were even more amplified when coupled with a proper diet. In fact, those who were both eating a proper diet and taking vitamin D lost more fat than those who were simply eating a proper diet. The study is groundbreaking as it shows that vitamin D can even skyrocket fat loss when a powerful nutritional regimen is undertaken.

Not only does vitamin D play a vital role in fat loss, but your vitamin D levels can also determine your flu resistance.
Vitamin D for Flu Resistance

Vitamin D3, even when taken in low daily dosages, has been found to slash your risk of developing the flu by 42%. Amazingly, the study actually utilized very low levels of the nutrient, going way below the doses recommended by myself and other health professionals. If optimal ranges of vitamin intake were utilized, the percentage would most likely climb much higher.

While conducting the study, Mitsuyoshi Urashima and colleagues at the Jikei University School of Medicine in Tokyo administered only 1,200 IU of vitamin D daily to study participants. The researchers examined 430 children between the ages of 6 and 15 between December 2008 and March 2009. Half of the participants received vitamin D3 and the other half received a placebo.

At a dosage of 1,200 IUs per day, 334 of the children fully completed the study. In order to diagnose the presence of influenza Types A and B, researchers used nose and throat swabs on both groups. What they found was that only 18 of the children taking vitamin D3 were infected with influenza Type A, while the number rose to 31 in the placebo group.

The difference between the two groups regarding infection rates indicates a 42% decreased risk of developing the flu simply by taking vitamin D3. Interestingly, Type A influenza includes all serious flu epidemics, including seasonal flu and even the swine flu. This means that vitamin D3 effectively protects you from virtually all flu pandemic threats, much more so than conventional medical interventions.

Vitamin D and Cancer

Cancer, the second leading cause of death in the United States, can also be warded off by proper vitamin D levels. Research has shown that simply improving vitamin D levels is more effective and much safer than dangerous pharmaceutical drugs and treatments. It costs a whole lot less as well.

It is for this reason that Angus Dalgeish, a consultant medical oncologist residing in a city known as Tooting in south-west London, tests all of his patients for vitamin D levels. What does Dalgeish do when he finds a patient's vitamin D levels to be low? He will immediately 'prescribe' high quality vitamin D3 supplementation.

Perhaps one of the most telling stories originally came from Dalgeish's London clinic. Dalgeish noticed that patients at his clinic at St Georges suffering from melanoma, the deadliest form of skin cancer, almost all were vitamin D deficient. Not only does the medical oncologist prescribe vitamin D for his melanoma patients, but he also prescribes the vitamin for other patients who are stricken with other types of cancer.

The best part? It outperforms hugely expensive drugs. Dalgeish explains:

“If we supplement people who are low they may do better than expected. I wouldn’t be a bit surprised if Vitamin D turns out to be more useful in improving outcomes in cases of early
relapse than drugs costing £10,000 a year,” said Professor Dalgleish. “I spent a decade studying interferon for which the NHS paid £10,000 annually per patient for years for very little benefit. Vitamin D is much more likely to give a benefit in my view.”

Other research from the University of Leeds showed similar connections between vitamin D and melanoma. Patients with the lowest vitamin D levels had the gloomiest outlook and were also 30 percent more likely to suffer from the disease in the future than those with higher vitamin D levels.

At Creighton University in Nebraska, John Lappe, a professor of medicine, also noticed a strong link between vitamin D and disease. He noticed that cancer patients who received vitamin D and calcium supplementation increased their survival rates significantly. Although the trial was originally meant to evaluate the effects of supplements on osteoporosis, this accidental finding led Lappe to examine the effects of supplements on cancer.

Given the numerous benefits of proper vitamin D intake, you may be eager to start acquiring optimum daily levels. There are a few things you should know about vitamin D – the fundamental principals – that will help you on your quest to optimize your vitamin D levels.

**Key Vitamin D Facts**

Vitamin D is produced by your skin in response to ultraviolet radiation from sunlight. But a number of factors can help to inhibit or increase your ability to produce vitamin D. Knowing about these factors and learning other key information will put you on the right vitamin D path.

- Your body cannot create vitamin D behind glass, as the rays of sunlight cannot penetrate the glass. You will need to go outside or open the window to generate vitamin D.
- Sunscreens block your body’s ability to create vitamin D. Even the lower SPF sunscreens, such as SPF 8, hamper your body’s ability to generate vitamin D by 95%.
- It would require ten tall glasses of vitamin D fortified milk to reach the minimum daily levels of vitamin D into your system. But even then, the vitamin D found in milk is often vitamin D2, an ineffective and potentially harmful form of the vitamin.
- Vitamin D3 can be purchased in supplement form, and is vastly superior to vitamin D2, which your body has trouble breaking down and absorbing.
- Most of us are deficient in vitamin D.
- Many reputable health experts recommend taking around 5,000 IU vitamin D per day, but this amount varies. The only accurate way to gauge how much you should be taking is to get a blood test.

Of course, the amount of sunshine it takes to meet your daily requirements varies quite largely. It depends on your geographical location, the time of day, the season, and the atmospheric condition. If you choose to get your vitamin D naturally via sunshine, then you should be consistently testing your blood for vitamin D levels. You can get this done by lab...
companies such as Quest Diagnostics. This is truly the only absolute way to determine if you are vitamin D deficient.

<table>
<thead>
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<th>Vitamin D Dose Recommendations</th>
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<tbody>
<tr>
<td>Age</td>
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<tr>
<td>Below 5</td>
</tr>
<tr>
<td>Age 5 – 10</td>
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<tr>
<td>Age 18 – 30</td>
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<tr>
<td>Pregnant Women</td>
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**Some Symptoms of Vitamin D Deficiency**

- Chronic Back Pain (One of the most common symptoms)
- Musculoskeletal Pain
- Irritable Bowel Disease
- Inflammatory Pain
- Nerve Pain or Neuropathy
- Bone Pain

Vitamin D deficiency is often missed, and never usually brought up by most mainstream medical establishments as a cure for any of these symptoms or conditions. The only way to find out if a vitamin D deficiency is the cause of your pain is to begin supplementation and receive a blood test. Alternatively, you can start taking in the correct amount (5,000 IU/day, but the amount varies for everyone) of vitamin D per day and see if the symptoms are relieved.

But how much vitamin D do you really need? For optimal health, you should have your vitamin D levels tested using a blood test. When reviewing your blood test, utilize the following chart to determine the state of your vitamin D levels:

**Optimizing Your Vitamin D Levels**

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<thead>
<tr>
<th>Deficient</th>
<th>Optimal</th>
<th>Heart Disease/Cancer Treatment</th>
<th>Excess</th>
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<tbody>
<tr>
<td>&lt;50 ng/ml</td>
<td>50-70 ng/ml</td>
<td>70-100 ng/ml</td>
<td>&gt;100 ng/ml</td>
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Turmeric/Curcumin

Turmeric is one of the most widely researched substances in the world, and is steadily becoming the next vitamin D. Thousands of health conscious individuals are being exposed to the many benefits of turmeric on a daily basis, as the industry is just now beginning to realize the beneficial effects of this substance. Curcumin is the compound found within turmeric, and is used as a supplement of its own due to the amazing anti-disease properties it has been found to exhibit along with turmeric. In fact, turmeric has been found to positively impact over 574 diseases according to peer-reviewed research. This includes cancer, Alzheimer's disease, kidney damage, and more.

What it is and how it crushes tumors by 81% in peer-reviewed research

Used in the ancient Chinese and Indian systems of medicine, curcumin is a naturally powerful anticancer compound that has been found to decrease brain tumor size in animals by 81 percent in more than 9 studies. A derivative of turmeric, curcumin is the pigment responsible for turmeric's yellow-orange color. Each 100 grams of turmeric contains around 3 to 5 grams of curcumin, though turmeric is also very powerful on its own. New studies are shedding light on curcumin and illuminating its numerous benefits on cancer and other diseases.

Researchers experimenting with curcumin in the treatment of a fatal brain cancer known as glioblastoma (GBMs) published their groundbreaking findings in the Journal of Nutritional Biochemistry in July. Adding scientific basis to previous findings surrounding the positive effects of curcumin, they showed that the compound dramatically decreased brain tumors in 9 out of the 11 studies examined by 81 percent. Furthermore, there was no evidence of toxicity, whereas chemotherapy and other cancer treatments often result in extreme side effects that are sometimes worse than the actual disease. Curcumin is not only effective against brain cancer, however.

According to a study conducted in 2008 and published in the journal Cancer Prevention Research, curcumin also inhibits the growth and spread of breast cancer cells by directly impacting the function of alpha6beta4 integrin, responsible for cancer progression. Another study, performed in 2010 found that curcumin also has the potential to target cancer stem cells. Following the wave of information of curcumin, researchers who posted their findings in the journal Molecular Pharmacology classified curcumin as a pancreatic cancer cell inhibitor back in 2009. Even more interesting is the fact that in most of these studies the researchers concluded that curcumin may also aid many different types of cancers that were not included in the trials.

While an amazing anticancer substance, studies have also pinpointed curcumin as a tool against more than 572 other diseases. Some of these include, in order of study count: oxidative stress, inflammation, DNA damage, lipid peroxidation, chemically-induced liver disease, Alzheimer's disease, and liver fibrosis. Curcumin has even been found to influence more than 700 genes, which could explain its link to DNA repair.
Curcumin is an amazing natural compound that has profound effects on cancer and hundreds of other diseases. While it has been widely studied compared to many other nutritional substances, these studies are only beginning to recognize the healing effects of curcumin and turmeric.

Finding the best Turmeric source

You can oftentimes find the turmeric spice in your grocery store, but I would not recommend purchasing it from there. I recommend searching for a high-quality, 100% organic-based turmeric liquid supplement. The truth of the matter is that many dry turmeric supplements are simply not fully utilized by the body and lack potency. Liquid turmeric supplements are far easier to digest and begin fighting disease much more quickly. Of course, as we discussed, you will want to avoid toxic fillers and synthetic ingredients if you do decide to buy turmeric in supplement form.

These nutrients will help your body defend against disease through boosting your immune system function and response, and boost your overall health. However they are but one part of the nutritional puzzle. As we discussed, food is the most importance source of nutrients, but it is also very important that you begin supplementing with high quality food-based vitamins or consuming a superfood formula that will ensure that you are maintaining an optimal level of nutritional integrity each day.

It is also very important to not only cover the harmful ingredients as we already have in detail, but how to find the beneficial ingredients in supplements to determine which is the best for you and your family.

When searching for a high quality multivitamin, it is essential to make sure that the formula includes the natural forms of each vitamin as well as a powerful blend of antioxidants preferably from a food source. To clarify, the supplement label or manufacturer will specifically state that the ingredients are made from food-based sources and do not contain synthetic ingredients. To help you, I have also included a free Supplement Guide to help you identify the highest quality substances.

Omega 3 Fatty Acids

The benefits of omega-3 fatty acids, especially DHA, are becoming more apparent due to voluminous new research that has linked them to the natural treatments of many diseases. These findings are staggering to say the least, as it brings hope for ameliorating numerous health ailments. It even seems to combat one of the largest health issues in the nation: obesity.

In case you are unaware, omega 3's are essential unsaturated fatty acids that are vital for a number of biological functions and cannot be created by the body alone.

Thanks to recent studies, we now know that omega-3 fatty acids aid in keeping the weight off through revamping metabolic health. Information from a recent study shows that the health of
your white adipose tissue as well as the health of your liver is vital in metabolizing, or burning, calories at normal rates. In addition to keeping your fat metabolic rate in check, omega-3's also coordinate gene signals that prevent your body from storing up the calories as fat.

Of course omega 3's are not only beneficial in natural fat loss, but in aiding your overall biological functions.

**Not just for fat loss – Omega 3's and osteoarthritis**

Those suffering from osteoarthritis could be helped with the simple addition of omega-3 fatty acids to their diet. Nearly 50 million Americans suffer from osteoarthritis and over 21 million have trouble doing everyday activities such as climbing stairs or getting dressed. Research shows that omega 3's may actually be the key ingredient in reducing the amount of people suffering from this condition and may even aid in slowing the progression in those already diagnosed.

To examine the effects omega-3's have on the development of osteoarthritis, researchers altered the diets of guinea pigs. What the researchers found was that dietary omega-3 fats were actually very effective at treating OA and reduced the majority of disease indicators. This isn't completely surprising information, however, since omega-3 fats already have a history with treating inflammatory-related health problems.

**Omega 3's and Fertility**

Omega-3 fatty acids have also been shown to play a key role in the development of healthy sperm. What the study found was that omega-3 fatty acids turns dysfunctional 'round headed' sperm into strong, healthy 'cone-shaped' headed sperm with egg-opening proteins. This research sheds light on how a diet lacking in omega-3's could lead to what on the surface seems like infertility.

In the study, researchers examined how sperm develops in mice deficient in docosahexaenoic acid (DHA), a fatty acid that makes up omega-3's. What they found was that DHA plays an important role in sperm properly forming a structure known as the acrosome on the head of the sperm. The acrosome contains enzymes which enable the sperm to break through the egg's outer layers, thus making way for fertilization. Study researcher Manabu Nakamura reports the following:

"The acrosome on top of this cone head is gigantic, it is a large sack containing lots of enzymes...When the sperm meets the egg, the acrosome bursts and it releases enzymes and helps the sperm penetrate into the egg."

What causes the proper formation of the acrosome is when vesicles fuse together inside what will become the sperm. These vesicles harness a key enzyme that is needed by the sperm if penetration and fertilization to the egg is to occur. Without DHA, however, this formation process does not happen. If the vesicles do not fuse together to make the acrosome, sperm maturation comes to a stop, and what looks like infertility is the result.
Luckily the human body, as well as other mammals, are able to make their own DHA if other fatty acids such as eicosapentaenoic acid (EPA) are present. But with a problematic DHA-synthesizing enzyme, infertility problems could occur.

**Getting enough Omega 3's without eating toxic foods**

Unfortunately much of the *seafood in the oceans today is highly contaminated*, so acquiring your omega-3 fats from low quality fish may not be the best option. Foods like flax seeds, walnuts, soybeans, and halibut are all great sources for omega-3 fats, and turning to these foods instead of ingesting contaminated seafood is probably a good decision. Of course there are other alternatives available as well like boswellia, ginger, or bromelain, all of which possess anti-inflammatory properties which can relieve some of the pain brought on.

Then there is the option of supplementation, which is a very important subject when it comes to determining the highest quality and most effective form of delivering omega 3’s into your body using this medium.

**Fish Oil? What is the best?**

There has been a lot of debate in recent years over which omega-3 supplement is the best. Is it krill oil or is it salmon oil? The truth of the matter is that it really comes down to the purity and potency of the ingredients. You can take a low quality krill oil supplement and it can actually damage your health, whereas you can find a high quality salmon oil supplement (which is generally thought to be of much lower value) with no fillers and quality ingredients.

It all comes down to ingredients and sometimes the lack thereof. The *first* thing you should look at when choosing an omega-3 supplement is whether or not it has been purified to be *free of mercury*. Most are not, so it is vital that you are 100% sure the product does not contain mercury. Fortunately, Arctic krill are oftentimes free of mercury as the heavy mercury-based pollution does not affect that region of fish.

Therefore, Arctic krill may be the best choice when it comes to a high quality omega 3 source without additives, mercury, or any other concerning elements. Always remember to purchase from a high quality source that fully discloses the lack of hazardous items and spends a lot of time explaining to you exactly what is in the supplement you’re about to put into your body.

**Birth Defect Chemical May Inhabit Many Fish Oil Brands**

In addition, a number of reports have actually found extremely toxic chemicals known as PCB’s in fish oil supplements. PCB’s, short for polychlorinated biphenyl, have been banned in the United States since 1797. Why then are these **banned chemicals present in some fish oil products**?

Most troubling is the fact that a large number of mainstream fish oil supplements can actually contain these PCBs. Attention was drawn to this subject back in 2010, when a group of three plaintiffs filed a suit against eight supplement companies for violating California Proposition
65, which mandates that consumers must be warned on product labels of dangerous toxins beyond established "safe harbor" limits.

Since 1986, Proposition 65 has required workplaces and product manufacturers to openly warn of carcinogens and reproductive toxins that may cause birth defects. PCBs are included in this category. According to one of the plaintiffs,

What is truly amazing is the fact that the plaintiff also asserted that the industry was completely aware of this extreme health hazard. "While looking at the industrial fishing operations of controversial Omega Protein, we found that the industry seems very aware that fish oil supplements can be high in PCBs," said Chris Manthey, one of the plaintiffs.

"That's why many of them say their supplements have been "treated" to remove or reduce PCBs. But since they don't say how much PCB contamination is still left, even consumers who choose "treated" supplements can't know what PCB levels they're swallowing along with their daily omega-3."

PCBs are not only detrimental to your health, but the environment as well.

Environmentally, industrial PCB oil wastes in a given area contribute to the release of dioxins or dioxin type compounds in that location. From there they spread throughout the food chain in the area, and whatever fish or animal is at the top of that chain will contain the highest concentration of dioxins or PCBs.

So How Do You Avoid PCBs in Your Fish Oil?

Interestingly, the same study that identified the reported presence of PCBs in fish oil supplements also offered a viable solution. The plaintiffs’ testing determined that fish oil products tested so far had at least some PCB contamination, with some having as much as 70 times more than others, while the plant based flax and alfalfa omega-3 oils tested for zero PCB contamination.

In addition, you can look for only high quality fish oil supplements that specifically state they are free of fillers, mercury, PCBs, and any synthetic ingredients. In reality, you will not find this at your local grocery store of pharmacy. That is why it is vital to avoid these locations when looking for supplements.

Remember, saving a few dollars on low quality supplements may seem worth it in the beginning, but it is much more expensive to remedy a health condition later than to prevent one now!
Toxic substances like bisphenol A (BPA) threaten your health and are quite ubiquitous within the food industry through plastic containers, cans, and many other common items. While reducing your exposure is the first step to halting such assaults on your biology, there are ways to actually reverse and heal the damage associated with BPA exposure and other toxic substances. Virtually no one talks about how you can remove this toxic substance from your body naturally, which is actually quite simple.

Before I explain just exactly how you can avoid and reverse BPA exposure, it is important to identify why this toxic chemical should be avoided. BPA is an endocrine-disrupting hormone mimicker (estrogen) that has been tied to cancer, diabetes, and a host of other diseases. In fact, it's important we look into each monumental study identifying BPA's role in disease.

It's also important to discuss phthalates, which are a group of industrial chemicals used in the production of plastics such as polyvinyl chloride (PVC). Used to make the plastics more flexible and resilient, phthalates are also found in many cosmetic products and plastic containers.

Phthalates aren't the same as BPA, but are oftentimes present along with BPA in many of the same items and exhibit many of the same negative risk factors.

**BPA and Infertility**
BPA is so toxic that it has been found to be adversely affecting male genital development and subsequently target fertility rates. Revealed by a little-known study, BPA directly impacts your ability to reproduce.

The study, which involved the World Health Organization Collaborating Center for Research in Human Reproduction, examined the effect of BPA on Anogenital distance (AGD). AGD is the distance between the genitalia and the anus, and is biologically very important. AGD has been linked to fertility in males, making the affect of BPA on the male reproductive system quite significant.

Linked to both semen volume and sperm count, men with an abnormally short AGD (lower than the median around 52 mm (2 in) have seven times the chance of being sub-fertile as compared to those with a longer AGD.

This is particularly startling due to the fact that BPA has been found in 90% of babies’ cord blood.

In another study researchers examined 153 boys, 56 with parental occupational exposure during pregnancy and 97 without. After factoring in the weight and age of the boys using regular linear regression, the study found that parental occupational exposure to BPA during pregnancy was associated with shortened AGD in male offspring. What this means is that those who were exposed to high levels of BPA during pregnancy were found to birth offspring with AGD defects.

Sadly, this is not the only disease linked to BPA exposure.

**BPA and Heart Disease/Artery Calcification**

Exposure to BPA and phthalate metabolites, usually associated with plastic products and canned goods, have been found to harden your vital arteries. Research linked the two chemicals to a disorder known as atherosclerosis, which is the hardening of the arteries through the buildup of unwanted hard structures known as plaques. Over long periods of time, the plaque buildup stiffens the arteries and negatively impacts your blood flow.

While shocking, the research is actually not the first of its kind to link BPA exposure to thickened artery walls. Bisphenol A has been previously linked to coronary heart disease in more than one instance, with one team finding that those with the highest levels of BPA in urine tests were more than twice as likely to suffer from coronary heart disease than those with the lowest concentrations. In the second instance, scientists evaluated the data from 1,455 United States adults tested between 2003 and 2004. What they found was an association between increased BPA levels and not only your likelihood of heart disease, but also diabetes and abnormal liver function.

The newest study found a substantial relationship between bisphenol A and phthalate metabolites and carotid (a vital artery that supplies the head and neck with oxygenated blood) plaques even after adjustments for factors such as blood glucose, blood, body mass index, smoking, statin use, gender, and others had been made.
BPA and Diabetes

In the recent study tying BPA to diabetes, researchers examined 4,000 U.S. adults with varying levels of BPA exposure. The researchers found that **those with the highest urinary BPA levels were most likely to have diabetes.** Just under 12% of participants suffered from diabetes, based on blood sugar tests. The odds of having the disease rose in correspondence with urinary BPA levels.

BPA and Depression

One study has found that pregnant women exposed to high levels of the estrogen-mimicking health destroyer BPA can lead to female offspring becoming depressed, hyperactive, and anxious — all at the early age of 3. The study, published in the journal Pediatrics, is particularly troubling due to the fact that it also found that 97% of women have BPA in their blood and urine.

The study found BPA in 97% of the 240 pregnant women tested, as well as 97% of their children. This means that the BPA contamination was passed down to almost every child (if not every child) from their equally-affected mothers within the 97%.

A spokesman for the American Chemistry Council, Steven Hentges, says the study’s "conclusions are of unknown relevance to public health." He goes on to say that regulators in Japan, Europe, and the USA "have ... reviewed hundreds of studies on BPA and repeatedly supported the continued safe use of BPA."

Avoiding BPA Exposure

At this point it seems quite evident that BPA is a threat to your health, but how can you avoid it when it is so ubiquitous among the food supply and elsewhere?

BPA enters the bloodstream through the skin. If it is not in contact, then you will not absorb it. While the first step to reduce BPA exposure is to utilize stainless steel and glass bottles over plastic, there are other things you can do to reduce BPA exposure such as choosing ceramic cookware over plastic-covered pots and pans, cutting down on processed foods, and using fresh base ingredients to create your own meals free of plastic-heavy packaging.

Some ways to drastically cut down on your exposure include:

**Polycarbonate plastics**: The first step in reducing BPA exposure is to avoid polycarbonate plastics – especially the heating of these items. Polycarbonate plastics are usually marked with the recycling code "7."

**Use water bottle alternatives**: BPA is present in many plastic water bottle brands that you may be drinking out of on a daily basis. Concernedly, even “BPA-free” bottles can contain phthalates. In fact, one study found that 70% of common plastic products were tested
positive for estrogenic activity, and the number skyrocketed to 95% when the products were put through real world conditions such as microwaving or dish washing.

**Avoid the frequent handling of paper currency without gloves:** According to a new study entitled *On The Money: BPA on Dollar Bills and Receipts*, the hormone-disrupting chemical has been found on 95% of United States dollar bills.

It may be difficult to eliminate the presence of BPA on dollar bills and cash receipts already in circulation, but newly printed bills should not have the same problem. According to a top expert on chemical safety, a legal failure allowed for the contamination of bills worldwide. Andy Igrehas, Director of the Safer Chemicals, Healthy Families Coalition, said:

“BPA on receipts, dollar bills, and in many other products, is a direct result of the absurdly lax controls on chemicals in the United States. The 112th Congress should make reform of the failed 1976 Toxic Substances Control Act a top legislative priority to protect American families for generations to come.”

Although the Toxic Substances Control Act (TSCA) is supposed to regulate toxic chemicals by requiring manufacturers to test new chemicals for risks or concerns, it seems that the legislatures aren’t concerned enough about BPA.

Authors of *On The Money: BPA on Dollar Bills and Receipts*, say:

“Chemicals that can cause cancer, disrupt hormones, cause reproductive harm and infertility, or cause learning disabilities have no place in the products we bring into our homes. New law must reduce or eliminate the use of known toxins on a strict time line.

**Avoid canned goods** (also a general health tip regardless of BPA contamination): New research from Harvard University has found that eating canned soup can spike your *urinary BPA levels by 1,200 percent* compared to fresh soup. Described as “one of the first to quantify BPA levels in humans after ingestion of canned foods,” the study examines the volume in which cancer-causing BPA contaminates canned goods across the world. The research appears in the Journal of the American Medical Association November issue.

Harvard researchers not only identified the massive amount of BPA present in canned foods, but they also compared the content to BPA levels present in water bottles and other plastic containers. What they found was quite shocking: it appears that canned foods may be presenting an even greater risk to your health than many plastics due to the extremely high BPA content. This is also particularly true due to the widespread usage of canned goods, which are a staple in the diet of many individuals worldwide.

“We’ve known for a while that drinking beverages that have been stored in certain hard plastics can increase the amount of BPA in your body,” said lead author Jenny Carwile, a doctoral student in the Department of Epidemiology at Harvard School of Public Health. "This study suggests that canned foods may be an even greater concern, especially given their wide use.”
The study examined 75 participants, eating a 12-ounce serving of either fresh or canned soup for 5 days in a row. They were instructed to keep the rest of their nutritional habits the same. After a 2 day break, the groups switched and ate the opposite type of canned soup. A urine analysis then showed that the canned soup eaters have 1,221 percent higher levels of BPA than the individuals who ate the fresh soup.

In order to avoid exposing yourself to such high levels of BPA, preparing your own meals with fresh ingredients and avoiding food cans altogether is the best option. However, you can also contact individual brands and ask if their cans contain or are lined with BPA.

**Replace Your Other BPA-leaching plastics**: Every parent loves having plastic containers and plastic bottles around for their children. Plastic containers can be extremely useful as they are light weight and won't break into a hundred pieces if dropped or slammed. While the convenience plastic containers provide is quite tempting, they are not worth the health-impacting price, especially for young children.

As food or a liquid sits in the container, **chemicals slowly leach out from the plastic and move right on into whatever is being stored in it**. This leaching effect is *amplified greatly when plastic is exposed to any amount of heat as well*. In fact, microwaving plastic containers or bottles as well as placing a hot substance in the container or bottle results in a mega BPA *transference*, with the chemical leaching 55 times faster than when the plastic and substance are cold.

Chemicals may also leach faster if the container is put in the dishwasher often or if it is washed with harsh detergents or cleaning agents.

Switching over from plastics to glass or ceramic materials could be one of the best health choices you make for yourself and your family – especially for your children. Small, undeveloped bodies are especially impacted by all chemicals, even those residing in plastics.

Of course exposure reduction is vital, but chances are you have already been exposed to BPA, so what can you do to reverse the effects?

**The BPA Solution: Reversing the Effects**

While BPA damages the body in such a way that can disrupt proper biological function, natural substances have actually been found to reverse this damage on a number of levels. With recent major studies finding that probiotic supplementation can degrade the presence of BPA, a whole new door is open into **solving the BPA crisis, not just simply highlighting BPA dangers**. For starters, here is a list of 3 common natural substances (out of 13 total) that studies have shown are effective in combating the effects of BPA, or even the presence of BPA in one way or another:

- Black Tea
- Probiotics
• Melatonin

These substances are backed by a multitude of studies demonstrating their combative effects on BPA toxicity, presence, and damage. What’s even better is the fact that at least one of these items is most likely already a part of your daily routine. It is also important to remember these are only 3 of the 13 substances that have been shown to effectively combat the effects of BPA. One such example is a study involving a probiotic bacteria present in kimchi, a fermented Korean dish made of vegetables with varied seasonings. The study, out of the Japanese Department of Environmental Technology, found that the probiotic bacteria—Bacillus pumilus, is capable of degrading BPA.

In a similar vein, royal jelly has been found to halt the estrogenic effects of BPA, the primary cause of its hormonal damage. This is great news for women concerned with increased breast cancer risk over BPA exposure, as increased estrogen is the primary factor in upping the risk. The use of royal jelly in women with exposure to BPA (the vast majority) will drastically decrease breast cancer risk as a result of BPA exposure and subsequent estrogen increase.

The list goes up to 13 substances that are effective at combating BPA on multiple levels, from the initial biological response to diminishing its presence in your system. The complete 13 substances and nutrients are:

• Bifidobacterium 3
• Bifidobacterium Breve
• Lactobacillus casei
• Probiotics
• Melatonin
• Bacillus pumilus
• Black Tea
• Fermented Foods and Beverages
• Kimchi
• Quercetin
• Royal Jelly
• Folic Acid
• Genistein

Utilizing these 13 key substances in fighting BPA exposure is essential to achieving optimum health and ridding this extremely toxic chemical from your body. In addition, you will be way ahead of the curve. The majority of alternative and mainstream news outlets are just now beginning to realize the true severity of BPA and phthalates.

If you begin to reduce exposure and reverse the effects today, you won't have to look back in regret when in 5 years the full truth regarding BPA hits the light.
Why are ineffective and dangerous drugs peddled by supposed ‘public health’ organizations in place of well-established natural solutions with virtually zero side effects? The truth of the matter is that drug makers simply would not profit if the world were to awaken to the plethora of free health-promoting substances that beat out over-priced pharmaceuticals and medical interventions.

There would be no need for pharmaceutical manufacturers, phony ‘public health’ organizations peddling the latest ‘miracle’ drug, and certainly no research organizations feeding off the donations of goodhearted individuals.

You may think that this is an impossibility and that natural solutions simply do not compare to ‘scientifically proven’ pharmaceutical science. But you may be surprised to know that scientific evidence is the very thing disproving the safety and effectiveness of pharmaceutical drugs as well as highlighting the surplus of beneficial properties associated with inexpensive and free vital nutrients.

This is highly evidenced when examining the effectiveness of cancer drugs, which were recently found to actually spawn ‘meta’ tumors and kill the patient more quickly. Meanwhile, natural solutions rapidly reduce tumors without these side effects.

Cancer drugs, touted as the only choice among chemotherapy for many cancer sufferers by ‘public health’ groups, are actually causing massive tumors and subsequently killing the patient. The cancer drugs were found to not only be completely ineffective, but deadly. These are the same drugs that are sold for a premium price and considered to be scientifically validated.
Meanwhile, as mentioned, peer-reviewed research has found that turmeric can reduce tumors by 81% naturally. Curcumin (a derivative of turmeric) dramatically decreased brain tumors in 9 out of the 11 studies examined by 81 percent. Furthermore, there was no evidence of toxicity.

This is just one example of scientific research validating natural alternatives while simultaneously pinpointing the extreme dangers associated with mainstream pharmaceuticals pushed as the only treatment by drug companies. As I will show you, there are far more examples that are most likely compromising the health of you and your family.

You may be shocked to know that another kind of pharmaceutical drug that could be adversely affecting your health are antibiotics. This is due to the fact that antibiotics can actually destroy not only the 'bad' bacteria breeding illness, but the 'good' bacteria that helps to protect and maintain your system.

Antibiotics and Biological Imbalances

Antibiotics are now being identified as a player in the soaring obesity rates around the globe. Previously, it was revealed that excessive antibiotic usage may also be responsible for spawning drug-resistant superbugs that continue to emerge worldwide.

These over-prescribed pills are potentially making you fat and suffer from gut problems due to the way they affect bacteria within your gut. While antibiotics do kill harmful 'bad' bacteria as intended, they also destroy 'good' bacteria in the gut which help to regulate more than just gut health. In fact, studies are finding that gut bacteria may be responsible for regulating overall health, including mental health and stability.

In one study regarding the depletion of 'good' bacteria in the gut, researchers explained how antibiotics administered to mice ultimately resulted in altered behaviors far beyond diarrhea and pain:

"It may be that those changes in gut bacteria not only contribute to the generation of gut symptoms, like diarrhea or pain, but may also contribute to this altered behavior that we see in those patients," said researcher Stephen Collins, of the Farncombe Family Digestive Health Research Institute at McMaster University in Ontario, Canada.

Experts are now drawing a conclusion between depleted beneficial bacteria and obesity, as more information comes out over the dangers and repercussions of antibiotic use. Dr. Martin Blaser of New York University Langone Medical Center is one such expert, who has been actively studying the effects of antibiotics on gut bacteria.

Dr. Blaser summarized his findings on the subject, revealing how antibiotics actually have a number of long-term side effects that the medial establishment has previously failed to recognize – or at least report:

"They've changed health and medicine over the last 70 years. But when doctors prescribe antibiotics, it is based on the belief that there are no long-term effects. We've seen evidence that suggests antibiotics may permanently change the beneficial bacteria that we’re carrying."
Honing in on the obesity connection, a study conducted in April 2011 involving Dr. Blaser found that people treated with antibiotics had a 6-fold increase in post-meal ghrelin, a 20 percent increase in leptin levels, and a 5 percent increase in body mass index 18 months after completing the course of antibiotics. Ghrelin stimulates the brain in such a manner that leads to not only increased appetite, but also particularly leads to the accumulation of fat in abdominal fat tissue. This type of fat is associated with metabolic syndrome and an increased risk of diabetes.

Dr. Blaser explains:

“...antibiotics for H. pylori trick the body into eating more by disrupting hunger hormone levels. Indeed, mice given antibiotics get fatter than their untreated counterparts despite having the same diet.”

**Antibiotics Way Over-Prescribed**

The overuse of antibiotics has become a serious problem. Mainstream doctors are now warning against the excessive overuse of antibiotics due to the permanent negative alterations in digestive flora. They even admit that antibiotics could be contributing to many illnesses, including type 1 diabetes, allergies, and inflammatory bowel disease. In addition, everyone who takes antibiotics suffers from a candida yeast overgrowth, which could be responsible for anything from unhealthy hair and nails to acne.

The concern over antibiotics being over-prescribed has been going on for years, though change is coming as a result. In fact, the push for less prescriptions has finally paid off. According to the Centers for Disease Control (CDC), there is a 10 percent drop in antibiotic prescription rates for kids 14 and younger since the early 90’s.

Antibiotics are prescribed about 50 percent more than they should be. Doctors usually prescribe them for unnecessary issues, such as colds and the flu, which are viral infections. The pills are only meant to handle bacterial infections. There has been a 25 percent drop in antibiotic prescriptions for matters such as sore throats, colds, and some other respiratory infections. But despite the drop, doctors are still over-prescribing, and sadly many parents are still demanding.

**Antibiotics and Mental Illness**

In a report published in the popular journal Nature, it was also revealed that antibiotics lead to mental illness in the same manner that their usage is breeding other disease – destruction of gut health. While it has been known for some time that antibiotics contribute to the development of drug-resistant superbugs and certain gut problems, the link between antibiotic use and mental illness through the permanent destruction of beneficial bacteria only further tops the pharmaceutical paradigm. In fact, the pharmaceutical paradigm set in place by drug makers is so vast that it actually offers drug-based 'solutions' to the very problems that drugs originally created! This is the pharmaceutical 'food chain' that was discussed earlier in action.
After kids are given excessive amounts of antibiotics that lead to the destruction of their gut health and the subsequent onset of mental illness, they are then given harmful antipsychotics and other psychiatric drugs to ‘treat’ the condition that originated from pharmaceutical drug use.

The Psychiatric Drug Cash Cow

Millions of children have been put on antipsychotic drugs since 2009 alone. The number of children on these pharmaceuticals is becoming so astronomical that the U.S. pediatric health advisers are now speaking out against the known and unknown dangers of such widespread drugging of children nationwide. Doctors have become so eager to prescribe these drugs to patients that half of all citizens in the United States will be diagnosed with a mental illness within their lifetime.

What is even more nonsensical about the explosion in prescriptions of antipsychotics is that there is hardly any scientific data to show that the drugs are effective at treating what they claim to, while there is significant amounts of research linking antipsychotics to suicide, diabetes, weight gain, decreased life expectancy, and triggering an array of metabolic conditions.

The link between suicide and antipsychotic and anti-depressant drugs was completely covered up by Eli Lilly & Co, the makers of Prozac. Despite research conducted as far back as the 1980’s finding that Prozac actually leads to suicide, which is the very thing it is often prescribed to treat, the company hid the evidence until a Harvard psychiatrist leaked the information into the press. The psychiatrist, Martin Teicher, stated that the American people were being treated like guinea pigs in a massive pharmaceutical experiment.

In order to cover up their scandalous actions, the company set up false drug trials in an attempt to prove the safety of Prozac. Teicher explained how the company interfered with the research to produce false conclusions:

“They culled patients from their worldwide trials, they cherry-picked the studies, leaving out the trials showing problems.”

Since the 80’s, numerous studies have reached even more frightening conclusions regarding mental health pharmaceuticals. Ritalin, a very popular drug among unruly children, stimulates the central nervous system. As a biological response, conditions develop such as:

- Increased blood pressure
- Increased heart rate
- Increased body temperature
- Increased alertness
- Suppressed appetite

Harry Hucknall, a 10 year-old boy, hung himself after taking a combination of Ritalin and Prozac. The tragic death was most likely a result of the pharmaceutical concoction, as the autopsy revealed his body to contain more drugs than the normal level for adults suffering
from the same problems. But even the ‘normal’ amount of these drugs can ignite suicidal thoughts. Imagine a child coping with an amount far exceeding the levels required to treat an average adult.

It is a system that, whether purposeful or not, generates **large profits for many prescription-happy doctors and drug manufacturers alike**. Perhaps the most troubling part of this system is the massive fraud committed by financially-invested corporations to stop the truth about these drugs and other mainstream medical ‘treatments’ from getting to the general public.

The general public has the right to know that dangerous antipsychotics are not going to ‘cure’ anything, and researchers have found that simply improving gut health and bacteria through probiotic supplementation or consumption will make a profound difference in your mental health and clarity:

“It may be that those changes in gut bacteria not only contribute to the generation of gut symptoms, like diarrhea or pain, but may also contribute to this altered behavior that we see in those patients,” said researcher Stephen Collins.

It seems that many large corporations act as gatekeepers, doctoring study results and attempting to discredit any research that endangers profits. Unfortunately, there will always be greedy individuals willing to go along with the scam. Such is the case with Dr. Scott Reuben, a well-respected anesthesiologist who was the former chief of acute pain of the Baystate Medical Center in Springfield Massachusetts. Dr. Reuben altered the results of 21 studies to deceive customers into thinking that Vioxx and Celebrex were safe. Of course this is not an isolated incident, but simply one that received mainstream attention.

Thankfully, there is something you can do (and share with others) to remedy your own gut health, and therefore positively impact your mental health.

**Solution: Restore Gut Health Naturally and Improve Mental Health**

**Eliminate or severely limit sugar consumption**

Inflammation is the most common cause of poor digestion and overall gut health. Sugar is a leading cause of inflammation, with the average American consuming 100 grams of sugar each day in the form of high-fructose corn syrup. You may remember that 50 percent of high fructose corn syrup has also been found to contain toxic mercury, which will wreak havoc on your body. Sugar will also feed the yeast and bad bacteria in the intestinal tract, leading to an imbalance between ‘good’ and ‘bad’ forms of gut bacteria. When you have too much ‘bad’ bacteria, digestive conditions arise.

Limit your sugar consumption to 16 grams per day or less and watch your gut health drastically improve along with your mental health and clarity. If you are not experiencing any health conditions, you can increase the limit to around 25 grams per day.
Eat probiotic rich foods or take a powerful probiotic supplement

In order to restore the balance of ‘good’ and ‘bad’ bacteria, you need to replenish your good bacteria through the intake of probiotics. This can be done through natural foods or high quality supplementation, though you may find consuming such foods to be a challenge. Fermented food items such as sauerkraut, tempeh, miso or kefir are all rich sources of probiotic bacteria. There are countless probiotic supplements out there, but most either contain toxic fillers or do not even reach the gut due to improper capsule production. I personally take and recommend a high quality probiotic supplement using only 100% food-based ingredients.

Chew your food

Not only does properly chewing your food lead to fat loss, but it can also help to preserve and restore your gut health. Chewing your food until it is nearly a liquid will allow your digestive system to work less, and won’t leave undigested pieces of food to float around your digestive tract. You may need to chew around 20 or 25 times before swallowing.

Cleanse your colon

By age 40, the average person has an estimated 10 to 20 pounds of compacted fecal matter stuck in their intestinal tract. This is a result of undigested food buildup, mostly from dairy and meat products. Left to rot, the compacted matter often compromises the health of the colon, which severely hinders your ability to fight off disease. As a result, an unhealthy digestive system is often impacted with mucus, toxins, and unwanted waste. This can trigger conditions such as:

- Bloating
- Weight problems
- Mood swings
- Constipation
- Back Pain
- Headaches

The most effective way of eliminating this buildup is through cleansing the colon without the use of harsh laxatives. Many colon cleansers use extremely powerful laxatives to simply eliminate the contents of your stomach, but this does almost nothing. An oxygen-based colon cleanser is a very effective way to eliminate toxic buildup from your colon and subsequently restore gut health.

Pharmaceutical Drugs Kill More Per Year Than Traffic Fatalities, Top Illegal Drugs

In 2009, drugs exceeded the amount of traffic-related deaths, killing at least **37,485 people nationwide**. According to information provided by the U.S. Centers for Disease Control and Prevention, the very pharmaceuticals that are prescribed to treat life-endangering conditions
are now ending lives. The death toll is partially due to an increase in painkiller abuse that has been sweeping the nation.

In fact, **more Americans died in 2008 from pharmaceutical painkiller overdose than fatalities from illegal drugs like cocaine and heroin combined.** Responsible for nearly 15,000 deaths in 2008, prescription painkillers have become wildly popular among Americans.

According to Centers for Disease Control and Prevention (CDC) statistics, as of last year more than 12 million people were on prescription painkillers *purely for the high they cause* instead of their intended medical purpose.

Many of these individuals obtain the drugs by eliciting prescriptions from several doctors, known as 'doctor shopping' within the community. Others purchase them from underground drug rings and illegal online pharmacies, bringing the ingredients into question.

It is no wonder that the amount of painkillers made available at pharmacies and even doctors’ offices has quadrupled from 1999 to 2010. In fact, the CDC has blamed irresponsible doctors for unnecessarily prescribing painkillers to patients who do not need them:

> More of a problem is now created by a few irresponsible doctors than drug pushers on street corners,” CDC Director Dr. Thomas Frieden told reporters in a phone briefing.

The information brings to question **whether or not there is really a big difference between legal and illegal drugs.** In fact, research has brought into question why drugs like marijuana are illegal while pharmaceuticals are freely prescribed by doctors. What’s more is the fact that even non-THC marijuana products – meaning they do not exhibit psychoactive “high” effects – has been outlawed despite studies highlighting the numerous benefits of such substances.

Shockingly, the research reveals that even THC-free marijuana could potentially bring down the painkiller industry.

Classified as dangerous by the U.S. government, cannabis (even in THC-free form) has been **identified as a powerful pain reliever** in more than **80 peer-reviewed studies**.

You may be aware of the fact that marijuana is usually quite high in THC (delta-9 tetrahydrocannabinol), which is the compound responsible for the psychoactive effect of cannabis. In contrast, it is also *low* in CBD (cannabidiol) content. Both THC and CBD are known as cannabinoids, however, each of them interact with your body in a very unique way. In fact, cannabinoids are key when it comes to pain relief. While this information alone is enough to shatter the traditional beliefs on government marijuana regulation, the relationship between CBD and THC is even more revealing.

What you may not be familiar with is how CBD has been shown to block the effect of THC in the nervous system. This allows for marijuana to be used with little or no psychoactive effects. Hemp, on the other hand, is **high in CBD and low in THC.** This is due to the fact that it is bred to maximize its fiber, seeds, and oil. These key properties are what it is most commonly used for.
In a 2011 study published in the British Journal of Clinical Pharmacology, researchers examined the effects of cannabinoids on chronic pain and proper sleep. What they found in their trials challenges federal government claims that cannabis has ‘no accepted medical use’. The researchers conducted 18 trials using cannabinoids in the treatment of chronic pain, and found that cannabinoids demonstrated a significant painkilling effect as well as noticeable improvements in sleep in 15 of the trials. Compared, to placebo, the cannabinoids were extremely effective.

Most importantly, there were no adverse effects.

Another study, performed in 2002, reached similar conclusions. Finding cannabis to aid in pain relief as well as quality of sleep, researchers from the McGill University Health Centre stated in summary that cannabis can be used as an effective way of improving pain, mood, and sleep in some patients with chronic pain.

Some cannabis activists actually state that certain properties of marijuana can act as a “cure-all” in the right forms. Cannabinoids are promoted as a health-promoting substance in the popular documentary “Run from the Cure” with Rick Simpson. The film speaks specifically on hemp oil, which Rick Simpson and his followers say can even cure cancer. Speaking on the subject of marijuana benefits, particularly in the form of Hemp Oil, Simpson states:

“I have been providing people with instructions on how to make Hemp Oil medicines for about 8 years. The results have been nothing short of amazing. Throughout man’s history hemp has always been known as the most medicinal plant in the world. Even with this knowledge hemp has always been used as a political and religious football.

There are many forms of the cannabis plant, many without mind-altering properties, many of which can be utilized without adverse reactions as detailed in the peer-reviewed research. It is also quite clear that the painkiller industry simply cannot continue to wreak havoc on the lives of many, and a natural alternative must soon emerge to prevent another 15,000 plus deaths this year.

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Natural Pain Solutions: Meditation, Yoga, Massage

People have been experiencing the benefits of meditation for centuries. The power of meditation is often harnessed for intense and deep relaxation. But the practice can be extremely beneficial when it comes to eliminating stress and therefore can be utilized to rid the body of illness and disease, as stress is a huge factor when it comes to contracting an illness. Although the benefits of meditation are abundant, people often meditate to experience just one of those benefits – to relieve pain.

While it often doesn’t take scientific research to convince someone who meditates of the many benefits it possesses, there are many formal studies out there which prove the effectiveness of meditation. In one small study, healthy students who practiced medicine participated in four 20 minute sessions of meditation. The goal of these sessions was to train
the students in “mindfulness meditation”. As many who have meditated might know, in achieving mindfulness meditation, one must focus on breathing and rid the mind of distracting thoughts.

To test the effectiveness of meditation and its power to relieve pain, the students had brain scans while a pad heated at 120 degrees laid on the back of each persons leg both before the meditation sessions commenced and afterward. After having went through the sessions, the students reported a 40 percent decrease in pain intensity and a 57 reduction in unpleasantness. This is fabulous news and crucial for everyone to know. Instead of taking morphine or other drugs which usually reduce pain by only 25 percent, now people can go the alternative route by using meditation.

Meditation brings the body into a state of focus and concentration. The more you meditate, the closer you will get to attaining not only physical relief, but also spiritual connection. That isn’t to say you must meditate to be spiritual, but it does help bring you closer to reaching your higher Self. Through meditation many people find peace of mind and happiness. The benefits of meditating are incredibly vast, with people experiencing anything from a relief from asthma to increased confidence. The popularity of alternative practices is increasing so much that even doctors are prescribing meditation as treatment.

If you want to relieve pain, skip past the drugs and try meditating. Alternatively, other options do exist.

**Natural Care Beats Painkillers in Neck Pain Relief**

Neck pain is an extremely common problem which, along with back pain, often leads to disability-like effects. Generally it is not known how to effectively approach neck pain, which affects nearly 70% of people at some point in their lives. So pain medications like aspirin, ibuprofen, or narcotics are often turned to instead. But there are much better and safer solutions available than harmful pain medications – chiropractic care and physical therapy.

A study was recently conducted comparing various treatments for neck pain, which many doctors for some reason believe has no treatment. The researchers gathered 272 participants for the study, where each individual had neck pain with no particular cause. The single group was then divided into 3 groups, and each group was followed for 3 months.

Two of the groups followed a similar protocol, while one deviated from the others. To treat the neck pain, one group received chiropractic care 15 times for 20-minute sessions over the course of the 3 months. Another group met with physical therapists twice, where the group participants were asked to perform simple, gentle exercises for the neck in their own homes. Lastly, the remaining group was assigned to take some type of pain reliever, whether it be an acetaminophen-based drug or stronger drugs like narcotics and muscle relaxants.

Over the course of the study trial, both groups not taking the drugs showed significantly better improvements than the group taking the drugs. In this particular study, only 33 percent of the people reported a 75 percent reduction in pain stemming from medication use.
About 57 percent of those receiving chiropractic care and 48 percent of those who met with physical therapists, however, reported the same 75 percent reduction in pain. Even after checking back with the patients a year later, the natural approaches were still reported to have a more positive and lasting impact than ingesting medications.

Of course those taking the medications had to continue taking them regularly for any relief. By taking and subscribing to these medications on a regular basis you are dis-empowering yourself, making it so you play no active role in your own care.

**Yoga For Natural Pain Relief**

A study published in the Archives of Internal Medicine has given those practicing yoga even more reason to voice the pain-relieving benefits of yoga. Researchers who performed the study compared the end result of three different groups of participants – 92 who took weekly yoga classes, 94 who took weekly stretching classes, and 45 who utilized exercise and lifestyle strategies from a “self-care” book. The researchers found what many might have expected; those taking the yoga and stretching classes received much more benefit than those using the book. Needless to say, the book is at a potential disadvantage since the activities are likely not performed in a group setting and more self-discipline is needed.

Karen Sherman, Ph.D and one of the study’s authors says:

“Persons with chronic low back pain who attended a series of yoga or stretching [classes] had equivalent and clinically important improvements in their back-related dysfunction and symptoms that lasted for at least 14 weeks after the end of the study”

Of course there are many different specific conditions which can result in chronic back pain, many of which can still be targeted with the use of yoga. People who suffer from a herniated disc may feel pain relief by implementing yoga techniques which extend the back by bending backward. Similarly, a spinal stenosis can be helped by emphasizing flexion, or bending forward.

The easiest way to avoid chronic back pain and other back-related complications is undoubtedly to live a healthy lifestyle. Exercising regularly with an emphasis on the midsection of the body is great way to keep your muscles strong. Always shy away from a sedentary lifestyle, as that can ultimately be one of the main contributors to virtually all health complications.

Meanwhile, common drugs continue to endanger lives.

**Asthma Drugs Kill More Than Asthma Itself**

Following this long line of reports finding pharmaceutical drugs to be deadlier than traffic accidents and many illegal drugs, it has even come out that many asthma drugs are actually killing more patients than asthma itself. It may be hard for you to believe, but many popular asthma drugs like Symbicort, Advair Diskus, Serevent Diskus, Dulera and Foradil actually
warn customers on their labels that they cause an increased “risk of death from asthma problems.”

Killing around 4,000 per year conservatively, that is more deaths than from the disease itself. It may sound outlandish, but so is the fact that the FDA has known this information for years. Not surprisingly, the FDA has failed to pull the drugs from the market while doctors are calling for a complete ban of the pharmaceuticals.

Instead of listening to the warnings of many doctors and recalling or even just ending the production of these products, the FDA has simply forced the makers to include heightened warning labels on the drugs while holding several hearings over the possibility of a ban, yet following through with nothing.

For an organization that is supposed to protect your health, the FDA seems to be allowing deadly pharmaceuticals to run rampant.

**Even Low Dose Aspirin Found Ineffective**

As late as 2007, a massive aspirin TV ad promoting daily low dose aspirins took hold over millions, despite the growing awareness of side effects from this routine. Aspirin zombies were awakened.

Several studies had been conducted on daily aspirin use for over two decades while having mixed results which were mostly negative. The gastric hemorrhaging (stomach bleeding) and ulcer production came in at close to one-third of the trial subjects. That seemed tolerable to some, since second heart attacks were reduced. However, **fatal heart attacks were actually not reduced at all by taking low dose aspirin daily.**

After a few more years of observation, other side effects manifested. Those on daily aspirin regimens had a twofold increase in hemorrhagic brain strokes, which cripple and kill. This is because aspirin only thins blood, making coagulation difficult when needed. In other more recent studies, kidney and liver problems appeared as a result of daily low dose aspirin consumption.

And now, another side effect from daily low dose aspirin has popped up: blindness. The age group usually involved with daily aspirins for heart protection is in the same age group most vulnerable to age-related macular degeneration (AMD).

Wet macular degeneration is the type of AMD most likely to develop into blindness. And the rate of wet AMD occurrences among daily aspirin pill poppers was twice that of senior citizens not taking low dose daily aspirin.

So here we are with this allopathic non-stop blood thinning anti-coagulant: Just as likely to die from a heart attack, twice as likely to suffer a stroke, and very likely to undergo stomach bleeding or ulcers with maybe some kidney or liver damage.
And if you survive those “side effects”, you may have to learn how to read Braille and get around with a seeing dog. There must be better pills to pop, or why bother? Even though most mainstream MDs don’t know about them, there are several.

**Solution: Natural Alternatives**

- **Arginine**, or L-arginine, is an amino acid that can produce arterial dilation to keep arteries from constricting. Arginine generates short term nitrous oxide (NO), which acts only when needed to keep blood cells from clumping and clotting, but allows coagulation to occur when appropriate. Aspirin only thins blood, making coagulation as needed difficult.

- **Cayenne powder**, promoted so much by master herbalist John Christopher that he was called “Dr. Cayenne.”, is an excellent supplement for overall health – especially cardiovascular support. Christopher used massive doses to stop heart attacks with his patients. But you can take a teaspoon full in water two to three times daily for strengthening the cardiovascular system. The cayenne needs to be around 40,000 Shu (Scoville heat units).

- **Hawthorn berry** has been used in Oriental Medicine for centuries and is usually consumed as a tea. You can purchase or make your own tinctures as well, which many consider more potent than teas. Hawthorn berry is a vasodilator (artery and capillary dilator) that also strengthens the heart muscles and helps maintain regular heart beat rhythm.

- **Jamaica (hu-MY-ka) or Hibiscus flower teas** can also be utilized. The flower petals are used to make a tea. Don’t use boiling water. Let them steep, covered in hot water. Make it a very strong dark, deep red.

- **Tocotrienol**, found in natural vitamin E and some CoQ-10 products or even as a separate supplement, is a natural anti-coagulant without side effects.

- **Vitamin K2**, found in natokinase or as separate supplements, keeps calcium from hardening along the inner artery walls of your arteries. This is usually what causes hardening of the arteries, calcification of the inner walls. K2 gets calcium out of the blood stream and into bone matter where it belongs.

Other beneficial natural anti-coagulants are fish oil and vitamin C. Remember, proper diet and moderate exercise are the common sense lifestyle rules that serve as your foundation for heart health regardless of any medicinal supplement choices you deem necessary.

**Too Much Low Dose Tylenol Deadlier than Massive Overdose**

Taking just a little ‘too much’ Tylenol over the course of days or weeks can be even more deadly than massive overdose, according to new research. Instead of the instant effects associated with single overdose of acetaminophen (Tylenol), death from lower doses may not
be recognized due to a lack of concrete side effects. The findings bring to light the dangers of acetaminophen, one of the most commonly used drugs in the world.

If even just a little too much can kill you, what is the regular dosage doing to your body? It is important to remember that there have been more deaths from painkillers than cocaine and heroin combined.

Over 28 billion doses of acetaminophen were purchased in the United States in 2005 alone. Taking even slightly higher doses than recommended can cause liver damage that is potentially fatal. In fact, Tylenol overdose is the leading cause of acute liver failure in the U.S., creating 26,000 hospitalizations and around 500 deaths each year, according to research provided by the Food and Drug Administration.

In the study, researchers led by Dr. Kenneth Simpson of the University of Edinburgh in Scotland examined 663 hospital patients who had suffered from acetaminophen overdose between 1992 and 2008. Of the participants, 161 had taken a staggering overdose (a little bit more than recommended over a period of time), incrementally increasing their use of acetaminophen-containing painkillers to relieve the pain of common conditions such as toothaches, headaches, and muscle pains.

While the common conditions were not deadly, the painkillers they used were. Shockingly, the fatality rate of those who take a single overdose is actually less than those who take slightly more than the suggested dose over time.

Around 37% of people who took a staggered overdose died from it, in comparison to the 28% of individuals who died from a single overdose.

“They haven’t taken the sort of single-moment, one-off massive overdoses taken by people who try to commit suicide, but over time the damage builds up, and the effect can be fatal,” said Simpson in a statement.

Within this same pharmaceutical paradigm also lies an abundance of known side effects. In fact, prescription drugs can come with up to 525 negative side effects, with around 70 being the average.

Pharmaceutical Drugs Come With Up to 525 Negative Conditions, Average of 70 Per Drug

Have you ever counted the number of side-effects you might hear in a prescription drug commercial? Although the number may seem like, and definitely IS a lot, there’s a good chance that what you’re hearing is only a partial list of damaging effects. Research shows that the average drug label contains an astonishing 70 possible negative side-effects!

What’s more, the researchers found that the drugs prescribed on a very regular basis averaged around 100 side-effects each, with some reaching sky high for 525 negative reactions.
These are the very side effects that are ultimately treated with more drugs. This is completely evidenced by the very actions of the drug companies. The US Food and Drug Administration has even approved a new cancer drug that actually treats the deadly side effects caused by another popular cancer drug!

The new drug, Voraxaze (glucarpidase), is said to remove methotrexate, a commonly prescribed and highly toxic chemotherapy drug, from the body.

Among the drugs which contained the greatest number of side-effects were antidepressants, antiviral medications, newer restless legs syndrome medications, and Parkinson’s disease medications. In addition, drugs more often prescribed by psychologists held the more complex labels while dermatologists and ophthalmologists were giving out drugs with more simplistic labels.

What's more? Scientists have been found to oftentimes withhold vital findings that could link some pharmaceuticals to harmful conditions and interfere with the approval of the drug.

**Scientists Often ‘Conveniently’ Withhold Negative Drug Trial Information**

In a review published in the British Medical Journal (BMJ), it was found that scientists frequently engage in fraudulent data withholding — the act of keeping inconvenient and unwanted evidence out of the end result.

The findings bring into question the validity of nearly all clinical drug trials, as previous reports have highlighted the hidden dangers of many common pharmaceutical medications.

While this purposefully makes it a real challenge to know the true negative effects of pharmaceutical concoctions, a real solution does exist. In addition to utilizing the key nutrients we discussed (turmeric, vitamin D, and high quality fatty acids), the best healing source is real food.
Chapter 5: The Nutritional Elements of Health

It is quite clear that nutritional factors can deeply impact your health, but up until this point I have mostly identified the ways in which hidden ingredients can negatively impact your health and prevent you from obtaining your heavily sought after health goals. While this is purposeful as it is important to avoid and remove unwanted nutritional roadblocks from your diet, it is also important to discuss a number of ways in which you can utilize powerful and energetic foods to boost your health and super start your ultimate health transformation. We have discussed to a great extent many extracts and isolated nutrients that can make a substantial difference in the quality of your health (vitamin D, fish oil), and now it’s time we discuss whole foods – and how to make it so the foods you eat are nourishing your body in an even greater way.

After all, no one wants to be on a fad 'diet' – it's shown to be an ineffective method of transformation and most diets look at foods rather than food quality. It’s ridiculous to say that one food product (such as fruit juice) is good or bad, as the majority of all foods can be either! For example, store-bought fruit juice is oftentimes depleted of nutrients, contains a large amount of sugar, and will mostly contain very little, if any, real juice. Fresh juice from your home juicer, on the other hand, is bountiful in nutrients and very health optimizing.

As discussed earlier, the entire concept of 'health' has been particularly warped in the field of nutrition. It is first important to examine the difference between health-enhancing foods and foods that negatively impact your health, but oftentimes it is not simple. In fact, most foods fall somewhere in between. It is a real challenge to eat foods that are of utmost quality and vibrance unless you have access to a full-fledged organic farm or something similar. That is why it is important to discuss ways in which you can facilitate your natural health transformation without picking up your belongings and moving to Costa Rica.
What is even more challenging, however, is defining any given food item! For example as we discussed very early in the book, what is in the apple you are eating? Is it full of pesticides, or grown 100% organically? In addition, is it farm fresh or has it been sitting in the supermarket for 4 weeks? Is it local, or was it shipped from hundreds or thousands of miles away?

This makes shopping in our modern society very difficult, but there are ways to address these issues. For starters, you can attribute a number to a given food item (including the quality and state) to represent its nutritional value. Giving a product a number from 1-10, it is much easier to weigh the nutritional content of your diet.

The numbering system takes into account 3 different factors, and while it is not absolute, it does provide you with a great way to gauge the nutritional potency of your diet. The best part is that you can rank your own food. For your natural health transformation, it is preferable to maintain an average overall ranking of 7 or higher. Don't stress yourself out doing the math daily, and luckily you won't have to. Once you begin to really grasp the health rating system, you will be able to get a feel for how your eating habits fall into place.

The 3 factors include:

- **Ingredients/Additives:** What this factor refers to is the ingredients, contaminants, or additives present in or on any given food product. High quality products will be free of GMOs, pesticides, high-fructose corn syrup, hydrogenated oils, and all processed ingredients. In addition, they will contain health-optimizing substances and nutrients like healthy fats and enzymes. Generally as a rule of thumb, the less ingredients the better. As an example, a 100% local and organically grown apple would be free of pesticides/herbicides/GM ingredients. Therefore, it would rank very high in this category. Processed chips would rank very low as they are full of additives, carcinogens, and heavily processed ingredients.

- **Quality/Freshness:** This is the freshness and current lifespan of the product. Has that orange been sitting in the grocery store for 3 weeks or 3 hours? Freshness matters, and is often an indication of how much nutrient retention a given product has. Keep in mind that freshness can be maintained through some processes like freezing produce and other items, but the fresher the better. An example is picking an apple off of a tree (10 in this category) verses buying a product containing apple slices that are weeks old.

- **Life content:** How dead is your food? While this does play into the quality and freshness of a product, it is a different category altogether. For example, you may be eating a piece of vanilla cake that was freshly baked 30 seconds ago from processed cake mix, but the fact of that matter is that the cake is **nutritionally dead**. The cake has no health-promoting vitamins, and is completely barren of any living enzymes and phytonutrients.
For example, processed snacks full of high-fructose corn syrup and hydrogenated oils counts as a 0, which is the lowest on the hierarchy of nutritional integrity. In contrast, a 9 or 10 ranking food would be 100% organic and locally grown produce just fresh off the tree.

The best method of acquiring higher-ranking food items is from a local, organic source. If local farmers markets exist in your area, you should begin utilizing them. Even better is planting your own organic garden, which is a very easy process once you get the hang of it. The best part? You'll know exactly what's in your food – no pesticides, herbicides, insecticides, or genetically modified ingredients!

**Organic Gardening 101: How to Start an Organic Garden**

While the garden can be as large or small as you’d like, the benefit of knowing exactly how your food was prepared and therefore what is in it is worth the time and effort that goes into it. It is actually relatively simple to begin your first organic garden.

**Organic Gardening Step 1: Planning Your Garden**

Before you begin purchasing seeds and deciding on what you’d like to plant, you need to both establish goals for your garden as well as learn about how to effectively avoid low quality seeds and plants. Is your garden intended to feed you and your family for months at a time? If so, it still may be beneficial to start with a smaller garden at first to practice your technique. Regardless of the size, it is pertinent that you are using the right seeds. It is preferable that you purchase high quality certified organic seeds that are not genetically modified.

A number of sites exist that provide 100% organic, non-genetically altered seeds for thousands of different plant varieties. You can even find non-GMO seed packs on Amazon for fair prices. The great news is that once you’ve purchased your initial batch of seeds, you can simply utilize the seeds from your new plants in the future to plant more. As for the soil, you may also have to acquire some organic soil if your backyard does not already contain a compost pile or other high quality soil. If your backyard does contain high quality soil or compost, you can also opt to use it inside for your window sill potting plants. Synthetic fertilizers are one of the primary causes of low quality, mineral-depleted soil, so using organic fertilizer will actually make a huge different in food quality – especially over time.

Now it is time to determine what you’d like to grow. For your initiation into organic gardening, try one of the 10 plants considered to be the easiest to grow. Whether it’s on your window sill or out back, these 10 nutritious plants will most likely sprout right up without much of a challenge. These include:

- Tomatoes
- Pea shoots
- Beetroot
- Lettuce
- Mint
- Courgettes
- Dwarf French Beans
Onions
• Strawberries
• Dwarf French Beans

Next up, it’s time to decide where you would like to set up your garden.

**Organic Gardening Step 2: Setting Your Garden**

Whether it is in your window sill in pots or your backyard, it’s time to analyze a few key factors when it comes to placing your garden. Keeping your size goals in mind, it’s time to determine the best place for your new organic garden. If you have an herb or vegetable garden in mind, you’ll need a site that receives at least six hours of sun per day. It is also important to make sure that wherever you place the plant offers sufficient draining abilities. If your prospective area receives a large quantity of rain that is not easily drained and rerouted, then that is less than optimal and you may want to consider changing the setting. Herbs and vegetables prefer well-drained soil. If it’s an ornamental bed, consider placing it where you can enjoy it from inside your house as well.

Once you have picked a site, observe it for a day for two. Examine how many hours of sun the area receives on a daily basis, and the intensity of the sunshine. You can even test out the soil you are using with 3 simple tests.

To determine the type of soil you are working with, take a handful of moist soil from your garden, and give it a firm squeeze. Then, open your hand. One of three things will happen:

1. It will hold its shape, and when you gently poke it, it will crumble. This means you have optimal quality soil.
2. It will hold its shape, and, when poked, the soil still sits stubbornly in your hand. This indicates that you have clay-based soil.
3. It will fall apart as soon as you open your hand. This means you have sandy soil.

If the quality of your soil is poor, then you can either bring your gardening indoors or purchase some organic soil to augment your current soil.

**Organic Gardening Step 3: Planting**

Once you have your plants, dig a hole just as deep and at least twice as wide as the root ball of your plant. Place your plant in the prepared area, and back fill with the soil you just removed. Tamp it in, and make sure to water it thoroughly. A thoroughly watered root ball will help your plant adjust better to its new surroundings and help to avoid transplant shot.

After situating all of your plants, make sure that if you are outdoor gardening to give your entire garden a 3 inch thick later of organic mulch to prevent weeds while simultaneously retaining soil moisture. This can include shredded bark, hay, chopped leaves, or grass clippings.

Congratulations, you have completed your first course in organic gardening! Now that you know how to create your own high quality foods, know that it is still important to ensure that you are consuming a wide variety of foods that provide essential nutrients that can help
combat any health ailments you currently suffer from. And more importantly, to prevent future ailments. A multitude of natural foods exist that you can incorporate in your diet to fend off disease quite simply.

**Balance Your Blood Pressure with Coconut Water**

Coconut water is not only delicious, but it could be a viable natural solution to lowering your blood pressure. One study has shown the benefits of this natural heart helper. Amazingly, coconut water was found to lower the blood pressure of 71% of study participants.

Coconut water is a clear, light, liquid that is quite refreshing. Extracted from young, green coconuts that have not reached maturity, coconut water is actually comprised of about 95% water content. In order to locate the proper coconut, look for coconuts that are white, smooth, and pointed on one end. These are not the ‘traditional' coconuts you may be used to seeing in the produce section which are brown and covered in small hairs.

These young coconuts will be in the refrigerated section, as they are perishable.

**Coconut Water is Full of Vital Nutrients, Better than Sports Drinks**

Hawaiians actually call coconut water “noelani,” which means “dew from the heavens.” The drink is even held in high regard in many tropical cultures. Due to the health-promoting contents of the beverage and the immense hydrating qualities it harnesses, it is no surprise that coconut water is a far better alternative to additive-laden sports drinks.

In fact, one 2007 study found sodium-enriched coconut water to be as effective as commercial sports drinks in overall hydration with far less stomach pains. Of course coconut water also surpasses sports drinks due to an impressive nutritional profile, including:

- Essential B vitamins, minerals, and trace elements (such as zinc, selenium, iodine, sulfur, and manganese).
- The 5 essential electrolytes (potassium, sodium, phosphorous, magnesium, calcium).
- Cytokinins, which are plant hormones that can fight against cancer and aging.
- Amino acids, organic acids, enzymes, antioxidants, and phytonutrients.

Perhaps the most compelling reason to drink coconut water is the fact that it reduced blood pressure in 71% of those who drank it. Hypertension can lead to stroke, myocardial infraction, heart failure, and much more. Beyond that, it is a leading cause of chronic kidney failure. Instead of taking pharmaceutical drugs riddled with side effects, coconut water presents itself as a powerful hypertension solution without the harsh side effects.

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Upping your intake of nutritious coconut water and incorporating freshly grown organic produce is an excellent way of boosting your biological functions, but it's important that we discuss the role of sugar in the body in depth. Sugar can be consumed in moderation (unless you are suffering from certain health ailments like cancer), but the sweet substance is actually being pinned as a major factor in fueling cancer cells, obesity rates, and even inflammation.
Starve Off Cancer By Avoiding Sugars

In addition to containing mercury, a known carcinogen, cancer cells actually feed on high-fructose corn syrup after it is metabolized by the liver. A groundbreaking study, published in the Expert Opinion on Therapeutic Targets, examined the link between refined sugar and cancer. The results add further evidence to the reports of many health experts and scientific studies that have drawn the connection between excess sugar consumption and the development of cancer.

The researchers highlighted the numerous ways in which fructose directly contributes to cancer risk and other health problems, including:

- DNA damage
- Inflammation
- Altered cellular metabolism
- Increased production of free radicals

According to Lewis Cantley, director of the Cancer Center at Beth Israel Deaconess Medical Center at Harvard Medical School, as much as 80 percent of all cancers are “driven by either mutations or environmental factors that work to enhance or mimic the effect of insulin on the incipient tumor cells.”

Similar research published in the journal Cancer Research found that the way in which sugar is metabolized stimulates cancer growth. The researchers reported:

“Importantly, fructose and glucose metabolism are quite different … These findings show that cancer cells can readily metabolize fructose to increase proliferation.”

What is even more concerning is that the scientists conducting the research used pancreatic cancer cells, widely considered to be the most deadly form of cancer. The discovery was monumental because not only did the researchers prove that tumor cells feed on sugar (glucose), but the tumor cells used fructose for cell division in order to speed up the growth and spread of the cancer. Fructose consumption actually led to a massive increase in tumor cell growth and proliferation way beyond that of glucose.

Research has also tied sugar consumption to the number one killer, cardiovascular disease.

The researchers at the Medical College of Georgia at Georgia Health Sciences University analyzed 559 adolescents ages 14 to 18. What they found is that a high-fructose diet helps to perpetuate higher blood pressure, insulin resistance, fasting glucose, and other inflammatory factors which lead to heart and vascular disease.

“Adolescents consume the most fructose so it’s really important to not only measure the levels of fructose but to look at what it might be doing to their bodies currently and, hopefully, to look at cardiovascular disease outcomes as they grow…A unique aspect of our study
design is that we took into account the fructose released from sucrose during digestion along with the fructose found in foods and beverages...Because sucrose is broken down into fructose and glucose before it arrives at the liver for metabolism, it is important to consider the additional fructose from sucrose when determining the overall health effect of fructose.” said Norman Pollock, co-first author of the study published in the *Journal of Nutrition*.

This cancer-feeding fructose is what the majority of Americans are consuming on a daily basis, to the point where high-fructose corn syrup is their number one source of calories. Even children are consuming excessive amounts of sugar in juice boxes, candy, and even ‘healthy’ sports beverages. The amount is so extreme that the average American consumes around 150 grams of sugar each day; whereas, many experts believe that the number should be around 15-25 grams per day or lower to prevent cancer and other diseases.

Is it any wonder consumption rates are so high given the fact that sugar is about as addictive as cocaine? Sugar is now even being called the new alcoholism!

**Fructose: The New 'Alcoholism' – As Addictive as Cocaine**

A growing number of studies are finding fructose, and the processed foods in which it is contained, to be as addictive as cocaine.

In fact, a large body of research is threatening the structural integrity of the $1 trillion food and beverage industry by revealing just how addictive fructose can be. Food addiction is becoming quite a popular topic in the scientific community, and the results may lead to big changes. This year alone, 28 studies and papers were published on the subject of food addiction, according to a National Library of Medicine database. One such study found that fructose and sucralose are even in the same league as cocaine.

“The data is so overwhelming the field has to accept it,” said Nora Volkow, director of the National Institute on Drug Abuse. “We are finding tremendous overlap between drugs in the brain and food in the brain.”

**The New Alcoholism**

With consumption rates continually rising in the United States, researchers have examined the similarities between fructose and its fermentation byproduct ethanol. Amazingly, fructose consumption may be a destructive habit comparable to alcoholism. What the research found is that there are definite similarities between the two substances that tie in perfectly with the statements of Lewis Cantley. Both serve as substrates for fat production and subsequently promote insulin resistance. Also, both substances can result in liver inflammation.

It is actually possible to develop a dependence for fructose consumption in a *similar manner to that of an alcoholic craving alcohol*.

The study concludes:

“Thus, fructose induces alterations in both hepatic metabolism and central nervous system energy signaling, leading to a ‘vicious cycle’ of excessive consumption and
disease consistent with metabolic syndrome. On a societal level, the treatment of fructose as a commodity exhibits market similarities to ethanol. Analogous to ethanol, societal efforts to reduce fructose consumption will likely be necessary to combat the obesity epidemic."

The answer?

The ubiquitous nature of fructose is so apparent in the food supply that it can be found in one form or another in 5 of the top 10 sources of calories in America, according to a USDA report. As cancer rates continue to explode, it is vital that dietary changes are made involving the emission of fructose from the global food supply. Natural sweeteners like stevia contain 0 calories, and have been found to prevent and reverse diseases like diabetes. It is time we revolutionize the food supply and utilize natural sweeteners as tools to reduce cancer and obesity rates worldwide, naturally.

**Utilizing Natural Sweeteners: Sweet Health**

Natural sweeteners like Stevia not only contain 0 calories while still retaining a sweet taste, but they have also been found to prevent and reverse conditions like diabetes, which currently affects over 105 million individuals nationwide. However, the benefits don’t stop there. Stevia, unlike fructose — particularly high-fructose corn syrup, does not feed cancer cells. By replacing refined dietary sugar with Stevia and thus eliminating the very ingredient in which cancer cells thrive upon, cancer rates would plummet.

Examining the effects of Stevia leaf extract on diabetic rats, the extract was administered orally for 10 days. Amazingly, the treatment led to a reduced blood glucose level, without producing hypoglycemia.

The rats also were found to have lost body weight, showing the natural fat loss effects of Stevia.

Replacing both forms of sugar with Stevia would mean not only is there no increase in fat gain, but there is also an added resistance to diseases such as diabetes. - virtually the opposite effect sugar has.

So why aren’t we utilizing Stevia over fat-promoting ingredients like high-fructose corn syrup?

High-fructose corn syrup and artificial sweeteners are very cheap for manufacturers to mass produce. These manufacturers are people who often disregard the health consequences that go along with inserting them in the nation’s food supply. While there are some health-conscious companies utilizing Stevia as a natural sweetener, many still stick to fructose and even more harmful sweeteners like aspartame and MSG.

It is very possible to combat the soaring cancer and obesity rates within the United States and elsewhere, but we will need to first see a change in the desires of consumers. As more individuals become conscious to the issue, they will start demanding natural sweeteners in
place of fructose, and companies will be forced to respond if they want to continue to do business.

Until then, you can begin utilizing Stevia in your daily nutritional habits, replacing cancer-breeding sugar for a much healthier alternative.

But what about other health concerns or conditions? The anti-aging industry is full of toxic lotions and creams that oftentimes carry a premium price tag and are virtually ineffective. The truth of the matter is that a number of natural anti-aging alternatives exist in the form of truly healthy foods!

**Powerful Anti-Aging Nutrition**

Dietary change is an excellent controlling factor that anyone can utilize right away for a younger look. To get started, you can make a conscious effort to include these powerful anti-aging foods into your daily intake.

**Papaya**

Vitamin C is more than just a powerful vitamin for fighting viruses and even cancer. A study published in the *American Journal of Clinical Nutrition* found that higher dietary intake of vitamin C actually reduced the visibility of a wrinkled appearance.

Papaya is just one of many foods you can eat to boost your vitamin C levels. You can enjoy a variety of foods like oranges, broccoli, papaya, or bell peppers to maximize vitamin C intake from dietary sources. Not only will the vitamin C in the foods provide a *younger look*, but all of the other vitamins and nutrients will only enhance your health even further.

**Oysters**

Zinc is well known for healing wounds and promoting healthy skin by boosting collagen production. The mineral is actually widely used for fighting acne as well by controlling oil production. What many people may not know, though, is that zinc is another valuable source for a fresh appearance. Oysters and beef are excellent sources of this mineral. But be careful when purchasing seafood, as much of seafood is actually highly toxic and contaminated due to various contributors to water pollution.

**Swiss Chard**

Swiss chard is a leafy green vegetable which contains biotin, a b-complex vitamin that has been associated with attractiveness. Not only does the vegetable contain biotin, but it is also rich in vitamins A, K, and C – all fabulous for anti-aging as well.

**Soybeans and Walnuts**

Omega 3 fatty acids have also been shown to promote healthy looking skin. While fish is the first food which usually comes to mind when hearing omega-3’s, you could get plenty of plant-based omega 3’s found in walnuts, flax seed and soybeans! The omega 3s consumed from
your soybeans, walnuts, as well as other sources, have been shown to help fight against inflammation in the body and reduce dryness, causing an improvement for your skin and a younger look.

Another important topic to discuss is memory function. Thousands of supplements claim to boost your memory, which is particularly important as you age, though you may only have to look as far as your kitchen.

**Boost Your Memory With Nutrition**

The ability to store, retain, and recall information could possibly be one of the most important aspects of success. If you are unable to remember appointments, meetings, people’s names, or information in general, life will inevitably be a struggle to say the least. With eating habits down in the dump and food being tampered with, it is quite difficult to attain the necessary vitamins and nutrients to improve memory. Thankfully, improving memory can be as simple as making some dietary alterations.

Although memory-loss generally comes with old age, many people are suffering memory-loss while teenagers and young adults. The quest for improving memory doesn’t need so be so difficult. As with almost all other health complications, the solution can be as simple as choosing the right foods.

**B Vitamins**

A study conducted in Australia has shown that vitamin B12 and folic acid supplements hold some promise in supporting both short term and long term memory function. B vitamins have been shown to support cognitive function by halving the rate of brain shrinkage—a physical symptom connected with dementia and memory loss in older individuals. Similar to the findings of previous research, individuals in the recent study who supplemented with vitamin B12 and folic acid for two years scored better in memory tests than those who did not take the vitamins.

Researchers involved with the study had more than 700 people aged 60 to 74 years old either supplement with a daily dose of vitamin B12 and folic acid, or a placebo alternative. All the participants in the study showed signs of depression and were experiencing moderate stress levels. The study aimed to see if nutritional aspects could positively alter cognitive function using randomized and controlled conditions.

Even though the study revealed hardly any difference in the two groups after 1 year, the group taking the vitamin B12 and folic acid supplements showed greater improvements in memory test scores after the 2 year mark.

Most B-vitamins, found in various foods such as fish, meat, and poultry, are essential for normal functionality. These vitamins allow the systems in your body to flourish by converting food into energy, helping healthy cell production, and promoting mental health. People with B-vitamin deficiencies are often tired, and suffer from lifespan-crushing mental stress. It is also a
little known fact that most B-vitamin deficiencies are present in elderly individuals and vegans. As you age, your ability to absorb nutritional intake from food is diminished. This is often a contributing factor to what seems like dementia and mental breakdown in older people. As for vegans, their lack of animal foods in their diet prevents them from finding proper B-vitamin intake.

**Fish**

The human brain is made up of 60 percent fat. Fish contain healthy omega-3 fatty acids which have been shown to not only help with memory and overall brain function, but also aid in depression and brain disorders such as schizophrenia. Fish contain docosaexaenoic acid (DHA), which is important for the normal functioning of neurons. Eating fish, however, can often be a health concern due to high toxicity, as mentioned earlier. To avoid this issue, you may want to try a combination of supplementation and eating fish from the sources outlined earlier to reduce some toxicity while still receiving the benefits.

**Apples and Blueberries**

Two fantastic foods to improve memory as well as overall health, apples and blueberries contain a powerful phytochemical and antioxidant known as quercetin. Quercetin has been shown to protect against Alzheimer’s as well as rapid aging, leading to a slowed escalation in age-related memory-loss. When consuming apples, it is important to note that much of the nutrients are found in the skin; quercetin is no exception.

**Black Eyed Peas and Spinach**

Folic acid has a direct relationship with memory and overall brain health. It has been shown to protect memory as well as make for faster processing of information and memory recall. One reason for folic acid’s effectiveness is due to its ability to lower blood levels of homocysteine, an amino acid shown to cause health complications in high amounts.

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Of course foods can also help in the prevention of more conditions, and they don’t have to be free of taste. The lie that delicious food is bad for you has infiltrated mainstream perception, though it is about to be blown out of the water. Take chocolate for example. In the right forms, it is a highly effective superfood.

**Chocolate As A Superfood**

Chocolate has taken a lot of heat for being an unhealthy snack, but is it really that bad for you? If we are talking about very popular candy bars, then yes, chocolate is not healthy. But chocolate closer to its natural form, without the added harmful ingredients, actually is pact full of health benefits. What really separates a diabetes-inducing chocolate snack from a healthful handful of chocolatey goodness is the cocoa content. The higher the cocoa content, the healthier the chocolate is. Chocolate with a cocoa content of at least 70 percent is the right kind of chocolate.
It may be shocking to you if you are used to the idea of mainstream chocolate, but dark chocolate with a high cacao percentage is actually a powerful superfood. Chocolate is full of nutrients such as vitamin A, B1, B2, D, and E. In comparison by weight, cacao has more antioxidant flavonoids than blueberries, red wine, and black and green teas! Even more interesting is the fact that the higher the cacao percentage, the more antioxidants the chocolate will contain. Once again, it is important that the chocolate is both organic and at least 70% cacao in order to contain beneficial nutrients while still tasting great.

You can find fruits, granola, and a number of other delicious food items coated in cacao-rich chocolate, making for delicious and nutrient-dense Halloween treats that even young children will enjoy.

In addition to providing you with a number of great Halloween snacks, chocolate has also been found to:

• Fight cancer: Chocolate inhibits cell division and reduces inflammation, leading to reduced cancer growth and spread.

• Protect against free radical damage: The cocoa in chocolate contains a type of flavonoid that helps to protect against free radical damage.

• Increase your lifespan: Studies have found that chocolate can help you live a longer, disease free life. The world’s longest living woman, age 122, consumed 2.5 pounds of chocolate each week. It is thought that chocolate may have played a role in her longevity.

• Help with depression: Chocolate contains serotonin, a natural compound that helps with depression.

Incorporating cacao-rich chocolate in your daily food ideas will be sure to satisfy your taste buds, while also improving your health at the same time.

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On the other side of the issue is real junk food. This is processed chocolate present in candy bars and other treats that contain a lot of other processed ingredients. This kind of junk food has been linked to infertility and many other issues – even if you are in great physical shape!

Avoid Infertility-Linked Real Junk Food

A new joint American and Spanish study has found that junk food products, particularly those containing trans fats, can make healthy young men infertile by damaging their sperm. The fertility doctors from Harvard University and the University of Murcia, southeastern Spain, joined together to analyze the sperm of men between the ages of 18 and 22. What they found was that those who ate a high amount of junk food had poorer quality sperm than those with a nutrient-dense diet.
All of the men studied were determined to be great physical shape, and had no other problems that could affect their reproductive system. Astoundingly, those who ate high levels of trans fat-containing junk food were still found to have severely damaged sperm — with continued consumption leading to complete infertility.

Thankfully if you have eaten junk food throughout your lifetime, there are methods of reversing the effects.

Another study regarding reproductive health and fertility found that despite the troubling link between junk food and seminal damage, there is something you can do about it.

A Japanese study involving 215 men found that those who took part in moderate exercise had healthier sperm with better swimming abilities than those who only took part in light exercise. Imagine the difference between those who never exercise and those who routinely work out 3-4 times per week utilizing high intensity exercise.

Through avoiding genetically modified ingredients and other toxic substances such as trans fat, exercising on a regular basis, and including nutrient-dense foods into your daily nutrition, you can improve the overall health of your sperm as well as your entire body.

In addition, you can also naturally curb your cravings for this junk food using the correct fats.

**Naturally Curb Your Junk Food Cravings**

The reason that many are drawn to junk foods in the first place is a nutritional deficiency. Cravings for chocolate may indicate a magnesium deficiency, for example. Similarly, your body may desire saturated fat during your craving for junk food.

One study shows that when it comes to food affecting your emotions, taste isn’t everything. Instead, it is “even more rooted in our biology,” says Giovanni Cizza, M.D., an obesity and neuroendocrinology researcher at the National Institute of Diabetes and Digestive and Kidney Diseases, in Bethesda, Maryland, who was not involved in the research. In fact, saturated fat may affect the brain by triggering the release of hormones. The connection between the brain and the gut has been well established in the past, with studies indicating that gut health may actually be directly linked to mental health and stability. Poor gut health has been found to be a major factor in the development of depression and even bipolar disorder.

Published in the August issue of the Journal of Clinical Investigation, they studied 12 volunteers, who were considered healthy and of normal weight. Researchers infused one of two "meal" options into the stomachs of the volunteers: a solution of saturated fatty acids or a saline control solution. After giving the volunteers their meals, researchers played sad classical music and showed them images of faces with sad expressions -- two techniques that have been proven to be effective in inducing sadness in the past. Afterward, mood surveys indicated that volunteers, who had ingested the saturated fatty acid solution found the sad music to be far less depressing than those who were given the saline control solution.
MRI scans taken during the study confirmed the findings; participants, who had consumed the fatty solution exhibited less activity in parts of the brain that are involved in sadness. The researchers were excited to find that saturated fats helped to curb negative emotions, and the real world implications were quite hopeful as well. Those struggling with straining emotional times who are often driven to consume health-damaging junk foods can help ward off these cravings through extra consumption of saturated fat.

Great sources of saturated fat include: coconut oil, organic raw certified butter, organic ground beef, dark chocolate (70% or more cacao content), salmon, and organic eggs.

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What’s more is that nutrients like magnesium can also prevent your risk of stroke, fight inflammation, and improve overall health.

Slash Your Risk of Stroke, Fight Inflammation With Magnesium

While magnesium has always been known to be a very powerful mineral, a study involving 3,713 postmenopausal women has shown that it also possesses amazing anti-inflammatory properties. Magnesium could be of great aid to those who wish to avoid the unreliable and dangerous effects of anti-inflammatory pharmaceuticals.

According to the study, inflammatory indicators in the body such as CRP (C-reactive protein), TNF (tumor necrosis factor alpha), and IL6 (interleukin 6) were all reduced when magnesium intake was increased. This means that magnesium plays a direct role in lowering common inflammatory markers, further adding to its beneficial properties.

Inflammation in the walls of the arteries was also reduced in response to an increased intake of magnesium. What this means is that with increased intake of magnesium, it is much harder for plaque to form on the lining of the arteries. Since plaque forms due to the inflammation of the arterial lining, this is great news for those who suffer from heart disease or other cardiovascular health problems. Using magnesium regularly may contribute to good circulatory health as well.

However, thanks to an abundance of processed junk foods, the presence of magnesium in the global food supply is diminishing. Modern farming practices also contribute to the lack of magnesium through overuse of the soil over many years. It is easy to see why many people today are lacking proper levels of magnesium intake, and therefore are subject to inflammatory diseases.

Quality organic fruits and vegetables, however, often contain sufficient amounts of magnesium. Beans and green vegetables are particularly rich in magnesium, and they are available around the world. Unfortunately, a shocking number of people do not eat enough fruits and vegetables.
In fact, it was recently stated that less than 40% of Americans today do not eat enough fruits and vegetables to satisfy their recommended daily intake as set by the government. This recommended daily intake is extremely low, and much more importance should be placed on raw fruits and vegetables.

Inflammation has been tied to countless troubling medical conditions, causing millions to suffer every day. Supplementing with magnesium or even rounding out your diet to include more magnesium-rich foods should be the first step to combating inflammation. One of these conditions includes stroke.

A new study evaluating past research on magnesium adds to the evidence that a diet rich in magnesium leads to a lower stroke risk. But while magnesium-rich foods were shown to lead to a lower risk of stroke, the research didn’t determine whether a magnesium supplement would have the same effect or not. It is not entirely known whether a supplement containing only magnesium would have the same effect as foods such as leafy vegetables, nuts, beans, and whole grains, which contain more nutrients and minerals than just magnesium.

In the study, researchers evaluated seven studies previously published over the span of 14 years. Approximately 250,000 people in the United States, Europe, and Asia were followed for 11.5 years on average, with 6,500 of them (3 percent) having had a stroke during the time they were followed. What the researchers noticed was that for every addition of 100 milligrams of magnesium a person consumed per day came a reduced risk of an ischemic stroke by 9 percent.

Greens such as spinach are fantastic sources of magnesium, due to the fact that the middle of the chlorophyll molecule (which provides vegetables their color) contains magnesium. Some legumes (beans and peas), seeds and nuts, and whole, unrefined grains are also good sources of magnesium.

The Many Benefits of Tea

Tea has been used for countless decades in many cultures as a method of warding off disease and improving the immune system. From green to black, tea is a powerful method of boosting your health and fighting disease.

Fat Loss

Tea has been utilized for weight loss for a very long time. The compounds in tea which help with fat absorption are called theaflavins and théraubigins. Studies have shown that rats on a high-fat diet stopped gaining weight and experienced reduced fat once given these fat burning compounds.

Another German study showed that white tea’s ability to burn fat is not all it is capable of in the weight loss department. White tea not only helps weight loss by burning fat, but it also
reduces the growth of new fat cells. The factor behind white tea’s potency and effectiveness is most likely due to its highly unprocessed, natural state when consumed.

Tea may be a fantastic beverage for weight loss, but it is only effective if consumed without added components. By adding sugar to your tea you are adding a spoonful of potential health complications, and the extra sugar will only go against the goal of reduced fat. One other addition to your tea you may want to think twice about is milk. It has been shown that protein in cows’ milk neutralizes both the tea’s ability to burn fat as well as its ability to help with cholesterol.

The benefits of tea don’t stop at burning or reducing fat.

**Green Tea Offers Natural Flu Protection**

Another study found that drinking green tea can slash your risk of illness, as it contains powerful antiviral components. Researchers examined more than 2,000 elementary school students who were given questionnaires about their green tea consumption and illness during influenza season. What they found was those who consumed green tea daily were sick less often.

The research concluded that drinking between 1-5 cups per day slashed flu rates, though the benefits stopped after 5 cups.

The abstract of the study states:

> “However, there was no significant association with the consumption of [more than] 5 cups [per day]. Our findings thus suggest that the consumption of 1-5 cups [per day] of green tea may prevent influenza infection in children.”

The study highlights the benefits of natural foods and beverages, while other studies have proven the ineffectiveness of side-effect-laden seasonal flu vaccines. Scientists examining the seasonal flu vaccine have found it to be only 1% effective when it comes to flu prevention.

The authors of the major study summarized the findings:

> “The corresponding figures [of people showing influenza symptoms] for poor vaccine matching were 2% and 1% (RD 1, 95% CI 0% to 3%)” announced the study authors. “In other words, you would have to vaccinate 100 people to reduce the number of people affected by the influenza virus by just one.”

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One other important topic to discuss is water. The quality of the water you drink directly impacts your daily functioning on a very significant level.

**Water: Optimize Your Hydration The Right Way**
Water is an essential part of optimal health. Even slight dehydration can throw your body out of whack, and the fact of the matter is that if you're not getting the right kind of water then you may be drinking yourself into disease.

A study published in the *Journal of Nutrition* found that dehydration is a key factor in the cause of headaches, loss of focus, fatigue, and low mood while exercising and resting. The importance of staying hydrated and consuming healthy amounts of water has been voiced by experts for decades, but knowing exactly how water can positively impact you may be the key that causes you to increase consumption.

The study involved 25 women, with all of them being just about 1 percent lower than their optimal hydration levels, rather than being severely dehydrated. The United States Agricultural Research Service, which supported the study, stated:

“The level of mild dehydration (losses of between 1 percent and 2 percent) experienced among participants in the study could be compared to the mild dehydration some people experience in their daily lives from drinking insufficient amounts of water, according to authors.”

But as with many aspects of life, there is a better and worse way to go about keeping hydrated.

Chances are that there is a world of organic and synthetic substances floating around in your drinking water. If you are using tap water to cook your food, or drinking it straight from the faucet, then you are exposing yourself to these substances. Arsenic, present in the water supply of certain areas, has been tied to an increased stroke risk. Extended exposure may also lead to cancer and type 2 diabetes.

The study finding arsenic in the water supply was published in the journal *Stroke*, and found that people who lived in areas that contained moderately high levels of arsenic had an increased risk of having a stroke. It was concluded that 20 percent of zip codes in Michigan with the highest arsenic levels showed that stroke hospitalization risk was double that of areas with the lowest levels of arsenic found in the drinking water. High levels are considered to be between roughly 19 and 22 micrograms per liter.

What constitutes a “safe” amount of a toxic substance, however, is arguable. There really is no safe level of arsenic in the drinking water, though so-called health experts will argue that small amounts of arsenic will do no harm to the body. While this may be true, the body is being assaulted by thousands of daily stressors that exist all throughout the environment.

The Environmental Working Group (EWG) has established a database of 20 million water testing results from across the country. Of these 20 million tests performed, 316 pollutants have been identified in drinking water. Of the pollutants, 49 were above (sometimes severely so) the safe levels as determined by the federal government. This leads to polluted tap water finding its way into the homes of 56 million United States citizens. In addition, the government has not set a new drinking water standard since 2001, despite all of the evidence.
Sadly, it turns out that bottled water isn't much better.

The Bottled Water Deception

It turns out that much of the population is spending almost 2000 times more for water than they normally would. The typical price of bottled water is $3.79 per gallon while the typical price of tap water is $0.002 per gallon. You may think that the extra investment is worth it for the improved quality of bottled water, but in fact many bottled water brands may be just as damaging to your health as tap water. The bottled water industry is selling water for about a 1900% markup from what you're paying at home while successfully turning this nearly free resource into a commodity. People are virtually throwing money away, all in the name of purity.

Bottled water has long been recognized for being purer and safer than tap water, but why? The research shows that this common misconception is the result of massive advertising and marketing schemes. Bottled water companies claim to be “purer” than tap water with pictures of beautiful mountains on their labels from which we’re supposed to think the water comes from. The truth is that bottled water companies almost always don't answer at least one of three quality qualifying questions.

- Where does the water come from?
- Is it purified? How?
- Have tests found any contaminants?

According to an extensive study conducted by the Environmental Working Group (EWG), 9/10 of the best selling water brands including Pepsi's Aquafina, Coca-Cola's Dasani, Crystal Geyser, and 6 of 7 Nestle brands, don’t answer any those questions.

Many bottled water companies simply refuse to disclose information regarding their “pure” product. Another study performed by the EWG showed that of the 173 brands tested:

- 18% fail to disclose the location of their water source
- 32% say nothing about the treatment or purity of the water
- Over 50% flunked EWG’s transparency test

Stop Paying a Premium Price for Mystery Water

After extensive research and testing, the Environmental Working Group recommends filtered tap water over any bottled water. If you buy bottled water, you're paying a premium price for mystery water. As shocking as it may seem, the bottled water being purchased is actually municipal tap water almost 50% of the time. Not only that, but bottled water is also less regulated than tap water and oftentimes more contaminated.

Can you imagine paying $1,500 for a pack of gum, or $5,000 for a smoothie? The truth is that no one would knowingly pay 1900 times more for a product than they need to, especially if
that product is in your own kitchen. It may be time to chuck the plastic bottles at home and make them exclusive for traveling and bike rides.

**Benefits of Purifying Your Own Water And How**

When filtering tap water, reverse osmosis (R/O) is one preferred method in removing toxic substances such as chemicals and heavy metals. While reverse osmosis filters remove toxic substances from the water, it also removes natural minerals and nutrients. Luckily a simple solution to this would be to add certain minerals to the water, use a mineral filter, or even add apple cider vinegar to restore the natural nutrients back into the water.

In addition, a number of different R/O filter systems exist that you can begin utilizing immediately. Some of these include:

- Point-of-use filters (attached to the sink).
- Whole-home filtration (filters from the entry point of tap water).
- Atmospheric water generators (takes water from humidity in the air and filters it for use).

All of these can be great options, and the one you choose mostly depends on your budget. Point-of-use filters are by far the least expensive, and atmospheric water generators are also quite affordable. Whole-home filtration systems, on the other hand, are often much more expensive.

Along with the purchase of your water filter you should also invest in a shower filter. The same chemicals that pollute your drinking water are actually being inhaled during showering, particularly during hot showers. Since your skin is the largest organ, you are actually absorbing **significantly more chemicals from taking a shower than drinking even 8 glasses of tap water**.

Regardless of your decision as to which filter is right for you, **any filter is better than no filter**. Do not hesitate to get one within your price range that works to remove many harmful contaminants from your water supply.

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**Augmenting Your Nutrition**

It is important to remember that you are not expected to instantly begin your transformation, it is a process that will occur over the next few days, weeks, and even months as you review the information contained in this book. While the first few chapters are an initial burst of information, the nutritional elements of health chapter may be perhaps the most difficult for you to intake all at once.
The answer? Don't worry! Now that you have the book, it is yours forever to keep. You can review any piece of information as many times as necessary, and there's no need to stress yourself out over memorizing every minute detail all at once.

That is why it is also important to take time and begin adding these methods into your daily lifestyle, which is also very important for the upcoming chapter on fitness. In the final chapter, Your Ultimate Health Transformation, I will explain just how to go about making lasting change and really incorporating this information into your daily life effectively.
Chapter 6: The Physical Elements of Health

Fitness is a valuable component of health. The truth of the matter is that you may follow a great nutritional program, but if you do not include fitness into your routine then you will not be able to reap the full benefits of optimum health.

Are you dreading the very idea of exercising right now? Chances are you consider exercise to be long jogs, extensive cardiovascular workouts, or hours in the gym. Just as you have been lied to about your nutritional health, a number of exercise myths currently pervade mainstream exercise philosophy, making working out a very horrible experience when it simply does not have to be!

The truth is there’s no reason to spend hours working out. The maximum time you have to be in the gym is 45 minutes, but you can even boost your health with as little as 15-20 minutes!

A new study including several hundred thousand participants has found that just 15 minutes per day of exercise can extend your lifespan by up to 3 years. The study, published in the journal *Lancet*, shows just how simple it can be to get your exercise routine into gear.

Matched with optimal nutrition, this can really increase your lifespan *dramatically*!

If only 15 minutes per day of physical exercise can add an extra 3 years to your life, imagine what a powerful fitness routine partnered with optimum nutrition can do. Well, the study gives us a little glimpse into the possibilities. Every *additional* 15 minutes of exercise beyond the original 15 minutes per day actually reduced mortality rates by 4 percent. That means an overall chance of death, not just from a specific disease. As for specific diseases, each additional 15 minutes reduces your chances of dying from cancer by 1 percent. Best of all, the benefits extended to all age groups and both sexes.
It’s really simple to add years to your lifespan and enhance your overall quality of life by implementing a quality fitness routine into your daily lifestyle.

Coupled with high stress levels, a lifestyle full of inactivity is a great way to hasten the process of declining health, ultimately leading to an *early death*. In our current society, physical labor has been overtaken by predominantly intellectual tasks. This new lifestyle, however, may be drastically increasing your risk for adverse health conditions.

Research from the American College of Cardiology has previously shown that sitting can be *as deadly as smoking*. When sitting for long periods of time, the body goes into something known as ‘storage mode’. While in this mode, the body stops working as effectively as it should. This is the primary reason that prolonged sitting has been linked to a number of conditions including heart disease, obesity, diabetes, cancer, and even early death. Dr. David Coven, a cardiologist following the numerous studies released on the subject of prolonged sitting explains:

> “Smoking certainly is a major cardiovascular risk factor and sitting can be equivalent in many cases...The fact of being sedentary causes factors to happen in the body that are very detrimental”

Researchers from the University of Missouri have also shown that sitting for long periods of time increases your risk of diabetes, obesity, and nonalcoholic fatty liver disease. The researchers noted that going from highly active (taking more than 10,000 steps a day) to inactive (taking less than 5,000 steps per day) is enough to increase your risk of type 2 diabetes. This is just one reason to partake in the simplest exercise there is – walking. Walking can have profound benefits on your health, acting as a fantastic exercise for both weight control and mindful relaxation.

Lastly, *sitting strikes 92,00 per year with avoidable cancer*. In fact, the reason for the cancer cases is due to the simplicity of sitting and it’s lack of movement. The report found that inactivity is a huge contributor to various types of cancers such as colon cancer and breast cancer, with 43,000 cases of colon cancer and 49,000 cases of breast cancer caused each year.

You can see how a real lack of exercise can really take a toll on your health. So what’s the solution?

It's called High Intensity Interval Training (HIIT), and it saves you hours in the gym while actually outperforming traditional cardio. If you aren't doing HIIT, then you are most likely spending way too long in the gym.

High intensity interval training is slowly becoming known for its beneficial properties and speedy completion. While at first scrutinized by health professionals, HIIT is now recommended by a large number of fitness experts across the globe. A number of peer-reviewed studies have demonstrated the effectiveness of HIIT, which health advocates are now beginning to realize. The largest perk? It can save you hours of time working out.
If the time saving characteristics aren’t enough, studies have shown that HIIT continues to burn fat for roughly 24 hours after the workout. HIIT is a great option if you are seeking an exercise routine that is the most effective and least time consuming.

**Super Effective HIIT Cardio Workout**

Try the following beginner’s HIIT cardio workout and see how it works for you:

- Walk at a slow and steady pace for 1 minute
- Run for 1 minute
- Walk at a slow and steady pace for 2 minutes
- Run for 1 minute
- Repeat

It's that simple, and you can change it to fit your abilities. There's no set speed and you can go as fast as you can within your comfort range. In addition, you'll benefit from a number of powerful effects from just this simple movement.

For example, research has actually found that exercise can boost your brainpower. It is effective for children too, leading to higher grades and test scores in children who routinely participate in some form of exercise. This is in addition to the powerful anti-cancer benefits of routine physical exercise.

Taking 14 previous studies from across the world examining the link between exercise and academic performance, Dutch researchers reviewed the findings and published their report in the journal *Archives of Pediatrics and Adolescent Medicine*. The study was led by Amika Singh from the Vrije University Medical Center’s EMGO Institute for Health and Care Research in Amsterdam, who summarized the study data and the subsequent relationship between physical activity and improved brain function.

According to Singh, the information from the studies “suggests there is a significant positive relationship between physical activity and academic performance.”

Now that you will save hours on cardiovascular exercise, it's important to discuss the subject of weight training. Usually shunned by women and some men, you may have the belief that weight training will make you overly-muscular like famous bodybuilder Arnold Schwarzenegger or someone of a similar build. The truth of the matter is that – particularly for females with lower testosterone levels – you have nothing to fear.

I have personally been very passionate about weight lifting for quite some time, so much so that at one point it was my dream to become a natural bodybuilder. Natural bodybuilders do not use any performance-enhancing drugs, stimulants, and generally treat their body with the utmost care. Sadly, some mainstream bodybuilders abuse steroids, stimulant drugs, and generally treat their bodies very poorly. Aspiring bodybuilders and professionals alike also consume a large number of ‘health’ products that are loaded with the very same dangerous ingredients we have extensively covered.
That said, working with weights can be intimidating. But weight training will not beef you up to bodybuilder status in a matter of weeks, months, or even years. Usually, it takes years and years of life-dedicated training and the use of performance-enhancing drugs to reach the status of massive bodybuilding icons. Instead, weight training can be used to *shape up the body you desire and effectively burn fat using a high powered program*. In a natural program, the progress will be noticeable yet healthy and incremental.

Weight training is actually a necessity in any fitness routine, and if you're not using it in your own then you are not utilizing a peak performance regiment. An excellent way to get started with a weight lifting workout is by using a thoroughly tested routine that I personally use myself and is 100% scalable to your personal fitness level.

Just as diet fads come and go (most being full of dangerous food choices and ineffective celebrity trends), so do exercise routines. Many of these routines either focus too much on outdated exercise myths as a foundation, tout 'hardcore' exercise methods that can ultimately harm your body, or sell you on an extremely ginger schedule that is super easy to do but provides virtually no fitness gains.

The most effective method will be one that matches your current fitness level, adequately fatigues your muscles, and gives a proper amount of rest time for each major muscle group. Perhaps the most important is the rest time, as many gym goers will neglect the very well-needed ~3 day rest period for major muscle groups. Some programs even call for the same compound (affects a number of muscles) lift to be performed for several consecutive workout days without rest.

So where is the middle ground, the most effective yet safe way to go about weight training?

There's many ways within the same weight training spectrum to craft an effective and safe workout schedule, though they mostly fall into the same general template. Here is a great template that can be adjusted to your preference and skill level or used as-is. Remember that you should certainly make sure that you are able to workout and have a qualified individual (naturopathic doctor, physical fitness physician, etc.) give you the green light. It's also recommended that you really make sure that you have a full grasp on the form of the exercise being performed before trying it with heavy weights – or any weight, for that matter.

To do so, I'd recommend that you watch videos of the exercises being performed properly in order to avoid injury. For all of the exercises listed I have personally worked with men and women between the ages of 80 and 18 alike without much difficulty. The weight changes, but that's about it – the routines are still effective for all ages and performance levels.

**Scalable Weight Training Workout**

**Day 1: Chest/Triceps**

It's important to break your routine into major muscle groups that correspond to the given days. For day 1, which can really be any day of the week (Monday, Tuesday, etc.), you can
start with chest and triceps. It's organized in this fashion because these two muscle groups actually work together to varying degrees during most lifts.

During the bench press (the first exercise for this day), for example, the triceps are recruited to help complete the lift. This effect can be negated to a degree by changing the grip on the bar. A grip that extends further outwards (towards the weights themselves) will further isolate the chest, whereas a grip that extends further inwards will further target the triceps. For starting the first exercise, place your pinky finger right in the middle of the smooth ring (should be about 2 inches inwards from the bench rack) on your Olympic bar.

Rest around 1 minute in between each set (a group of repetitions performed for different exercises). Take note that repetitions and weight will change depending on your goals and fitness level. For true beginners, it is essential to do higher and lighter repetitions to get a feel for the exercise. As you progress, you can increase the weight and decrease the repetitions.

Research has shown that even super high reps exceeding 100 can pose serious benefits – particularly in the elderly. That said, you want to be thinking along the lines of 'use it or lose it'. So for example, lifting a high weight several times until fatigue would stimulate a greater biological response than lifting light weight without much muscle fatigue. Train so that your body will respond with a logical increase of muscle strength and definition (size).

The Warm Up

You should start with a warm up – especially if you are a beginner. While there is some information showing that warm up weight training sets could actually be problematic at the advanced level (as it sets your body at a lower weight level than you will actually be using), it is essential that you perform at least a cardiovascular warm up.

Warm up by performing 5-10 minutes of moderate intensity cardiovascular activity. You can use any machine (treadmill, elliptical), or simply walk, jump rope, or perform any other kind of moderate cardio. This will increase blood flow and prepare you for your workout.

Chest Exercise 1: Flat Bench Press

The bench press, a universally known exercise with universally known benefits. Benefits that will be acquired from proper form and controlled movements. Start by lying on the bench with your shoulder blades together to create a solid posture. Make sure to keep your feet flat on the ground and your butt pressed against the bench. Ready your hands on the correct grip position (place your pinky finger right in the middle of the smooth ring) and lower the weight slowly and controlled down to the chest. Try and always user a spotter (someone standing behind the bench) to make sure you are safe when lifting – especially for your first time.

Beginner: 4 sets, 8-12 repetitions (remember to use low weight to get a feel for the exercise)
Intermediate: 4 sets, 6-8 repetitions
Advanced, 6 sets, 4-8 repetitions

Chest Exercise 2: Incline Dumbbell Flyes
Dumbbell flyes are relatively simple to do and can be done using an incline bench. Start with your arms slightly bent at the elbows, lying on the bench. Bring the weight down to the point where you feel a stretch in your chest – this is a very powerful position. Try to pull/push the weight up until the dumbbells meet. As you are pushing the weight up, imagine that you are giving a huge hug. Flyes provide a necessary stretch for your chest.

Beginner: 3 sets, 10-12 repetitions (this is not a powerful strength exercise – use light weights!)
Intermediate: 3 sets, 8-10 repetitions
Advanced, 4 sets, 6-8 repetitions

**Chest Exercise 3: Chest dips**

For this exercise you will need access to parallel bars. To get yourself into the starting position, hold your body at arms length (arms locked) above the bars. While breathing in, lower yourself slowly with your torso leaning forward around 30 degrees or so and your elbows flared out slightly until you feel a slight stretch in the chest. Once you feel the stretch, use your chest to bring your body back to the starting position as you breathe out. Remember to squeeze the chest at the top of the movement for a second for optimal benefit.

Beginner: 3 sets, 8-12 repetitions (this is a great exercise to get the blood flowing. If you can't do more than one full dip then try using some weight assistance on your machine if possible. If not, do half dips or pushups.)
Intermediate: 3 sets, 8-10 repetitions
Advanced, 4 sets, 6-8 repetitions (add a weight belt containing a dumbbell to increase difficulty.)

**Triceps Exercise 1: Cable Pressdowns ("Push Down")**

Tricep pressdowns are one of the best exercises for triceps development. Variations include grip position and a rope handle instead of the horizontal bar. Done properly, this exercise is considered the 'meat and potatoes' of triceps training.

Face the triceps pushdown machine and grasp the horizontal cable bar with an overhand grip. The bar should be at about chest level. Tuck the elbows into the sides and position the feet comfortably, slightly apart. Push down on the handle bar until elbows are fully extended yet without snapping the elbows straight and by keeping the elbows close to the body on the way down. Bend the knees slightly on the pushdown but stay as upright as possible with back straight. Don't recruit the back and shoulder muscles by bending too far forward. Keeping control, allow the bar to return to the starting point and try not to clash the weights.

Beginner: 4 sets, 8-12 repetitions
Intermediate: 4 sets, 8-10 repetitions
Advanced, 6 sets, 6-8 repetitions (add a weight belt containing a dumbbell to increase difficulty)

**Triceps exercise 2: Kickbacks**
Tricep kickbacks are excellent for the development of the triceps though it is often neglected because it requires a very small amount of weight. Hold a medium weight in both hands and bend over until your torso is at a 45-degree angle or parallel to the floor (more advanced). Bend the knees if needed and keep the abs engaged to protect the lower back.

Beginner: 3 sets, 10-12 repetitions  
Intermediate: 3 sets, 8-10 repetitions  
Advanced, 3 sets, 6-8 repetitions (you may also use a cable machine)

**Day 2: Back/Biceps**

Just as the chest will recruit the triceps to aid in lifts, the back will often recruit the biceps as well. That is why these two muscle groups are trained together using some really amazing exercises that are recommended by chiropractors and physical therapists worldwide. One of these exercises, known as the deadlift, is perhaps the most beneficial exercise there is.

**Back exercise 1: Deadlift**

The deadlift is one of the best exercises for creating the physique you desire. It's also one of the most neglected and improperly performed lifts known to mankind. Therefore, it's important that you practice your form before attempting the lift with a large amount of weight (or any weight at all). To make things easy, I recommend you watch this video on proper deadlifting form. If you have a bad back, then you should really be cautious in performing this exercise. In my experience, however, those with back and neck problems have actually benefited greatly from routine workouts.

Beginner: 6 sets, 10-12 repetitions (this is a very important exercise to master!)  
Intermediate: 6 sets, 6-10 repetitions  
Advanced, 6 sets, 6-8 repetitions (as an advanced lifter, don't be afraid to challenge yourself.)

To perform the exercise:

Stand in front of the barbell. While keeping the back as straight as possible, bend your knees, bend forward and grasp the bar using a medium (shoulder width) overhand grip. This will be the starting position of the exercise. If it is difficult to hold on to the bar with this grip, alternate your grip or use wrist straps. While holding the bar, start the lift by pushing with your legs while simultaneously getting your torso to the upright position as you breathe out. In the upright position, stick your chest out and contract the back by bringing the shoulder blades back. Think of how the soldiers in the military look when they are in standing in attention. Go back to the starting position by bending at the knees while simultaneously leaning the torso forward at the waist while keeping the back straight. When the weights on the bar touch the floor you are back at the starting position and ready to perform another repetition.

**Back exercise 2: Lat pulldowns**
Lats are an important part of everyone's physique – male and female. You may think only men desire them, however with added width to the body (that "V" look) it amplifies the female physique by giving the appearance of a small waist and a toned back.

Don't be afraid to start with very low weight as previously mentioned to get a feel for this exercise. You may not have very developed back muscles, so it could take a few sessions to get into the groove of the motion. It's interesting to note that poorly developed back muscles are also a cause of neck pain, tight muscles, and can really increase your risk of injury.

Beginner: 3 sets, 8-10 repetitions
Intermediate: 3 sets, 6-8 repetitions
Advanced, 3 sets, 6-8 repetitions

To perform the exercise:

Holding the bar with a wide grip, and your knees firmly in place under the pad, pull the long bar towards your upper chest while keeping your chest high. Many people (beginner or not) perform this exercise, letting their back hunch over as they pull the bar down.

This is very unsafe and ineffective. Consciously know that you are lifting your upper chest as you pull the weight down. You may be tempted to sway, however focus on using your back to move the weight.

**Back exercise 3: Wide-Grip Pull-ups**

Wide-Grip Pull-ups are an excellent exercise for building overall back strength, particularly targeting upper back and lats. The exercise is similar to regular pull-ups, but is geared towards a different portion of back muscles with less emphasis on recruiting non-back muscles into the rotation.

Beginner: 3 sets, As many as you can (most are unable to do more than 1 without assistance). You will build up over time.
Intermediate: 3 sets, 10-12 repetitions (use weight assistance on the machine if needed).
Advanced, 3 sets, 6-8 repetitions (use a weighted belt.)

To perform the exercise:

Separate your hands by a distance roughly twice the width of your shoulders (generally right to where the bar will begin to bend with the hand grips). Allow your body to hang from the bar with your arms straightened, and then pull yourself upward so that your chest nearly touches the bar and your chin is over the bar. When you perform this exercise it's helpful to focus on using your lats to pull your elbows downward toward your ribcage.

Also, focus on keeping your body straight without arching or swinging throughout the pull. Once your lats are completely contracted and your chin is over the bar, you can lower yourself to the initial position.
Bicep exercise 1: Barbell Curl (straight bar curls)

Biceps are perhaps the most fun muscle group to exercise – at least based upon the response from thousands of exercise enthusiasts and beginners alike. They are also my personal favorite as you can see the noticeable changes in the bicep muscles (bi means two) as they almost immediately begin to 'pump' with blood. It is this 'pump' that many seek daily at the gym, doing their best to achieve an amazing pump with any muscle. Biceps just happen to be the easiest for most.

Beginner: 3 sets, 8-10 repetitions
Intermediate: 4 sets, 6-8 repetitions
Advanced, 4 sets, 6-8 repetitions

To perform the exercise:

Your hands should also be about shoulder width apart or slightly closer together. With your knees slightly bent, and your torso tight, slowly bring the bar up towards your chest. I recommend that you not touch your chest with the bar, since once you pass the vertical line and bring the bar closer to your chest, your biceps stop working. To keep continuous tension in your biceps, stop about six inches from your chest. At the bottom, don't bounce the bar off your thighs.

Bicep exercise 2: Concentration Curls

Concentration curls are great to isolate the biceps and stimulate growth. In addition, you can use this exercise for fixing symmetry issues (such as one arm being bigger than the other one).

Beginner: 3 sets, 8-10 repetitions
Intermediate: 3 sets, 6-8 repetitions
Advanced, 3 sets, 4-6 repetitions

To perform the exercise:

Sit down at the edge of a flat bench that has a dumbbell right in front of it. Use the right arm to pick it up the dumbbell and place the back of that upper arm on top of your inner right thigh (around three and a half inches away from the front of the knee). Rotate the palm of the hand until it is facing forward away from your thigh. Your arm should be extended at arms length and the dumbbell should be above the floor. This will be your starting position.

While holding the upper arm stationary, curl the weights forward while contracting the biceps as you breathe out. Only the forearms should move. Continue the movement until your biceps are fully contracted and the dumbbells are at shoulder level. Squeeze the biceps and hold the contracted position for a second. Slowly begin to bring the dumbbells back to the starting position as your breathe in. Avoid swinging motions at any time. Complete the movement, then repeat the movement with the left arm.
Bicep exercise 3: Chin Ups

While not as hard as pull ups, chin ups can be very hard for a beginner. You may not even be able to do 1. As previously recommended, don't hesitate to use the machine's weight assistance if possible. Chin ups are a great exercise for the biceps, and will also get the blood flowing for your last workout on back/biceps day.

To perform the exercise:

The starting position begins with you grasping the bar, palms facing you. The hands should be held at shoulder width or slightly narrower. The arms should be straightened in a fully extended position with the torso in line with the upper arms. To begin the ascent, the relatively strong upper back and elbow flexor muscles will be used, as the elbows are drawn down and back.

The ascent should continue until your chin clears the bar. It's important to remember that before initiating the movement, you should inhale. During the ascent, the pulling action and leaning back action must be done simultaneously. Upon descent, exhaling begins and the trunk should come back to an upright position. As the descent is completed, your arms should be fully extended and the shoulder blade should be elevated. To complete the range of motion, the upper arms and scapulae adductors must be stretched on every repetition. Your legs should stay in line with the torso as much as possible. There should be no flexion of the hips, as this will lower the quality of the exercise.

Day 3: Legs/Shoulders

Legs are often neglected by many serious and novice lifters alike. This is peculiar as they are one of the most important muscle groups, and perhaps the most useful in daily life. Beyond their practical usage in hiking, running, and walking, ignoring leg development can actually hamper the development of other muscle groups.

You can also perform HIIT on this day if you prefer as HIIT may lead to soreness in your legs for the first several sessions.

Leg exercise 1: Squats

Squats are known by those within the exercise community as the 'king' exercise along deadlifts and bench press. Just like those exercises, it's important that you master the squatting form.

Beginner: 4 sets, 10-12 repetitions (you will be doing high reps, low weight to get a feel for the exercise. Perform it without weights first.)
Intermediate: 6 sets, 8-10 repetitions
Advanced, 6 sets, 6-8 repetitions

To perform the exercise:
Start at the rack with the barbell at upper chest height, and position the bar high on back of shoulders and grasp the barbell to your sides. Dismount the bar from rack and stand with shoulder width stance. Bend your knees forward while allowing your hips to bend back behind, keeping your back straight and knees pointed towards the same direction as your feet. Descend until your thighs are just past parallel to floor. Extend your knees and hips until legs are straight. Remember to keep your head facing forward, back straight and feet flat on floor. If you’re finding the form hard, try and imagine you’re staring at the sky.

**Leg exercise 2: Walking Lunges**

Walking lunges are excellent for targeting the quadriceps, the muscle responsible for everything from walking up stairs to getting up in the morning. Strong and defined quadriceps are particularly appealing for many women who want to have fitness-model-esque legs.

Beginner: 3 sets, 10-12 repetitions  
Intermediate: 3 sets, 8-10 repetitions  
Advanced, 3 sets, 8-10 repetitions

To perform the exercise:

Stand with your torso upright holding two dumbbells in your hands by your sides. This will be your starting position. Step forward with your right leg around 2 feet or so from the foot being left stationary behind and lower your upper body down, while keeping the torso upright and maintaining balance. Inhale as you go down. As in the other exercises, do not allow your knee to go forward beyond your toes as you come down, as this will put undue stress on the knee joint. Make sure that you keep your front shin perpendicular to the ground. Using mainly the heel of your foot, push up and go back to the starting position as you exhale. Repeat the movement and then perform it again with the left leg.

**Leg exercise 3: Hamstring Leg Curl**

Working your 'leg biceps', or your hamstrings, is often overlooked. Located 'below' the quadriceps and 'underneath' the leg, your hamstrings should be balanced with your quads in terms of strength and muscle mass. Don't forget to train them!

Beginner: 3 sets, 10-12 repetitions  
Intermediate: 3 sets, 8-10 repetitions  
Advanced, 3 sets, 8-10 repetitions

To perform the exercise:

Hamstring curls can be done seated, or lying face down on a machine. When lifting the weight, try to reach your buttocks with your feet, come as close to it as possible. If you are lying down, try to press your hips into the bench as you move the weight. For added tension on your hamstrings, point your toes. Many people will flex their feet during this exercise, only to have their calves come into play, taking away strain from the hamstrings. See for yourself,
and start pointing your toes. You will most likely have to lower the weight if you have been flexing all this time.

**Shoulder exercise 1: Seated Dumbbell Press**

It may be tempting to load up the weight with these exercises, but even the pros use light weights. I've personally seen a pro bodybuilder, with his 250 pound massive frame, using 25 pounds for his lateral side raises. He wasn't weak, he just knew how to focus in on his muscular contractions and really feel the muscle working. This applies to all exercises: you don't need to use an absurd amount of weight to get results.

Beginner: 3 sets, 10-12 repetitions  
Intermediate: 3 sets, 6-8 repetitions  
Advanced, 3 sets, 6-8 repetitions

To perform the exercise:

Seated in an upright chair/bench, push the weight up so your arms are almost straight above your head. (Don't lock your elbows) Slowly lower the weight to the point where the dumbbells are inches away from your shoulder, then press up again.

**Shoulder exercise 2: Lateral Side Raises**

Lateral side raises target your side delts (shoulders), and are essential for symmetrical shoulder development. Conveniently, they're also very simple.

Beginner: 3 sets, 10-12 repetitions  
Intermediate: 3 sets, 8-10 repetitions  
Advanced, 3 sets, 8-10 repetitions

To perform the exercise:

Pick a couple of dumbbells and stand with a straight torso and the dumbbells by your side at arms length with the palms of the hand facing you. This will be your starting position. While maintaining the torso in a stationary position (no swinging), lift the dumbbells to your side with a slight bend on the elbow and the hands slightly tilted forward as if pouring water in a glass. Continue to go up until you arms are parallel to the floor. Exhale as you execute this movement and pause for a second at the top. Lower the dumbbells back down slowly to the starting position as you inhale.

**Shoulder exercise 3: Lying Rear Delt Raise**

Just as the side delts should be taken care of, such is the case with the rear delts. Remember to keep the weight low – especially for beginners.

Beginner: 3 sets, 10-12 repetitions  
Intermediate: 3 sets, 8-10 repetitions  
Advanced, 3 sets, 8-10 repetitions
To perform the exercise:

While holding a dumbbell in each hand, lay with your chest down on a flat bench. Position the palms of the hands in a neutral manner (palms facing your torso) as you keep the arms extended with the elbows slightly bent. This will be your starting position. Now raise the arms to the side until your elbows are at shoulder height and your arms are roughly parallel to the floor as you exhale. Maintain your arms perpendicular to the torso while keeping them extended throughout the movement. Also, keep the contraction at the top for a second. Slowly lower the dumbbells to the starting position as you inhale. Repeat for the recommended amount of repetitions and then switch to the other arm.

Day 4: Rest

It may sound crazy to right now, but this the hardest day! Once you begin to experience the joys of exercise, you never want to stop. The rest day is actually the most challenging to adhere to for many. Nevertheless, it's highly important. Giving your muscles proper rest will enable them to rebuild and you will see the results you desire.

After day 4 you will reset the schedule, starting back at chest/triceps day.

What About Abdominals?

Everyone wants defined abs, but very few know how to get them. Truthfully, everyone has 'abs', you just usually cannot see them. While they may not be highly developed, they are certainly still there. So how do you see them? Well, you need to reduce your body fat using the nutrition and fitness methods we have extensively discussed.

But beyond that, you very well may do some abdominal-specific workouts. That doesn't mean doing 100 crunches, or even working them every single day. Just like the other muscle groups, abdominals need adequate rest time. That said, they are also being worked in exercises such as the deadlift and the squat. So what it comes down to is your fitness level, time allotment, and desires.

Are you an advanced lifter with a real desire to improve your abdominals? Chances are you'll benefit from some serious isolated abdominal work, whereas a beginner will be overdoing it. I recommend doing abdominal work on the same day you perform HIIT (most likely leg day), as HIIT will also be working this muscle group. Even without isolated direct work, you will see improvements in your abdominal development.

It's clear that exercise is an important part of your routine, but the biggest challenge of incorporating it into your lifestyle is the mental aspect. How do you develop the drive and momentum to keep the workout routine going? That's what we're going to address in the next chapter, which deals with the actual implementation of your natural health transformation.
Chapter 7: Your Ultimate Health Transformation

Congratulations! You’ve made it this far, which means you are now more knowledgeable in the field of health than the vast majority of the population, and you now know what healthy really means – it’s certainly not the mainstream concept that has been pushed on you since birth!

Now you must actually begin to use this information in your daily life. You can study & review the book over and over, but it takes a certain mental change to really take the information and make use of it – to empower yourself and breakthrough your current health challenges.

But how can this be done? Well, it starts with your thought process.

Increasingly, it is being recognized that a ‘mind over matter’ approach can actually produce noticeable results in your health. Numerous studies abound on the nature of the mind body relationship, and how your mind can affect your biological functions. Much like how a hypochondriac may convince himself that he is sick, and subsequently ‘find’ (or make up) symptoms of his illness, a negative or even apathetic mindset may induce you into a lesser state of health.

Conversely, having a generally positive disposition or outlook with regards to your health may actually make you healthier. In clinical studies where patients are given placebos, they often will respond positively to them due to the expectation that they are receiving some form of beneficial medicine. Although not talking about placebo sugar pills specifically, this kind of self-treatment can be seen in one case where a woman’s own thoughts made her lose nearly 112 pounds.

What makes these test subjects have a positive response? Definitely not the sugar. An assumed belief that they are being positively affected by whatever they may have been given
is what actually causes the change. If this is the case, then it means that your mental state plays a vital role in how your health progresses, or degenerates.

The power of your mind is immense. Its influence can literally bend reality to match its perspective. You can often influence a situation more by thinking about it meticulously, as opposed to simply acting. If you believe something to be true, you will conform the world around you to match this expectation.

If you believe that your illness is getting worse, it will probably get worse. If you believe that your treatment is helping you, you could actually cause massive self-healing to occur. Assuming a disposition will automatically prejudice your mind, and therefore cause your body to respond either positively or negatively.

This applies to all things, not just health and wellness. Assuming a positive attitude and an optimistic demeanor will actually help you to overcome your trials in life, whether they are physical, mental, or emotional.

What has been found is that your mindset can directly influence the choices you make. One study found that people who thought positively were more likely to choose healthy options than those who did not. Could this be why so many individuals fail to make the major changes in their lifestyle?

The research involved 3 different studies involving 756 participants, and was published online in the January 23 edition of the Archives of Internal Medicine. This research is the first of its kind to use large, randomized controlled trials to show that you can use positive thoughts and self-affirmations to create behavioral changes and a true health transformation. It was funded thanks to a $9.5 million contract from the National Heart, Lung and Blood Institute of the National Institutes of Health.

One tip researchers offered was to consciously think of happy thoughts as soon as you wake up. Found to have a therapeutic effect that can shape your decision making process for the day, the researchers offered beautiful sunrises and happy babies wearing hats as examples. Increasingly, it is being recognized that a ‘mind over matter’ approach can actually produce noticeable results in your health.

It is important to remember that your own thoughts and beliefs do manifest themselves physically, and can affect your overall health and mood. Even on the negative side.

Mind, body, and health are all interconnected. It doesn’t take scientific research or surveys to determine how the way we think, perceive, and taking in events is both directly and indirectly related to the quality of life and health, but recent research has done just that anyway. The survey found that those who perceive past, present, and future experiences in a negative way tend to succumb to the hardships brought on by illness and disease.

The study performed by researchers from the University of Granada found that perception of experiences and occurrences across a lifetime did in fact influence perception on their own health and quality of life. Assessing 50 people, 25 of which were men, the researchers
assigned a questionnaire and time orientation tests which described their attitudes toward the past, present, and future. The participants also filled out a survey to measure mental and physical health.

Co-author Cristian Oyanadel states:

“According to what we have observed in our study, the most influencing dimension is the perception of the past. A negative view of the past is highly related to worse health indicators. Furthermore, they [those who tend to be negative] generally tend to be depressive, anxious and present behavioural changes.”

So is it that an unhealthy mental state breeds unhappiness? The way you perceive past experiences, handle current situations, and hope for the future has everything to do with how healthy and happy you are. Those who view circumstances as negative tend to struggle through the day while consistently accumulating health problems, when in fact the negative experiences aren’t negative at all — at least they don’t have to be. An experience is only as negative as one perceives it. It begins with your first thought.

Once rejected by mainstream science as a health 'conspiracy theory', major research organizations are now lending extreme scientific backing to the notion that health starts with your first thought.

One Trick to Instantly Improve Your Mindset

It is this first thought that will not only determine your present state, but your future state. For example, how do you view your past life experiences that – in some respects – could most certainly be seen as tragic and depressing. Do you constantly reflect on these incidents as such, letting them weight you down spiritually and mentally, or do you instead examine the events as a challenge or experience?

If you're a little confused, don't worry – I'm about to explain to you a trick that can help you re-shape events in your mind and instantly change the way you feel. It's called event re-framing, and you may have heard about it from some top experts, but you most likely have not been given the entire rundown on how to perform this technique.

Any negative occurrence has the potential to be re-framed into a positive outlook, though it does take some practice. Losing a job is an event generally viewed as a negative life experience for example, but it's quite simple to re-frame this scenario into a challenge that is actually a life-changing experience.

You may ask yourself if you were you truly happy working this job every single day. Is this event not a turning point in your life to make more fulfilling changes? Having a steady income itself (which is oftentimes the only thing people like about their job) is an important factor in happiness levels, but there are always opportunities in the future — even if they aren't in your direct line of sight. Rather than thinking about the negative aspect, re-frame the situation and think of any way this could result in a positive outcome.
Re-framing applies to every single event and action that occurs, whether it be a flat tire, a mistake made in your business, or a problem with your spouse. These events are viewed as problems, but re-framing each occurrence so that they simply become challenges or opportunities completely shifts the way you feel. Why does it work? Humans inherently are drawn in by challenges to overcome and surpass, whereas sad and depressing events do not invoke the same mental response.

If the problem isn’t transformed into a challenge, then an opportunity will surely do. An opportunity (such as getting a new job you actually like in the face of a layoff), triggers the same response – something to strive for and conquer. Using this technique is a great way to indirectly eliminate most nagging problems from your life.

While practicing and mastering the art of re-framing, there is an unfortunate truth where you may need to delve into an aspect of life that nearly everyone is deathly afraid of — change. Changing your perception on events and instances is a great step to mastering this technique and powerful thinking as a whole, but you may need to make some serious changes in your life to reach a true point of happiness. Even in your nutrition and fitness lifestyle changes, there will be hurdles.

Your friends may be jealous and envious of your new found lifestyle and your success in changing your life. It’s disturbing, but it’s a well-known phenomenon that usually involves an overweight individual on a new found health plan and a group of friends. The friends are not happy for the overweight friend as they should be, but they cling to his image as the ‘fat one’ or the one that they can feel better about themselves in comparison to. The worst part? They may have no idea they are doing this, and could potentially wreak serious havoc on the individual's life transformation. Change is not met as a friend by many!

This is why you need to make sure you examine the people closest to you. If they are unhealthy, negative, and generally discouraging then it may be time for a change. While you may not have to uproot and abandon anyone in your circle, try and share your new health transformation plan with those who you know will support you. As for those who would discourage you, they will soon see the fruits of your labors.

Start re-framing right now – this will be your first challenge. Previous life experiences that are weighing on you and altering your mindset will now be seen as opportunities, challenges, and exciting experiences. Here’s the process once more to change your mindset right now:

1. Focus on the event. Start small and work your way up. For example, try something that is slightly silly like a traffic ticket or a flat tire. This may be hard, and it may even make you feel frustrated or angry at the events. While challenging, this is essential to re-frame the scenario.

2. How can this turn into an opportunity? I know it seems horrible right now... but it can be re-framed! Let's use the example of getting fired from your job. Even if enjoyed your job (which the majority of people do not), consider it a wake-up call. If you can be laid off just like that, was your financial freedom really in tact? Perhaps it's time to develop
your skills and launch your own company, or find a position in which you have much more stability and freedom.

3. How do I meet this challenge? Now it's time to take some action. This is when you make a serious change and receive serious benefits. You may be 200 pounds overweight, and you may be re-framing the events which led you here into a series of challenges. Now it's time to meet and surpass these challenges. This particular challenge will be starting up your natural health transformation! Chances are if you're reading this, you are looking to improve your health, so this may be an excellent challenge to begin with.

You can use re-framing for every negative event 24/7. It can be hard to master the trick at first, but with mastery comes significant benefits. I recommend using re-framing along with these other techniques in your daily lifestyle to essentially 'detox' your mind. In other words, you are allowing your mind to 'dump' all of these 1,000 pound mental weights and finally feel free of negative bonds. Allow yourself peace of mind!

While re-framing can tackle stress, outside elements of stress may be taxing your mind and body as well. In addition to re-framing, here are some highly-potent methods I recommend and use to combat lifespan-crushing stress. That's right, men who are chronically stressed due to life events or other factors could have a 50% higher mortality rate than those who are not stressed. Meanwhile, participants who reported to be healthy tended to live longer.

Researchers found that some characteristics were actually protective against stress-induced mortality, highlighting the power of optimum health and emotional stability.

"Being a teetotaler and a smoker were risk factors for mortality," said Carolyn Aldwin, lead author of the study and a professor of human development and family sciences at Oregon State University. "So perhaps trying to keep your major stress events to a minimum, being married and having a glass of wine every night is the secret to a long life."

But it goes much deeper.

**De-Stressing Your Brain**

Although it was, and still is, very hard for many people to believe how impactful stress can truly be, the dangers of stress are starting to come to light. Stress levels today may very well be at the highest point they have ever been in history. Thankfully, there are natural methods of combating this killer.

**Eliminate Negative Thoughts**

I actually can't stress the importance of this. The thousands of thoughts you are thinking every single hour of every single day have a direct impact on how you feel and therefore how stressed you may be. Many people don't even realize that the majority of their day they are thinking about what might go wrong with this or that, and how the drawer is broken. In the grand scheme of things, the little things simply aren't worth worrying about. The next time you
find yourself thinking a negative thought, consciously be aware, then do your best to transform that thought into something more pleasing. Simply change your perception and how you view everyday events.

**De-Stress by Feeling Just a Little Bit Better**

When feeling stressed or just really bad in general, the goal should not be to feel exuberant, but only a little bit better. Paying close attention to thoughts and feelings is one of the best ways to de-stress the brain and enjoy life as you should always be doing. If you feel doubt, try to feel just a little bit better by feeling boredom. If you feel frustration, give yourself a chance to feel optimism. Moving up the emotional scale is probably one of the most important things you have to do every day. Whether your feel-good activity is playing with a pet, painting, or going for a walk in beautiful weather, never forget to take advantage of anything that makes you feel better. Once you feel a little bit better, you'll find that it is even easier to feel even better.

**Eliminate Negative Thoughts by Thinking in the Present Moment**

Thinking in the present moment will stop you from worrying about past event or future negative potentialities. Often the reason people can’t get stuff done or aren’t really paying attention to a current conversation is because thoughts are bouncing around the time line of life. Although thinking positive thoughts about the future or remembering positive experiences which happened in the past aren't bad things to do, thinking in the present makes you focus on the present. When you focus on the present, you are building your future.

**Notice Your Posture**

An incredibly effective and little-known technique for feeling better and reducing stress levels is to notice and change your posture. The majority of people slouch, frown, and don’t stand up straight almost all the time and don’t even notice. The way we sit and stand, as well as the muscles we’re using to create that expression on our faces have a direct correlation with how we feel. Feeling bad is incredibly easy when posture is poor. As an experiment, next time you notice bad posture, immediately put a smile on your face, sit up straight, and take notice of the changes internally. This technique without a doubt should lead to better feelings.

**Engage in Intense, Deep Appreciation**

Appreciation may very well be at the top of the emotional scale. Many people take what they have for granted. Seldom do we cultivate thoughts of how grateful we are for the things that we have, but instead we choose to take special notice and damn the unwanted things we have. The truth is, no matter what your situation, things could be worse. Having the ability and opportunity to simply live on this planet should rise above all “negative” aspects of our lives. The moment you engage in intense, deep appreciation is the moment your life will change forever for the better.

Other techniques on how to de-stress the brain include:
Once you get past the negative thoughts brought upon by stress and outside influence, you can truly begin to grow and breakthrough your current health challenges. Oftentimes if you believe something, you make it a reality.

This can be evidenced through a number of stories, such as the story of one woman from the U.K.

An overweight school teacher in the UK lost almost 8 stone (112 pounds) after being hypnotized into believing she went through gastric band surgery. Kim Robinshaw, 31, tried many other dieting techniques in an attempt to slim the weight, but she never succeeded in slimming down. She then went to a doctor who sent her into a trance, making her believe she had surgery which would undoubtedly get rid of the excess weight. The hypnosis proved successful.

Kim went from a size 24 to 14-16 in nine months.

"I didn’t tell anyone at first about the hypnotherapy. My mum and dad were supportive, so they were the only ones that knew. I didn’t want to say it was going to work. It was coming up to Christmas that colleagues at work started to notice and I started to tell people and I think about ten of them have already booked to see him", Kim says.

She didn’t have enough money to afford a real surgery, so the hypnosis was really just an alternative solution. Real surgery costs more, is uncomfortable, and can have other adverse bodily effects, including scarring. Kim says she is very happy with the choice she made, and that she recommends anyone try it.

Kim was also given the same diet that all gastric band patients get. The diet gradually eases the patient from an all liquid diet to pureed foods, and then into solid foods. The diet made her stomach feel much smaller than it had before. In the past, she would eat very large portions, but now she could only eat a handful of food since her stomach felt the size of a fist.

Kim’s new weight torpedoed her into an overall better quality of life. Now that she feels more comfortable with her body, she is going to the gym and regularly walks with her husband. She feels much happier, and a simple weight change can completely alter someone’s personality for the better when they are distraught about their weight. Although she says she’s still got a bit to lose, she’s more than delighted with the results. If she ever wanted to alter the degree of the surgery, the doctor can “tighten or loosen the band” as desired.

Does this mean hypnosis is the answer? Not necessarily, it means that your mindset can dictate your lifestyle.

You have the knowledge necessary to optimize your health. All that you need to do now is utilize it! Envision yourself with the perfect body and how amazing you will feel when you
really explode into your new natural health transformation. Really visualize it, and really feel it as if you already have it.

Think about this daily, and remember to review key subjects within this book as much as you need. Reduce your stress levels, change your thoughts, and you will ultimately change your body as well.

Congratulations on taking the powerful initiative to transform your mind and body, naturally. I wish you all the best on your journey to optimum health, and will always be keeping you up to date with the latest health material on NaturalSociety.com.

You can do it.
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