

FOREWORD BY DR. LORNE SWETLIKOFF

ULTIMATE HEALTH

**BREAK FREE FROM YOUR HEALTH ISSUES
AND LIVE YOUR BEST LIFE**



CRAIG BROCKIE

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*Dedicated to those who seek the truth and apply it
to improve themselves and the lives of others.*

ACKNOWLEDGMENTS

I want to thank my family, friends, and all the great health researchers and practitioners who have helped me along the way—you know who you are. I'd also like to thank all those who are chronically ill, living in pain, or have lost a loved one to a seemingly incurable disease for motivating me to write this book. I truly hope the information herein helps you.

ABOUT THE AUTHOR

Craig Brockie has invested nearly three decades and more than a million dollars traveling the world, researching advanced health and performance-enhancing technologies.

Craig was inspired to study wellness as a result of losing his health early in life, living most of his twenties with chronic pain, sickness, and anxiety.

After soon reaching the limits of what conventional medicine had to offer, he began exploring natural health solutions and quickly learned their efficacy. With firsthand experience of various treatments guided by the best practitioners, Craig is passionate about sharing them with others.

Professionally, Craig is an entrepreneur who has been involved with online marketing since the '90s. His main business now is selling products primarily on Amazon that promote health and wellness under the brand name ULTIMATE™. He lives with his wife in Clearwater Beach, Florida.

FOREWORD

This is an exciting book to be involved with. As a naturopathic doctor, I am encouraged when I see any work that introduces natural treatments to a broader audience, and I am particularly pleased to see a book that looks at such a comprehensive range of treatments while putting the information into a context that makes it helpful for the reader.

This is a bold book that seeks to address illness without pre-conception. It looks from the patient's perspective and asks the simple question: what works? It doesn't ask what works within one particular field or according to one practitioner, but what works and will improve the patient's health. Craig has firsthand experience with the therapies in the book and, with this, identifies solutions with proven clinical results and offers them to you.

Despite his experience in these matters, Craig understands the limitations of our knowledge and remains a student like the best of us. His suggestion to work with licensed naturopathic physicians and other competent health practitioners demonstrates his desire to keep learning and not rely solely on self-diagnosis.

This book is an excellent resource. Enjoy the read.

Dr. Lorne Swetlikoff - licensed naturopathic doctor and past president of the College of Naturopathic Physicians of British Columbia.

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INTRODUCTION

When it comes to healthcare, the United States leads the developed world in some undesirable categories, with its high incidence of heart disease, prostate cancer, breast cancer, colorectal (bowel) cancer, and diabetes. The US also leads the world in medical malpractice, with as many as 251,000 deaths per year, or about 9.5% of deaths in the country.

According to US census statistics, over one million doctors in the US work in a healthcare industry that grosses \$4.5 trillion annually. Sometimes, it seems that the more money spent on healthcare, the less healthy we become.

HOW DO YOU FEEL ABOUT YOUR HEALTH?

How do *you* feel about your health? Do you often feel stressed out or run down? Are you unhappy with what you see when you look in the mirror? Do you suffer from chronic pain or a more serious condition? What nagging health concerns are bothering *you* right now?

If there were affordable and reliable ways to break free from these issues quickly, would you be willing to entertain these ideas? If so, then you're ready to embark on your journey towards ultimate health, and you can look forward to rewarding benefits, such as:

- freedom from pain and symptoms of the disease
- waking up feeling energetic and optimistic
- breaking free from feelings of depression and anxiety
- receiving compliments on your appearance and
- not only losing weight and keeping it off but also looking younger as the toxins clear from your body and your skin regains elasticity.

You can soon stand out as a living example of how healthy a person can be, in stark contrast to those who eat a Standard American Diet, habitually smoke cigarettes, or drink alcohol. But people in these groups are not beyond repair by any stretch of the imagination—indeed, they may have the most to gain!

WHY DID I GET INTERESTED IN HEALTH?

Now that I have ultimate health, I enjoy life much more. However, my health was not always good.

I lived a happy, healthy childhood and spent much time playing outdoors with friends. In high school, I played team sports and wanted to be “cool,” so when I started to get acne, I took antibiotics for several months to clear my skin. I then went on to university, where I had lots of fun, partying often and paying little attention to my health.

Then, at the age of twenty-one, my health fell apart. I experienced a couple of collisions that left me with chronic neck and back pain. I lived with chronic anxiety and even my libido began to deteriorate. In my despair, I wondered if I had AIDS because I was always getting sick, my skin was plagued with acne and frequent cold sores, and it would take weeks for even minor cuts and scratches to heal.

To deal with my health issues, I visited numerous doctors, physiotherapists, and even psychologists. At one point, I remember feeling overwhelmed with depression, and I thought I'd never be healthy again. Maybe you can relate to this.

Then, after exhausting what conventional medicine had to offer, I began looking for alternatives. Soon after, I met an exceptional natural health practitioner who started me on the right path. He explained that his role represented 10% of my healing process, and the other 90% was up to me. I suggest that the same is true for you.

Soon after, I was introduced to naturopathic (nature-based) medicine and underwent a series of tests that uncovered my body was too acidic and my digestive tract was seriously damaged.

My gut was leaking, and most of what I consumed effectively became toxic to my system. The liver and kidneys quickly become overloaded when undigested food leaks into the bloodstream. The immune system is forced to work at total capacity around the clock, leaving no resources available to fight a cold or flu that may be "going around." My leaking digestive tract helped explain my challenged immune system, and with this understanding, I was able to take some positive action to change my situation.

Over the following years, I invested a small fortune researching and testing advanced health and performance-enhancing technologies worldwide. I've studied and experienced dozens of therapies. Every therapist I visited, and every book I read taught me something new about being healthy. Progressively, my health improved. Today, I feel great and people often comment on how young I look for my age.

Today, my chronic pain has disappeared, my immune system is robust, and my chronic symptoms have vanished. I'm also far more energetic. Additionally, my mental and emotional state has improved and stabilized. I now have far greater mental clarity, and chronic anxiety and depression are distant history. My self-confidence has returned, and I feel like I've got a new lease on life.

Although it took me several years to recover, an easier and faster path is now clear. By compiling the most fundamental concepts from each conventional and natural therapy, I'm offering you a fast track to supercharge your health. Years of clinical research have proven each one of these methods to be simple and effective.

You're unlikely to find these solutions brought together for you in any other single book. Most authors are biased toward a particular product or field and often inexperienced with other treatments. For instance, a massage therapist may be brilliant at releasing the tension in your sore muscles but may be unable to explain to you why your muscles feel painful in the first place or how to correct the underlying cause. I have firsthand experience of the treatments and no hidden agenda, so I can bring a broader perspective through this book. I answer to no one but you.

RESPONSIBILITY

Let me clarify that I do not intend to point fingers at either side of the healthcare debate. My objective is to ensure that you find suitable options to achieve your desired level of well-being.

Today's conventional doctors practicing medicine are, in my experience, very bright and well-intentioned. Unfortunately, it has become clear that, as in most industries, corporate

interests have hijacked the medical sector and put profits before people. As a result, medical doctors are educated and employed in a system that does not necessarily serve the best interests of the end consumer: the patient.

I think we're all aware of some of the limitations of conventional medicine. For instance:

- It is well-known how much damage conventional cancer treatments can inflict on the body. Both radiation and chemotherapy can have a devastating effect, leaving the immune system destroyed, hair falling out, and the patient often feeling worse than before the treatment started.
- Side effects are expected with virtually all pharmaceutical drugs. For instance, severe birth defects were attributed to the drug Thalidomide, which was prescribed to many pregnant women during the 1950s and 1960s. In more recent times, medications like Ritalin, Vioxx, and opioids have captured a great deal of attention because of their harmful effects.
- In looking at the field of mental health, there is the famous Rosenhan experiment where a group of sane patients faked auditory hallucinations to gain access to 12 different psychiatric hospitals. Once inside, these patients (who were sane) behaved normally. All of the fake patients were diagnosed with psychiatric disorders. They were not able to obtain their release until they agreed with the psychiatrists that they had a mental illness and agreed to take antipsychotic drugs (which they flushed down the toilet).

On the other side of the picture is natural or complementary medicine. Simply jumping into that unquestioningly without due diligence is also potentially hazardous. The reasons are the same: while most people are well-intentioned, they

are also trying to earn a living. In other words, while they may be giving you the truth, they may not be giving you the whole truth. Examples include overstating a product's claims or citing exceptional case studies where the treatment was highly effective. It's also common for manufacturers to underfill the active ingredients in nutritional supplements to increase profit margins.

On both sides, but particularly with natural options, there is a tendency to self-diagnose and self-medicate without taking appropriate advice. The following comment may seem strange in a book that offers many do-it-yourself solutions, but to be clear and state explicitly, whether you follow a conventional or natural course of treatment, it is beneficial to seek out suitably qualified and experienced practitioners for diagnosis. If nothing else, a naturopathic physician or integrative medical doctor can run laboratory tests that can speed up your diagnosis and identify not simply that you are nutrient deficient but also which specific nutrients you need more of.

While it's easy to be critical, I don't want to point fingers at the healthcare system as a whole either because if you peek behind the veil of any established industry, you'll see that there's the same tendency to lose sight of the truth to maximize profits. In other words, after looking closely at most established systems, you tend to find they're not working effectively towards their stated purpose.

Fortunately, a thorough investigation has revealed that recovery from most illnesses is possible, given the correct information and encouragement. If you believe that you deserve better health and you're given the information you need to make a change, overcoming pain or disease can be a straightforward process. It all starts with taking responsibility.

DISCOVER YOUR OWN TRUTH

The best way to determine whether this book's information is accurate is to implement the ideas and evaluate the results. Disregard what naysayers amongst your acquaintances and on the Internet might say. Know that there will always be vested interests selling expensive health insurance, surgeries, drugs, and supplements who profit from people remaining ill and misinformed. It's not personal; it's just business to them.

Also, know that some people will feel threatened by the thought of you becoming more healthy, happy, and powerful. These people would rather spend their energy trying to keep others down than improve themselves. Learn to ignore this negative noise and focus your attention on the actual game at hand, which is to break free from your medical issues and achieve ultimate health.

WHAT NOW?

If you are willing to take action, let me be the first to welcome you to a level of wellness that you may not have experienced for years.

This book presents information for you to follow at your own pace and helps you assess your progress every step of the way. If you find anything is a burden or don't agree with it at any time, take a break and re-evaluate. This is not a race unless you are terminally ill, in which case I would jump right to Chapter Nine.

I will introduce you to approaches that make it easy to make positive changes. For instance, I'll share a simple one-day protocol to remove years of accumulated toxins from your liver. I will also talk about some unwanted bacteria, viruses, and parasites we carry in our bodies and how to eliminate them.

As much as possible, I explain how to integrate things into your everyday routine as simply as possible. As you develop new, healthier habits, it's normal to fall off the wagon occasionally. Rather than beat yourself up, just get back on the wagon. I'll be here ready to welcome you back on.

To keep this book easy to understand and put to use, I've purposely avoided going into excessive technical detail to give you a concise overview of as many helpful topics as possible. I've also included references to books, websites, treatments, practitioners, and films to provide more in-depth information and support. You can also visit www.craigbrockie.com/resources to find links to further resources and discount codes when available.

I've also avoided using technical terms whenever possible and tried to define new terms when first introduced. When you come across terms you're unfamiliar with, you can find their definitions in the thorough glossary I created at www.craigbrockie.com/glossary.

Like most things, the more you study wellness, the more you realize there is always more to learn. I continue to study this subject and regularly consult with competent health-care practitioners. I highly recommend you do also. And if you have success with your health doing something I have *not* covered, I'd love to hear about it. I enjoy learning new things and sharing them with others.

Before we go any further, let's assess your health. The next page will give you a baseline very quickly.

Glossary



Resources



HEALTH ASSESSMENT

Before we begin, let's take a quick inventory of your health. Please take 90 seconds right now to complete the following assessment so we know your starting point and can identify the areas where you can expect the most improvement.

Please indicate how strongly you agree with the statements below, 0 being complete disagreement and 10 being absolute agreement.

Physical Health

Disagree « — » Agree

I am free from pain/symptoms: 0 1 2 3 4 5 6 7 8 9 10

I am fit and enjoy high energy levels: 0 1 2 3 4 5 6 7 8 9 10

I look healthy (weight, skin, hair): 0 1 2 3 4 5 6 7 8 9 10

Mental Health

I am easily able to concentrate: 0 1 2 3 4 5 6 7 8 9 10

I learn new things easily: 0 1 2 3 4 5 6 7 8 9 10

I have a great memory: 0 1 2 3 4 5 6 7 8 9 10

Emotional Health

I have high self-esteem: 0 1 2 3 4 5 6 7 8 9 10

I am free from anxiety/worry: 0 1 2 3 4 5 6 7 8 9 10

I am free from depression/sadness: 0 1 2 3 4 5 6 7 8 9 10

The most important health issue I'd like to overcome is:

On a scale of 0-10, how would you rate

0 1 2 3 4 5 6 7 8 9 10

your success in overcoming this issue?

What would it mean to you to overcome this challenge?

Thank you for completing this assessment. Now, let's focus on how to quickly, safely, and affordably move you further towards 10 in all these areas.

CHAPTER 1

CLEAN YOURSELF OUT

If you are like most people, you shower every day or at least a few times per week. Cleaning the outside of your body is a relatively simple process that most of us take for granted at an early age and do without thinking.

Cleaning the *inside* of your body, however, is a process you probably don't often consider. Perhaps you assume that your body's built-in systems take care of that for you. Well, your body does have fantastic detoxification systems, and if we were living a hundred or more years ago, detoxification would not be such an important consideration.

However, in the 21st century, we live in a high-paced, high-stress world loaded with chemicals and toxins, unnatural electromagnetic fields, and persuasive suggestions to consume oh-so-tasty but not-so-healthy food and drinks...and drugs. Although this book goes far beyond internal detoxification, removing some of the most toxic substances from your body is a logical place to start.

HUMAN TOXICITY

Leading health experts acknowledge that human toxicity has become the norm rather than the exception. While it is common for toxic overload to undermine one's health, many toxins have a signature effect on the body. For instance:

- Formaldehyde—a chemical we're exposed to from indoor carpeting and furniture, impairs liver function and can lead to liver damage.
- Xenoestrogens—fake estrogens that we are exposed to from soy products and plastics are known to disrupt one's natural hormone balance.
- Heavy metals—lead often contributes to depression, mercury in immunizations and dental fillings has been linked to autism and infertility, and aluminum toxicity has been correlated with Alzheimer's and dementia.

If you're feeling depressed or stressed out, I have good news for you. If you need coffee to get going in the morning or "energy drinks" to keep going throughout the day, I have good news for you, too. Even if chronic pain and symptoms of the disease have been plaguing you for years, I also have good news for you.

The good news is you can clean your body from the inside out, and doing so will make you feel a whole lot better.

And here's the best part—this first step doesn't even require self-discipline. How does that sound?

TOXIC BUILD-UP

If you own a car, you may know that running the engine in an enclosed space is dangerous, as the build-up of toxic fumes from the tailpipe can be fatal. Well, some of the most

toxic substances in our bodies come out of our tailpipes, and we want to make sure that these toxins make a regular exit rather than being allowed to accumulate in our bodies.

How many bowel movements do you have per day? Many people go only once daily and if that's the case, there's no cause for immediate concern. There are simple and affordable ways to become more regular, and you will likely feel the benefits.

A person of optimal health generally eliminates two to three times per day, usually after meals. Picture the entire digestive system as a conveyor belt. Food goes in, moves the digestive tract along, and shortly afterward, it comes out the other end.

Your colon (large intestine) can hold several pounds of toxic waste. The body's waste contains the toxins we've consumed but also serves as a breeding ground for harmful bacteria, viruses, and parasites. Sounds a bit disturbing, right?

The colon is the body's primary channel of elimination, so we want to ensure it functions optimally before we begin any further detoxification processes. In other words, there's no sense loosening up the stored toxins in other areas of your body if the toxins can't make a quick exit.

As Jon Barron explains in his book *Lessons from the Miracle Doctors*, the real cause behind sickness and disease is often the retention and re-absorption of built-up toxic waste. Our largest internal organ—the liver—filters dangerous poisons from the body and passes them through the colon. Plug the colon, and it's like flushing a clogged toilet: everything backs up.

So, as a result of a clogged colon, the liver becomes compromised, which compromises health systems further up the

chain, which can show up as symptoms in whichever parts of your body are your weakest links. It all starts in the colon though, which is why this book begins by explaining how to clean your colon effectively and affordably.

LET'S GET MOVING!

If you're eliminating less than twice daily, you may benefit from increasing your water and dietary fiber intake. Fruits and vegetables are good sources of fiber and excellent sources are chia seeds, ground flax seeds, and psyllium powder.

The next logical step is to take a magnesium supplement and vitamin C. Take each as directed on the bottle or by a competent health professional. In the following few chapters, you'll notice that I am a big fan of magnesium.

Magnesium has a loosening effect on the body – it can help nerves and muscles relax. Also, it has a loosening effect on the bowel, so you will find that taking magnesium will have the added benefit of keeping you moving. Vitamin C helps tissue rebuild, provides antioxidant benefits, and also has a loosening effect on your bowels.

If, after this, you're still dealing with constipation, consider taking an all-natural laxative. For this, you have two main options. The first is herbal, with (herbs) cascara sagrada and senna leaf being common active ingredients. The second option is magnesium oxide. Natural laxatives not only stimulate your colon and increase the number of bowel movements you have each day but also begin to loosen the compacted waste along the walls of your colon that has built up over the years.

I suggest taking your natural laxative product as directed on the bottle and gradually increasing or decreasing the dose

until you have two or three comfortable bowel movements daily. *Comfortable* being the keyword. You don't want to be constipated. You also want to avoid being stuck in rush hour traffic or a long checkout line at the supermarket when an uncontrollable urge hits.

I suggest taking your natural laxative product for no more than a week or two and then on an as-needed basis after that. Remember that the worst thing you can be is constipated when you're detoxifying your body. Regular bowel movements are *essential* to avoid unwanted symptoms as you release the accumulated chemicals, pesticides, and drugs from other areas of your body.

NOW RINSE

How would you like to give your body a shower from the inside out?

There are a few ways to put your colon on the rinse cycle, using water to flush it out. If you have the time, money, and desire to do a series of colon hydrotherapy (colonic) sessions to rinse your colon, consider searching online to find a service provider in your area. However, if you don't want to drive across town to colonic appointments that will end up costing you several hours and hundreds of dollars, or if the thought of having water forced into your rear end doesn't appeal to you, I've got another solution that I prefer.

This solution not only rinses your colon but also your small intestines. I call it the *Internal Body Wash*.

The Internal Body Wash involves taking an all-natural laxative at bedtime and consuming a salty broth first thing in the morning. Why salty? You may already know you can't quench your thirst by drinking salt water. The main reason

is not because salt dehydrates but because salt water isn't absorbed. When you consume salt water, it passes straight on through, quickly exiting through your bowels. This is bad news if you're stranded at sea; however it is good news if you want to rinse your digestive tract.

INTERNAL BODY WASH STEP 1: GET THE INGREDIENTS

All you will need is an all-natural laxative product, filtered water, and sea salt.

INTERNAL BODY WASH STEP 2: GET READY

Before attempting an Internal Body Wash, make sure your bowels are moving regularly using the suggestions already mentioned. This ensures your success and comfort.

Choose an evening when you know you can be at home the following morning for a couple of hours before having to leave. You'll want to have easy access to a bathroom.

At bedtime, take a dose of your natural laxative that's sufficient to make your bowels loose the following day. By now, hopefully, you have an idea how much this is. Also, be sure to get a good night's sleep.

INTERNAL BODY WASH STEP 3: MAKE A BROTH

Start the day by heating some water in a kettle. There's no need to bring the water to a full boil. In a glass measuring cup, add two measured teaspoons of sea salt and one quart of hot water (one teaspoon is 5ml, and one quart is equivalent to 0.95 liters). You can also add a few dashes of your favorite herbs for flavor (optional). Try using flavorful but mild

herbs instead of spicy ones to ensure comfort. Let your salty broth sit for a few minutes until it's cool enough to drink.

INTERNAL BODY WASH STEP 4: DRINK THE BROTH

In one sitting, drink the salty broth you've just made. This should be the first thing you consume, other than a small glass of water on awakening if you feel dehydrated. Whether you drink your broth from a mug or use a bowl and spoon, it doesn't matter. Just finish it all in one sitting. If you like salt, you'll enjoy the taste. If not, feel free to sip small amounts of water intermittently to cleanse your palate.

INTERNAL BODY WASH STEP 5: THE RINSE CYCLE

Now, you wait as the saltwater works its way through your stomach and into your intestines. Avoid eating or drinking anything else at this time.

While most people experience no concerns, if you have a sensitive stomach or are prone to nausea, you may find comfort in enjoying a few deep breaths while gently rubbing your belly. A small piece of candied ginger or a dash of ginger powder may also help.

If you have something to do around the house, do it. You just want to be near a bathroom when the salt water exits in 10-60 minutes.

INTERNAL BODY WASH STEP 6: EXTEND THE RINSE CYCLE

If you're short on time, drinking just the broth will flush out most of the contents of your colon and get you on with your day sooner. If you can stay home for a couple of hours and want a more thorough rinse, you can start drinking large

glasses of fresh water about 30 minutes after you finish the salty broth or as soon as it begins to make its exit. Repeat the glasses of fresh water every 10 to 20 minutes after that. This will extend the rinse cycle, moving more water through you. You'll likely find that more water will keep showering through within a few minutes of downing another big glass or two. Use room temperature water (not too cold) to ensure your comfort.

INTERNAL BODY WASH: ALTERNATIVES

Remember, the Internal Body Wash works best if your bowels move 2-3 times daily beforehand. If you are chronically constipated (one or fewer bowel movements daily), you'll benefit from following the suggestions earlier in this chapter before doing the Internal Body Wash.

You have other options if consuming a quart of salty broth isn't your thing. I've had success starting an Internal Body Wash by beginning the day with two to three teaspoons of vitamin C powder, followed by several glasses of fresh water. I've also found that taking a high dose of (*Calm* brand) magnesium can cause bowels to loosen enough to initiate an Internal Body Wash.

The Internal Body Wash was inspired by the "Salt Water Flush" found in the book *The Master Cleanser* by Stanley Burroughs. If you're a purist, Burroughs recommends using lukewarm salt water (instead of hot) without your favorite herbs for flavor. I think you'll find The Internal Body Wash recipe equally effective and more palatable.

INTERNAL BODY WASH: CYCLE FINISHED

Congratulations!

You've just emptied and rinsed your digestive tract! You'll likely feel more energetic for the rest of the day, especially if you avoid eating heavy meals. Try easing your digestive system back into action with a glass of freshly squeezed juice and eating raw fruit, vegetables, seeds, or nuts for the remainder of the day. By dinnertime, you should be ready for a light meal.

While juicing and eating raw produce might not sound appealing to you now, the more you clean and repair your body, the more you'll crave foods that are good for you, and the less you'll crave "junk" food.

CHLORINATED WATER

On the topic of water, drinking good quality water is very important. Although the bottled water industry has convinced us that it's unsafe to drink chlorinated tap water, most people are unaware that you can absorb more chlorine through your skin and lungs in a ten-minute shower than if you drink unfiltered tap water all day.

I highly recommend investing in a whole-house charcoal water filter. My home system was thousands of dollars, but at the very least, for under \$100, most major hardware stores sell basic whole-house filters with installation kits that include special fittings you can install yourself without needing a plumber.

A good thing about these affordable systems is that replacement charcoal filters are under \$10 and last about three months. By showering in chlorine-free water, you may no-

tice your hair is softer and your skin less dry. In addition, your immune system and detoxification organs will appreciate you taking the load off.

A showerhead filter is another option if you cannot install a whole-house filter.

Another thing the bottled water industry doesn't want you to know is that their plastic bottles are harmful not just to our environment but also to our bodies. Plastic water bottles contain an estrogen-like chemical called Bisphenol A (BPA). BPA is known to seep into the water and, when consumed, can wreak havoc on your hormonal system.

Ideally, you want to drink, shower, and bathe in water free of BPA, chlorine, fluoride, and other chemical residues. I use a reverse osmosis system for our drinking water. I also recommend using a chemical-free, all-natural detergent in your dishwasher and glassware instead of plastic drinking cups to avoid drinking chemical residues. As for water bottles, you want one that's glass, stainless steel, or at least plastic labeled BPA-free.

WHAT TO EXPECT AND OTHER SUGGESTIONS

It can take several colonics or Internal Body Washes to thoroughly clean out your colon. You could do one every few days or as your schedule allows.

Beyond that, you can always do one whenever you feel inspired. I've done one the day after a heavy holiday meal and felt better for it. An Internal Body Wash can also help reduce symptoms of a hangover.

After completing an Internal Body Wash, you may find your digestive system more sensitive than it was previously.

Gas and bloating are no fun. If you experience these, try to focus more attention on eating slowly and chewing food thoroughly. Also consider taking apple cider vinegar and digestive enzymes before meals to help aid digestion. Stomach acid and digestive enzymes break down what you eat and drink, including vitamins and supplements, so your body can absorb and utilize them. Aiding your digestion will also allow your body to focus fewer resources on processing food and more resources on repairing itself.

On the same note, avoid diluting your stomach acid and enzymes by limiting how much liquid you drink with meals. If you suffer from acid reflux or heartburn, this is ironically a symptom of low stomach acid. In that case, you'll benefit from knocking off the antacids and instead taking apple cider vinegar or digestive enzymes containing betaine HCL before meals. Acid reflux can also have a genetic cause, which can be revealed and addressed working with 10X Health Systems.

Lastly, on the topic of enzymes, if you are aware of any issues related to your pancreas, using a product that includes pancreatic enzymes may also be helpful.

Another great thing to begin taking now are probiotics, the good bacteria we all need for healthy digestion, overall gut health, and immunity. Antibiotics, birth control pills, pesticides in food, artificial sweeteners, and poor diet in general all contribute to our good bacteria being wiped out. In their absence, your intestines become problematic.

Probiotic supplements can be purchased in most health food stores and online. Probiotics are also found in fermented products such as yogurt and kefir, as well as kombucha, sauerkraut, and its Korean equivalent, kimchi. Pasteur-

ization kills probiotics, so these products must be raw or unpasteurized to be useful probiotic sources.

Yogurt and kefir, on the other hand, may be made with pasteurized milk but are generally not pasteurized after the fermentation process, leaving their probiotics in an active state. And for the most effective and potent probiotics, you can culture your own at home, as outlined in the book *Super Gut*.

Super Gut is written by New York Times #1 best-selling author William Davis, MD. I was so inspired by his work that I created the Ultimate Probiotic Yogurt Maker. It's specially designed for optimal temperature control and extended run times. This allows our customers to culture almost any probiotic on the market to multiply its billions into trillions of live cultures. You can find it at www.amazon.com/ultimate.

NOW YOUR COLON'S CLEANER...

Cleaning your colon is a logical first step on the road to better health. In later chapters, you'll learn how simple and affordable it is to:

- lose weight
- kill the viruses and parasites that antibiotics can't touch
- bolster your immune system
- flush out your liver, which improves your digestion and ability to process alcohol and toxins.

We'll also look at how to:

- overcome chronic pain by correcting the actual causes of your pain rather than simply hiding it with medication
- break free from depression and anxiety and learn ways to stop cravings in their tracks.

This book isn't about being hard on yourself. Quite the opposite—I'm giving you shortcuts and secrets to optimize your health and encourage you to follow along at your own pace. Self-discipline takes practice. Keep at it.

Living a healthy lifestyle gets easier the healthier you become. What is essential is to put what you learn into action and continue to take the next step away from what's ailing you and toward ultimate health.

>> Fast forward

To further enhance and speed up your detoxification and healing process, consider adding the following supplements to your daily routine.

To speed up the repair of your gut, many suggest taking the amino acid l-glutamine. While that's a good idea, another good idea is to supplement your diet with essential amino acids. Your body can produce most amino acids itself. The exception are the nine essential amino acids your body uses to create all the others.

If your gut is in bad shape, then it is having difficulty breaking down and absorbing the food you eat, especially protein. Protein must first be further broken down into amino acids and peptides (small orderly chains of amino acids), which your body then uses to repair damaged tissue and form collagen, muscle, hormones, and neurotransmitters, to name just a few.

Essential amino acids are so crucial for recovery from disease, maintaining muscle during weight loss, and achieving ultimate health that, in full disclosure, I created my own brand of them, which you can also find at www.amazon.com/ultimate.

And before I get off my soapbox in this first chapter, do your best to reduce your intake of sugar, high fructose corn syrup, wheat, GMO, and processed food products. Avoiding foods you are allergic to or even sensitive to is also helpful. Great tests, like the one from ImuPro are available to determine which foods to avoid while your digestive system is healing. The good news is that you can usually reintroduce these foods without trouble once your gut is healed.

As for sugar, great alternatives are monk fruit, stevia, and the amino acid glycine. Allulose is also good but can be irritating in moderate amounts, as can erythritol. And while xylitol is good for dental health in mints and chewing gum, you're better off with the other sweeteners mentioned for most purposes.

Glycine is very similar in texture and flavor to sugar and has many other benefits beyond just helping you avoid sugar. Dr. Joseph Mercola, whom I greatly respect, introduced me to glycine. Please do some research on it. It's a fantastic product. One of the many things it's suitable for is to take before bed for a deeper sleep.

If you'd like to know the products I have vetted and use myself, visit www.craigbrockie.com/resources.

<< Rewind

If, for whatever reason, you find that the Internal Body Wash creates discomfort for you or makes things worse in any way, focus your attention on healing your gut first. Apple cider vinegar, digestive enzymes, glutamine, essential amino acids, and probiotics are good places to start. Activated charcoal, liquid aloe vera, and a product called ION from Intelligence of Nature are also worth considering.

We'll talk about peptides in more detail throughout the book, but the best peptide for healing your gut is called BPC-157, which can be taken orally for this purpose.

After a few weeks, you could try another Internal Body Wash, determining then whether to give your gut more time to heal or continue with the series of Internal Body Washes.

If you continue to struggle with the Internal Body Wash protocol or you want to avoid doing it, Dr. Schulze brand has a colon cleanse that is very good. It combines an herbal laxative to stimulate your colon and activated charcoal to absorb the toxins. It's a bit more expensive, and you don't get to pee out of your bum, but it is a quality program.

CHAPTER 2

FLOOD YOUR BODY WITH OXYGEN

The oxygen in the air we breathe is arguably our most important resource, yet most of us take it for granted. You can last for weeks without food, days without water, but only minutes without air. Take a deep breath and hold it. How long can you make it without taking another?

Oxygen is fundamental not only to your survival but also to the health of our environment and planet. In an episode of *The Nature of Things* hosted by world-famous scientist David Suzuki, he explained how our rivers and streams detoxify by oxygen in the air being drawn into the water in areas of turbulence such as white water or even gentle bubbling over rocks. And surely you know that a protective ozone layer surrounds our planet. Ozone is simply O₃, an active form of oxygen.

Not only does nature survive and thrive with oxygen, so does your body. Flooding your body with oxygen is one of the fastest and most effective ways to recover from illness. Oxygen therapies have been used successfully for over 100 years. Beyond that, they are affordable and have a proven track record for safety and reversing advanced terminal illnesses, including AIDS and late-stage cancer. Oxygen therapies are commonly used in Germany, Russia, Italy, and Cuba, as well as naturopathic and integrative medical clinics in North America.

Hollywood star Nick Nolte is featured in the informative documentary *Ozone: A Medical Breakthrough*. In it he explains how he's used ozone treatments to avoid getting (herpes) cold sores.

Best-selling author Ed McCabe is a leading authority in the field of oxygen therapies. His book, *Flood Your Body with Oxygen*, is an excellent read for anyone serious about eliminating disease and achieving ultimate health.

This chapter gives a brief overview of the work of McCabe and other medical oxygen experts.

OXYGEN STARVATION

Have you ever been held underwater against your will? If so, the experience was most likely terrifying. You may have screamed and resorted to punching, kicking, or even biting to get yourself out of the situation. Desperate times call for desperate measures.

Not only do you need oxygen to survive, but so does every cell in your body. If a cell is deprived of oxygen, it will also resort to desperate measures to survive.

When cells are chronically starved of oxygen, the natural (oxidative) metabolic process cannot function properly. Rather than give up and die, your cells will fight for survival and adapt solely to a glucose fermentation metabolic process. In other words, they create energy exclusively from glucose rather than oxygen and self-replicate uncontrollably. This is called cancer.

If you or a loved one has cancer, you may be relieved to know that cancer cannot survive in an oxygen-rich environment. Nobel Prize winner Otto Warburg proved this to be true. McCabe's book provides page after page further substantiating this fact, and I've personally met people who have overcome cancer using oxygen therapies. Rather than devastating your body with chemotherapy or radiation therapy, why not consider starving cancer with a ketogenic diet, fasting, and effective oxygen and anti-parasitic therapies? You *do* have alternatives.

If you've been feeling tired or run down lately, you might also find it interesting to understand the direct relationship between oxygen and energy. You probably already know that a common reason for yawning is to draw more oxygen into your body when tired. It should come as no surprise then that highly oxygenated cells carry a higher voltage than cells deficient in oxygen. Flooding your body with oxygen is a great way to boost and maintain higher energy levels.

Now let's talk about "incurable" diseases such as AIDS as well as disease in general. All harmful bacteria, viruses, and parasites are anaerobic, which means they cannot survive in an oxygen-rich environment. One study that demonstrates this fact involved injecting monkeys with blood plasma infected with a deadly strain of Simian Immunodeficiency Virus (the equivalent of HIV for monkeys). The first group of monkeys all died within 12 days. The second group's infected plasma

was first infused with ozone before injection. None of the monkeys in the second group showed any signs of infection.

Take a moment to consider the implications for humanity that cures for HIV/AIDS and every other disease could have.

You might think, "OK, Craig, that was a study with monkeys, not humans." Additionally, the oxygenation occurred outside the body before injection, not in the body after the virus had already been acquired.

And you are right to be questioning. Fortunately, thousands of former HIV and AIDS patients around the world have eliminated their symptoms and have come back with lab reports showing the virus is undetectable, all thanks to oxygen therapies. Some African patients have reportedly achieved these results, spending just pennies daily using hydrogen peroxide. I discuss this more later on.

Suppose you're not suffering from terminal AIDS or cancer. In that case, you'll be happy to know that oxygen therapies benefit most people, regardless of their ailment, and are a vital component of ultimate health.

Am I stating that oxygen therapies are a cure-all? Yes and no. Increasing the cellular oxygen levels throughout our bodies creates an unwelcome environment for pain and disease. There are a few more pieces to the puzzle though, to ensure the body can absorb and retain optimal levels of oxygen. We will review these in later chapters.

So why hasn't the public been educated about oxygen therapies? I believe the answer is threefold:

1. *Oxygen therapies are safe and effective.*
2. *Oxygen therapies are affordable.*
3. *Oxygen therapies cannot be patented.*

Pharmaceutical companies spend billions of dollars each year lobbying (or is it really bribing?) politicians, employing former regulatory executives, financially supporting medical schools, doctors, and pharmacists, as well as advertising directly to patients. Is it a conspiracy? It could be. It definitely makes business sense. Unfortunately, profits come before people and oxygen therapies are a threat to the bottom line. I avoid taking the health care system personally. I accept it for what it is and focus on solutions.

Alright, we've set the table, outlining what oxygen therapies are capable of and spiced things up by discussing why you might not have heard of them. Now, let's get to the meat of the issue and how you can gain ultimate health by flooding your body with oxygen.

CONSUME ORGANIC SULFUR DAILY

Huh? Sulfur? I thought we were talking about oxygen.

I love vitamins and supplements and take many every day. But if I could only take one, it'd be organic sulfur, more commonly known as MSM (an acronym for methylsulfonylmethane).

Sulfur is the most effective supplement I'm aware of to increase and sustain higher oxygen levels in the body. It enables oxygen transport across cell membranes and is necessary for healthy cellular regeneration. Sulfur helps allow more oxygen into your cells by increasing the permeability of cell membranes, which also helps to remove toxins.

The most immediate changes I experience when taking therapeutic doses of sulfur are that my energy, strength, stamina, and endurance increase during exercise. Muscle pain and soreness improve, and scar tissue even begins to soften.

This last point is easy for me to distinguish as I have scar tissue in my lower lip from an old injury. Within a couple of days of taking multiple grams of MSM daily, that area of my lip becomes considerably less dense and more flexible.

Organic sulfur or MSM routinely improves joint pain and stiffness, neck and back pain, sore muscles, heartburn, headaches, cold sores, allergies, acute injuries, acne and other skin conditions, grey hair, gastrointestinal disorders, and supports the liver.

A study of the elements of the periodic table shows sulfur and selenium as the only two common oxygen transport minerals. People have soaked in sulfur-rich mineral hot springs for centuries to help heal various ailments. It is the presence of sulfur in the water that is believed to provide the results.

Sulfur is a naturally occurring mineral. You need to supplement it because industrial farming practices do not replenish this vital mineral in the soil, so our food supply is severely deficient in sulfur.

There is over a 30-year history of MSM use, showing it to be one of the safest nutrients to ingest, even in large quantities. It is also safe for people taking medications. It should be noted, however, that MSM can thin blood, so it should be approved by a licensed doctor when used in conjunction with blood thinning medication.

Because MSM is such an effective detoxifier, it's recommended you start at a lower dose of 1-2 grams per day and gradually work your way up to the therapeutic dose described below. As long as your bowels are moving 2-3 times per day and you're drinking lots of water, you should avoid unpleasant detoxification reactions. But if you experience a headache or the onset of cold symptoms, that's a sign you're

increasing your dosage too fast. Go at a pace your body can comfortably handle.

Ed McCabe, in *Flood Your Body with Oxygen*, suggests taking MSM in a therapeutic dose of 500mg per 30 lbs. of body weight twice daily. For example, a 150lb person would take 2.5 grams twice daily.

MSM expert Dr. Ron Neer recommends taking 4-6 grams of MSM per 100 pounds of body weight twice daily—ideally on an empty stomach first thing in the morning and a couple of hours after lunch. So, a 150lb person would take 6-9 grams twice daily.

You may find that McCabe's suggested dosage is enough to give you the desired results with capsules or tablets. If so, great. If not, consider using a powder or crystal form of MSM to push the upper limits of Neer's recommended dosage for at least a few weeks to see what it can do to improve your health issues.

Vitamin C and trace minerals (which can be found in products like Concentrace) are complementary to MSM and your health in general, so I recommend adding these to your daily supplement routine as well.

BREATHE DEEPLY

Breathing is something most of us take for granted. Unless you have asthma or are into yoga or some form of meditation, you probably don't give breathing much thought. Most people are shallow breathers and absorb only a fraction of their potential oxygen. If you'd like to increase your lung capacity and the oxygen you absorb, practice this simple breathing exercise:

1. Inhale through your nose, expanding your stomach first and your chest second. Most people only expand their chest, so this may feel strange initially.
2. Once you've taken in what usually would seem like a full breath, pause and take three more sips of air through your mouth to expand your lung capacity further and gently stretch the tight muscles in your abdomen and chest that restrict your breathing capacity.
3. Hold your breath for a three-count, relaxing into the experience.
4. Exhale, contracting your chest first and your stomach second.
5. At the end of your exhale, squeeze your abdominal muscles to get as much stale air out of your lungs as possible.
6. Repeat several times and enjoy the buzz.

I encourage you to practice this or any exaggerated breathing exercise before getting out of bed in the morning, before falling asleep at night, and anytime throughout the day when you're feeling stressed, tired, or bored.

Once you've got the technique down, try adding these simple suggestions to enhance your experience and the benefits further:

- Experience a supercharged endorphin release by listening to your favorite music, smiling, or focusing on a happy memory or goal that excites you.
- Expand your breathing capacity further by getting a deep tissue massage on your abdomen and chest.

Most people prefer having their backs massaged since this is where they feel pain. By focusing on loosening the muscles in the front of your torso, you can take deeper breaths, allowing more oxygen into your body. This type of massage can also improve internal organ

function and your posture, helping you keep your shoulders back, head upright, and standing taller. Computer and cell phone use have destroyed most people's posture. We'll touch more on pain in Chapter Six.

A simple and less expensive technique to loosen up the abdomen, chest, and pelvis muscles is to place a basketball or medicine ball under your stomach, lying face down on the floor or on top of an exercise mat. Gently ease your body weight into the ball. The ball will sink deeper into your abdomen as you relax and exhale, releasing many tight muscles restricting your breathing.

- If you can afford to do so, consider investing in an oxygen tank or oxygen concentrator to allow you to breathe pure oxygen when convenient. Also, consider exercising with oxygen therapy (EWOT) as a relatively affordable method to flood your body with oxygen. If you play sports, you may notice improvement in your performance simply by breathing pure oxygen for 10-20 minutes before you play.

Oxygen tanks are affordable and refilling them is too. Millions spend more money on Starbucks to boost their energy throughout the day. While I am not here to knock coffee, detoxifying your body, giving it the nutrients it's missing, and flooding it with oxygen will provide you with energy levels you haven't experienced in years. If you want to avoid refilling an oxygen tank, buying an oxygen concentrator is another alternative. But if you ever want to make ozone at home, you want to use pure oxygen, which only a tank can provide.

In the past several years, “The Ice Man,” Wim Hof began popularizing deep breathing. I’ve tried his technique and it’s excellent, too. He’s certainly an entertaining guy to watch on YouTube and so charismatic that he’s also popularized bathing in ice water. Any salesperson or social media influencer has to respect Wim’s ability to motivate others to take action. I love the guy.

OTHER OXYGEN SUPPLEMENTS

Now that we’ve covered organic sulfur (MSM) and addressed how to maximize your breathing capacity to increase your oxygen absorption through your lungs, let’s look at other affordable and effective ways to get more oxygen into your system.

At best, the air we breathe is 20% oxygen and can be less in urban areas. McCabe cites a study where the oxygen content of the air in Gary, Indiana, was once measured at less than 12%! Whether you live in an urban area or not, oxygen supplementation is something you may benefit from to supercharge your health and energy levels.

Before we look at the oxygen supplements, a quick warning: If your symptoms get worse at any time during your oxygen supplementation process, this is a sign that you are oxidizing microbes and toxins faster than your body is eliminating them. If this is the case, reduce your dosage level slightly and put more emphasis on the elimination strategies covered in Chapter One.

HYDROGEN PEROXIDE

The least expensive form of oxygen supplementation is to consume drops of food-grade hydrogen peroxide in

drinking water. McCabe shares many documented cases of impoverished African patients curing themselves of AIDS using this method alone—all at the cost of just pennies a day. Hydrogen peroxide has not only demonstrated its ability to cure AIDS but can be effective in treating many other diseases as well, including cancer and heart disease.

The most recognizable form of hydrogen peroxide is the product you find in most grocery stores and pharmacies. If you've ever used this product, you know how it creates a white fizzy reaction when applied to an open cut or a scrape to the skin. This fizzing action sanitizes the wound through oxidation, a process I'll explain in a moment.

Before we get ahead of ourselves, let's look at what hydrogen peroxide is. You've heard water referred to as H_2O before, right? Hydrogen peroxide is simply H_2O_2 : a water molecule with an extra oxygen atom.

Water is a very stable substance. Hydrogen peroxide is not and is eager to donate its extra oxygen electrons to anything that will react with them, leaving behind plain old water. To spell this out, H_2O_2 gives away its O electrons and becomes H_2O . This reaction is called oxidation, and it can sanitize the inside of the body much like it does the outside.

The great news is that the harmful bacteria, viruses, and parasites that plague humanity are anaerobic and can be killed through contact with oxygen! This is the reason why flooding your body with oxygen is so compelling.

If the miraculous healing ability of hydrogen peroxide is news to you, don't worry; your body has always known. Hydrogen peroxide is produced by your white blood cells, which is your front line of defense against harmful pathogens.

That's right; your immune system produces hydrogen peroxide as your first line of defense. This is why licensed naturopathic and integrative medical doctors often give patients intravenous treatments containing hydrogen peroxide to support their immune systems in combating disease.

I hope you're getting a sense of how outstanding hydrogen peroxide is for healing the body. A convincing test I encourage you to try at home is to add several drops of (3% strength) hydrogen peroxide into your mouth—in addition to your favorite toothpaste—the next time you brush your teeth. After just one application, you'll be amazed at how much cleaner your teeth feel.

Another helpful use of hydrogen peroxide is to help handle colds and flu. At the earliest onset of symptoms, place a few drops of 3% strength peroxide in one ear, let it sit for a few minutes until the bubbling sound subsides, drain onto a tissue, and then repeat with the other ear. This use of peroxide can also help avoid swimmer's ear and reduce ear infections.

You should note that most hydrogen peroxide sold in stores is labeled for external use only. The other common form of hydrogen peroxide is food grade. It often comes in 35% strength, which is far too strong to use in or on your body undiluted. Fortunately, brands of food-grade hydrogen peroxide in 3% strength are now available.

A peroxide-based toothpaste or 3% food-grade peroxide used while brushing and flossing offers benefits for ongoing dental care.

Getting back to oxygen supplementation, adding drops of food-grade hydrogen peroxide to your drinking water is hands down the least expensive way to go, and there's overwhelming evidence that it works.

I've already mentioned how AIDS patients in Africa have reportedly cured themselves with hydrogen peroxide. McCabe also cites examples in his book of farmers who buy diseased livestock and return them to health by adding hydrogen peroxide to their water supply. If they're in the know, they'd also give them MSM and trace minerals, which are great for livestock and pets, too.

Only food-grade hydrogen peroxide should be taken internally for long-term or regular use. It can be found in most health food stores, hydroponic shops, and even on Amazon.

A safe and effective protocol for diluting and consuming hydrogen peroxide for internal use can be found in McCabe's book. A search on Google or YouTube can likely provide others.

STABILIZED OXYGEN SUPPLEMENTS

Although hydrogen peroxide can provide miraculous results when taken orally in a consistent and progressive manner, you may not appreciate the chalky taste.

Fortunately, there are many stabilized liquid oxygen supplements on the market today. Many of these products taste more pleasant and provide similar benefits to taking hydrogen peroxide orally. I've tested about a dozen of these products and don't have a particular favorite. One called *Cell Food* is the best-selling.

Other excellent oxygen supplements are oxygenating colon cleaners. I referred to these in Chapter One as an alternative to herbal laxatives. I discussed the importance of regular elimination and colon health in that chapter. Oxygenating colon cleaners have the dual benefit of stimulating regular

elimination and releasing active oxygen into the colon. This oxygenating action can also:

- kill harmful bacteria, viruses, and parasites
- help the colon heal
- release additional oxygen into the body.

MIRACLE MINERAL SUPPLEMENT

If you believe what tastes terrible must be good for you, have I got something for you.

The product is chlorine dioxide and goes by the name MMS, which stands for Miracle Mineral Supplement. It has an extensive list of diseases it has reportedly cured, which is likely why the FDA warned against it (like they did ivermectin and hydroxychloroquine) during the Covid 19 pandemic.

A researcher named Jim Humble has done the most work with MMS, which is a potent oxygenating product. Like hydrogen peroxide, it's incredibly affordable and effective.

Its main drawback is its taste, which I had difficulty handling in larger doses. There is a brand of cough syrup by the name of Buckley's. Their slogan is "It tastes awful, and it works." MMS could use a similar motto with its bleach-like flavor.

TOPICAL OXYGEN SUPPLEMENTS

So far, we've talked about flooding your body with oxygen from the inside out, which is the best way to go when dealing with the body as a whole. That said, many people suffer from local skin conditions such as acne, eczema, psoriasis, athlete's foot, ringworm, and herpes, to name a few.

Regarding skin conditions, topical oxygen supplements can provide excellent results. For instance, those who suffer from shaving irritation or acne can benefit from misting the skin with 3% hydrogen peroxide from a spray bottle. On a related note, this book's other detoxification and immune-boosting suggestions can also significantly improve acne.

DMSO (dimethyl sulfoxide) cream is my go-to topical oxygenating product. DMSO is a close relative to MSM. In fact, MSM is manufactured from DMSO. And while MSM creams are available, they don't have the penetrating or direct oxygenating action that DMSO has.

DMSO is popular for treating muscle and joint pain as well as cold sores, where it is applied locally and on the spine to reduce symptoms. Those who experience cold sores would also benefit from researching the relationship between the amino acids arginine and lysine. Arginine is known to aggravate viruses, whereas lysine has a calming effect.

In addition, ozonated oils provide outstanding results for most infections, including stubborn issues like athlete's foot and ringworm. Since these last two conditions are fungus-related, a candida cleanse (found in Chapter Four) is also essential.

MEDICAL OXYGEN THERAPIES

If you prefer to keep your budget to a minimum and you possess an excellent characteristic called patience, then the suggestions already mentioned in this chapter are likely to satisfy your needs.

If, on the other hand, you are terminally ill or have the resources to fast-track your path to ultimate health, I suggest exploring some of the following medical oxygen therapies.

HYPERBARIC OXYGEN THERAPY

Hyperbaric Oxygen Therapy (HBOT) is one of the most mainstream medical oxygen therapies, mainly because of the attention generated by professional sports. Professional athletes frequently use HBOT to speed their recovery from injury. HBOT has also gained attention as a helpful treatment for children with autism.

HBOT effectively floods the body with oxygen because the hyperbaric chamber pressurizes your body while you simultaneously breathe pure oxygen. The pressurization allows far more oxygen to saturate your cells than when you breathe oxygen at atmospheric pressure.

An everyday example to understand the pressurization effect is illustrated when you open a can of soda. As you know, excess gas is released in the form of bubbles as soon you open the can. This release of carbon dioxide shows that the gas concentration was much higher when the can remained under pressure. Similarly, far more oxygen can be absorbed into your body by first pressurizing it.

Hyperbaric oxygen chambers are found in most major cities. Portable hyperbaric chambers for the home are also now available.

KAQUN WATER BATHS

Another proven way to saturate your body and cells in oxygen is by bathing in Kaqun water. This technology is unique as Kaqun has developed a proprietary method to restructure water. As a result, the oxygen in it has a greater ability to penetrate your skin and cells.

I have a personal friend who was suffering from Lyme disease and credits bathing in Kaqun water as the main reason her symptoms subsided. And there are thousands of other success stories.

There is a spa in LA and another in Vegas that have been open for years. But if you are wealthy or a spa owner, you can buy a Kaqun bath for your home or business. Here in Clearwater, Florida, which I'm fortunate to call home, there are two locations to choose from with Kaqun baths.

INTRAVENOUS HYDROGEN PEROXIDE

As mentioned earlier in this chapter, medical-grade hydrogen peroxide can be administered intravenously under the care of a licensed naturopathic or medical doctor. Your white blood cells naturally produce hydrogen peroxide to kill pathogens, so this oxygenation method effectively boosts your immune system to overcome disease.

OZONE CUPPING, BAGGING AND STEAM CABINETS

Ozone cupping involves covering a small area of your body with a direct flow of ozone. Ozone bagging involves enclosing an area of your body with a bag and saturating the area with ozone. Ozone cupping and bagging help heal skin conditions such as infections and burns.

Saunas and steam rooms have been used for centuries to provide detoxification through the body's largest organ, the skin. Ozone steam cabinets offer all the benefits of regular steam treatment, plus the additional benefit of saturating your skin with healing ozone. Ozone steam cabinets are available in many major cities and can be purchased for the home. Ozone steam cabinets are shaped like a clamshell that

you sit in. The cabinet fits loosely around your neck and is wrapped in a towel to lock in the steam heat while allowing you to breathe the air outside of the cabinet.

OZONE INSUFFLATION

Ozone treatments can also be effectively administered:

- rectally
- vaginally
- through the ear canal.

Rectal ozone insufflation can help treat colon, prostate, reproductive, or liver disorders, as well as sexually transmitted diseases (STDs). Using two catheters allows a steady stream of ozone without pressure building up. Vaginal ozone insufflation is known to be a very effective remedy for yeast infections, STD symptoms, and reproductive health conditions. Ear and sinus infections can be effectively cleared with the gentle application of ozone gas into the ear canal.

Ozone insufflation is an excellent treatment for local symptoms and provides increased oxygen throughout the rest of the body. For example, similar to the effect of oxygenating colon cleansers, ozone administered rectally is absorbed into the blood through the walls of the colon. Ozone administered vaginally or through the ear also results in increased oxygenation levels throughout the body.

Another benefit of ozone insufflation is that it can safely and affordably be administered in the convenience of your home by investing in a medical ozone generator and oxygen tank.

OZONE AUTOHEMOTHERAPY

In Germany, ozone has played an essential role in the nation's healthcare system for decades. German practitioners are world-leading authorities in an ozone procedure called autohemotherapy (AHT). North America's leading authority in AHT is Dr. Frank Shallenberger.

AHT involves treating up to a pint (~500ml) of blood outside the body with ozone. AHT is a convincing treatment for even the greatest skeptics, as you can see the effects right before your eyes. As the blood leaves the body, it is dark purple. The darker the blood, the worse the patient's health status.

After the blood has been collected in a clear sterile container, ozone gas is injected. Immediately, the blood turns a bright cherry red, teeming with oxygen, energy, and life. Right before your eyes, you see blood being supercharged with oxygen!

Even though you are treating less than 10% of your total blood volume at a time, AHT provides an excellent health boost. In addition to the oxygen boost, as ozone kills the harmful microbes in your blood, it creates natural antibodies specific to your condition. As the oxygenated blood is returned to the body, your immune system gets a boost from both the oxygen and the cascading effect of the antibodies.

AHT is relatively painless and is available through licensed naturopathic doctors and integrative medical clinics in most major cities.

DIRECT INTRAVENOUS OZONE INJECTION

The most controversial method of introducing activated oxygen into the body is administering ozone by direct intravenous (IV) injection. Many terminal cancer and AIDS patients have safely used direct intravenous ozone injection to overturn their death sentences rapidly. Once a person has the required equipment and training, treatment can be administered from the comfort of one's home.

There is a lot of fear surrounding direct intravenous ozone administration. The fear is that injecting ozone gas directly into a vein will create an embolism. An embolism is a gas bubble in the blood and can be fatal. There's nothing like frightening a person about probable death to make them overlook an affordable miracle cure!

The controversy and fear of direct intravenous ozone are based on truth but coupled with an incomplete understanding. If a person injects ozone gas generated from ambient air as the source gas, then there certainly is a risk of an embolism. This is because air is ~80% nitrogen, and nitrogen is insoluble in the blood, which could lead to an embolism.

However, medical-grade ozone is made from pure oxygen gas, not ambient air. Therefore, Medical-grade ozone is entirely soluble and eliminates the risk of an embolism. This means the ozone can be absorbed into the blood immediately after injection.

McCabe has interviewed enough doctors and patients to represent thousands of direct intravenous ozone injections with a safety record the conventional medical system could never dream of achieving. This method is safe when a person is trained correctly, proper equipment is used, and the administration protocol is followed with care.

I haven't personally injected ozone gas into a vein, but I have received several "Prolozone" treatments, which involved being injected with ozone gas into my muscles. Beyond being an odd sensation, I've only had positive effects.

EBOO TREATMENTS

EBOO stands for extracorporeal blood oxygenation-ozonation. Extracorporeal means "outside the body". EBOO is a blood filtration process that is combined with high doses of ozone. If I were to become terminally ill with AIDS, leukemia, or Hepatitis C, I would do whatever possible to receive a series of EBOO treatments. In my opinion, EBOO is the closest thing to getting brand-new blood.

Dark purple, toxic, diseased blood is drawn from the body and infused with active oxygen, instantly turning the blood a bright cherry red color while killing all anaerobic bacteria, viruses, and parasites. The blood is then filtered and safely returned to the body, all in a closed-loop system.

The sterile, supercharged, cherry-red blood then circulates throughout the body, facilitating rapid internal healing. EBOO may be the most effective protocol for overcoming any disease, terminal or otherwise, but it is also expensive. While it is costly relative to the other suggestions in this book, it is still affordable compared to conventional medical treatments.

I love this treatment—it's like having your blood changed in 90 minutes. Many years ago, when I first experienced EBOO, it was not available in the US. I had to go to Mexico for treatment. Fortunately, now it is available in several US cities. Here in Clearwater, Florida, where I live, there are two clinics with EBOO if you want to come here to experience it for yourself.

EBOO is most effective when undertaken in conjunction with intravenous nutrients. I will talk more about these later in the book.

OTHER OZONE THERAPIES

Lesser-known medical ozone applications also yield excellent results. One such protocol is to inject highly concentrated ozone gas directly into cancerous tumors. According to Dr. William Turska, ozone destroys the diseased tissue rapidly in this case.

Another unique ozone application is particularly hopeful for anyone suffering from back pain, especially those with herniated disks. The procedure claims a 95% success rate with no side effects and zero recovery time. Developed in Italy, The Discosan Method is now available at advanced clinics worldwide.

Also, as I mentioned earlier, there is another pain relief treatment called Prolozone, which I have experienced first-hand and can vouch for. Lifeworks Wellness Center here in Clearwater, Florida, offers it if you can visit the Tampa area.

GET MORE OXYGEN EVERY DAY

Before we move on to the next chapter, I'd like to introduce some final ideas to consider adding to your home to flood your body with oxygen.

VIOLET RAY

A handheld device known as a violet ray can help with pain relief, countering the effects of hair loss and helping to speed the healing of many local health conditions. The violet ray

device topically transfers ozone and electrical stimulation to the treated area, increasing oxygen levels, blood flow, and healing energy. The “father of holistic medicine,” Edgar Cayce, used the violet ray extensively with his patients due to the device’s effectiveness.

IMPROVE YOUR INDOOR AIR QUALITY

The quality of indoor air is a significant issue, especially when you must keep your windows closed to maintain the temperature inside, whether heating during winter or air conditioning during summer. Many irritants circulate within indoor air, including:

- dust
- mold spores
- airborne bacteria
- viruses
- synthetic toxins such as formaldehyde from carpets

Introducing an ozone generation system to a building’s central heating and cooling system is an option to consider. Ozone kills mold spores, viruses, and bacteria and oxidizes toxins, rendering them less harmful to the body. Ozone also leaves the air smelling much fresher by eliminating most odors, including those from dampness, garbage, pets, and even cigarette smoke.

In high concentration, ozone can irritate the lungs, so low ozone levels are always used in interior spaces. The rule of thumb is that concentrations should be low enough that the smell of ozone is absent when occupied. Higher ozone concentrations can kill off mold or eliminate heavy odors, but only when spaces are unoccupied.

Here in Florida, it's hot and humid for several months of the year, making mold a serious issue. Unfortunately, even in Florida, HVAC contractors aren't qualified to diagnose a mold infestation.

Our regular A/C maintenance company had "inspected" and "cleaned" our air conditioning system for several years. Unfortunately, their idea of cleaning was just spraying a common cleaning product called Simple Green inside the air handlers in our attic.

It wasn't until I hired a mold inspection company to open up our air handlers and inspect the cooling coil and blower in each unit that we learned just how serious of a mold issue we had. The mold inspector said he'd never seen a worse mold problem than what our indoor air was passing through day in and day out.

Fortunately, we were referred to a competent HVAC contractor. Our problem was so bad that he needed to completely remove the cooling coil and blower from one of the air handlers to clean it properly. Seeing these internal A/C components caked with dirt and black mold was shocking.

Our mold problem was so severe we had all our ducts and distribution box (aka "plenum") replaced. We also had him install a UV light to the coil and another to the blower to prevent mold from growing back. Lastly, we had him install a high-efficiency particulate absorbing (aka "HEPA") filter to the air handler to ensure we would have clean air to breathe year-round.

Fortunately, no one in my family was experiencing any severe health problems from our constant exposure to mold. This is likely due to all the other things we do right for our health. But if you live in a humid climate and are experiencing health issues, consider having a mold inspection

company open up your HVAC system and any baseboards or walls that you know of or suspect have gotten wet and may have developed mold.

You can also test your body for mold toxicity at an integrative medical clinic or order your mycotoxin urine test online. (A mycotoxin is a toxic substance produced by a fungus, like mold).

Even if you don't live in a humid climate, if you have an older HVAC system or don't replace your air filters every month or two, it may be worth having your system thoroughly inspected by a qualified professional. I'd even suggest they take photos of the coil and blower in your air handler so you can see for yourself what is in there. You and your family's health deserve clean air.

Lastly, something we do every six to twelve months is have our AC system fogged with a natural product that kills mold. There are ones made from thyme oil and others that are peroxide-based.

ENJOY YOUR EXTRA OXYGEN

Many people will ask whether medical oxygen treatments are safe. The German Medical Society has reported that 384,775 patients were given 5,579,238 ozone applications with a side effect rate of 0.0005%. Compare that statistic to those found in conventional medicine. I'm sure you've noticed how prescription drug commercials spend almost as much time explaining common side effects as touting the drug's benefits. I'd choose medical oxygen treatments over drugs any day.

Daily organic sulfur (MSM) consumption and deep breathing are fundamental to good health. These two things alone

are likely to give you a noticeable improvement in your health and how you feel.

Oxygen supplementation is as simple and affordable as adding food-grade hydrogen peroxide or stabilized oxygen drops to drinking water. This can be effective in increasing cellular oxygen levels throughout your body. Those with the resources available will also find the medical oxygen therapies mentioned in this chapter very helpful.

In years to come, as oxygen treatments are used more widely, cancer and AIDS may be seen in the same way as we see scurvy today, in other words, as essentially obsolete diseases.

If you haven't already, take some action now to begin flooding your body with oxygen and enjoy the amazing benefits! Then check out the next chapter, which looks at acid-related issues and identifies ways to maintain a pH-balanced lifestyle.

CHAPTER 3

ACIDOSIS: PUT OUT THE FIRE

Imagine for a moment that a raging forest fire is threatening your home. You'd have good reason to be concerned. Most people understand the devastation a fire can cause.

Now, consider for a moment that you could have a fire raging inside your own body. While this fire is slightly different, anyone who recalls high school chemistry can understand it. The blazing fire inside the body is called acidosis. In many ways, acidosis is a silent killer.

If chemistry class is a distant memory to you, perhaps a torture scene from a Hollywood movie has sensationalized the corrosive, burning effects of acid on a victim's flesh. Or if you've ever replaced a car battery, you might have noticed the warning labels about avoiding contact with the battery acid inside. There's no arguing that acid can damage human tissue.

However, like anything, acid is neither good nor bad in absolute terms. Stomach acid is essential to facilitate proper digestion. But, although your stomach thrives in a highly acidic environment, the same cannot be said for all areas of your body. For instance, if your blood becomes too acidic, you can die.

pH

Before we continue, let's talk a bit about pH, which stands for potential hydrogen. The pH scale ranges from zero to 14, with seven being neutral. An acid is any substance with a pH less than seven. Any substance with a pH greater than seven is alkaline.

An interesting characteristic of the pH scale is that it is logarithmic, with every point representing a change by a factor of 10. Therefore, a one-point pH change equals ten times, a two-point change equals 100 times, a three-point pH change equals 1,000 times, and so on. To illustrate, distilled water has a neutral pH of seven, while carbonated soft drinks can have a pH of less than four. Some sodas, therefore, are at least 1,000 times more acidic than distilled water.

pH AND OXYGEN

In the last chapter, we discussed the importance of oxygen to your health. Interestingly, there is a direct relationship between pH and oxygen. Acidic environments are:

- deficient in available oxygen
- susceptible to disease
- unsupportive of life

By contrast, alkaline environments are:

- rich in available oxygen
- resistant to disease
- supportive of life

A real-world example may help illustrate how acids affect an environment. I'm old enough to remember that acid rain was a hot topic in the 1980s. The problem was so severe in some places that acid was overwhelming entire lakes, lowering the pH of the water to the point that it could no longer support life. Some of these acidic lakes were eventually categorized as dead.

Oxygen doesn't disappear in an acidic environment; acids bind to the oxygen, making it unavailable for other purposes. The remedy for dead lakes was to add an alkaline mineral—usually lime—to the water. Lime increased the alkalinity of the water, which increased the amount of available oxygen in the water. The lime-treated lakes would then begin coming back to life and be capable of supporting and sustaining the plant life and fish that had previously lived in the lake.

Another real-world example to help understand the importance of pH will be familiar to you if you own a swimming pool or hot tub. Although many don't understand why, hot tub owners know it is essential to keep the pH of the water slightly alkaline. A pH of 7.2 to 7.8 is the target range to keep hot tubbers safe and healthy.

ACIDOSIS

Many areas of the body—for instance, your blood—thrive in a slightly alkaline environment. Your body functions in a very narrow pH range; for example, blood can fluctuate

from 7.35 to 7.45. Unfortunately, most of the things people eat, drink, and do these days create an abundance of acid.

Virtually all of the toxins that build up in the body are acidic. Toxins contribute to your body being in an acidic, low-oxygen state that encourages the breeding of fungi, molds, bacteria, and viruses, thus making you susceptible to disease.

Acidosis is the condition associated with having an increased level of acidity in your body. There are numerous symptoms of acidosis, and they can affect many areas of your body. The symptoms include:

- lack of energy and sleepiness; this lack of energy may even manifest as chronic fatigue
- overweight or sometimes, ironically, underweight
- joint pain and arthritis
- osteoporosis
- heart attack
- allergies
- acne
- frequent colds, bronchitis, infections, and headaches

REDUCE ACID IN YOUR BODY

So, if excess acid (and acidosis) can harm your body, what can you do about it?

The best way to put the fire out is by finding what is causing your acidosis in the first place. For this, there is no single treatment but a range of options that can be incorporated into your daily life.

REDUCE STRESS

The first step to putting out that fire is to reduce stress. Among other things, stress can lead to:

- shallow breathing which results in insufficient oxygen absorption.
- a fight-or-flight hormonal response, which is acidic.
- muscle tension, which is also acid-forming.

I'll elaborate on this issue in the next chapter. Still, you should also be aware of the relationship between candida (yeast) and stress since excess yeast in the body creates a biochemical imbalance that adds to stress. Psychiatrists are very fond of diagnosing people with chemical imbalances. They usually fail to explain that brain chemicals, known as neurotransmitters, are manufactured and stored in the gut. An unhealthy digestive system, riddled with candida yeast, adversely impacts one's stress levels and emotions.

BREATHE DEEPLY

Our prime source of oxygen comes through breathing. If you're taking MSM (organic sulfur) and following any of the other recommendations in the previous chapter, you should be enjoying higher oxygen levels.

Many people fail to gain the full benefit of oxygen in the air due to their shallow breathing. They need to take advantage of the opportunity to increase the oxygen in their bodies most naturally. Also important to realize is that carbon dioxide is acidic. Therefore, increasing oxygen intake and effectively exhaling acidic carbon dioxide is important.

Check back to the last chapter for advice about breathing exercises, as these are a fundamental way to improve health—and free!

DRINK PURE, ALKALINE WATER

The last chapter discussed how drinking water enriched with oxygen can increase cellular oxygen levels. Another solution is to purchase an alkaline water ionizer. Water ionizers filter and process regular tap water into health-enhancing water. Ionizers can raise the pH of tap water by three points, making the water up to 1,000 times more alkaline.

Drinking alkaline water is another way to raise your body's pH, and since oxygen availability and pH are so closely related, focusing on increasing your pH also helps flood your body with oxygen. The water ionizer models I like best are mounted under the counter, which I highly recommend to save counter space around your sink.

Water ionizers have another benefit: they greatly enhance the oxidation-reduction potential (ORP) of the water. I won't go into detail about ORP. I will mention that the "dreaded" free radicals that get so much attention these days are electron deficient, and water ionizers generate water rich in negative ions. The excess negative ions in the water are believed to effectively neutralize free radicals within the body.

The best water system integrates reverse osmosis filtration (to remove as many toxins as possible, including the fluoride and drug residues that most filters don't touch) followed by an ionizer to boost the alkalinity and improve its antioxidant properties. Chemical-free alkaline water is ideal. Unfortunately, it doesn't come cheap, with a system such as this costing over \$2,000.

If you had to choose between one of these two water filtration technologies, the reverse osmosis water wins hands down. First, I see little sense in ionizing impure water; ionizers do not remove fluoride or other chemical residues. Secondly, water ionizers are much more expensive. You can buy a quality reverse osmosis system for about \$300. Lastly, you can get far more negative ions from electrically grounding your body (see Chapter Seven) than from drinking alkaline water.

The downside of reverse osmosis water filters is that they also remove minerals. The same goes for distilled water. The best remedy for this is to keep a bottle of liquid trace minerals around and add a few drops to your water or take a larger dose once or twice a day. Minerals also raise water pH, are alkalizing to the body, and have many other health benefits.

EAT AN ALKALIZING DIET

Besides the water you drink, the other things you put in your body also affect your pH. Soda pop, as I mentioned earlier, is highly acidic, and the standard American diet is so dominated by acid-forming foods and chemicals that it is no wonder Americans are so unhealthy. Coffee, alcohol, sugar, bread, dairy, and meat are all acid-forming. Alkaline-forming foods are primarily vegetables and legumes with some fruits, seeds, nuts, and healthy fats. You can find charts online that summarize these foods for you.

You should consume more alkaline-forming foods than acid-forming foods as a percentage of your diet. We all know that changing our diet can be one of the hardest things to do. So rather than making drastic changes, I suggest gradually emphasizing alkaline-forming foods and less on ac-

id-forming foods. As your body becomes healthier, you'll crave "junk" foods less and healthy foods more.

WHY MINERALS?

In US farmland, soil depletion is a big issue. It is widely accepted that due to over-farming, the soil in which the crops are grown is deficient in minerals.

Instead of replenishing the natural minerals lost from the soil, the agricultural industry has used chemical fertilizers, herbicides, and pesticides. Glyphosate, sold by Monsanto under the brand name *Roundup*, is the worst offender harming you and your family. Eating organic has unfortunately become essential to good health.

Crops grown today are degraded since if the soil lacks minerals, the crops also lack minerals. Plants can create vitamins as part of the photosynthesis process, but they cannot generate minerals.

The result is that the mineral content of the US food supply has dropped. This is a particular challenge since minerals are alkaline. When you couple the effect of acidosis robbing the body of minerals with the depletion of alkaline minerals entering the body through the food chain, you can see that the body's pH levels can become increasingly acidic.

Different forms of mineral supplements are commonly found in tablets and capsules. Overall, these are the lowest quality supplements in terms of bioavailability to the body. Colloidal minerals are an improvement, but liquid ionic minerals are the best form of mineral supplementation due to their high level of absorption and utilization. These include trace minerals, which help maintain a natural balance.

The two most common minerals are:

- Calcium, which has a tightening effect inside the body, helps to make bones denser, as one example of a benefit. Calcium supplements can often help with osteoporosis (the condition that arises when calcium is robbed from the bones to neutralize acidosis).
- Magnesium, which has a loosening effect inside the body, helps muscles relax. It also relaxes the bowels and has a relaxing impact on the nervous system, which is helpful for those who suffer from anxiety.
- There are powdered calcium/magnesium products available that, when you add hot water to them, create a reaction that makes them more easily absorbed and utilized. These are great to take at night time before bed. I buy the unsweetened calmag powders and use (the amino acid) glycine to sweeten it and bring its additional benefits to the nervous system.

BICARBONATE

There are alkaline substances, and there are acidic substances. Then there are buffers.

This may be illustrated by looking at a swimming pool. When it comes to swimming pool water chemistry, you don't just address the pH. You also measure and adjust the total alkalinity. Total alkalinity refers to how much bicarbonate is in the water, and the more bicarbonate there is in the water, the more resistant the water is to fluctuations in pH. With greater bicarbonate levels, the water will not be as readily affected by adding acid. In essence, the bicarbonate has the effect of a stabilizer.

Bicarbonate levels in the body perform a similar function and can help to increase and stabilize pH. Sodium bicarbonate

(baking soda) can be taken orally with excellent results. Furthermore, in terminal cancer cases, pharmaceutical-grade bicarbonate can be administered intravenously to alkalize the body and eliminate the disease rapidly. If cancer is a concern for you or a loved one, I highly recommend reviewing the work of Italian oncologist Dr. Tullio Simoncini, who is a strong proponent of bicarbonate use to eliminate cancer.

LIVE AN ALKALINE LIFE

Increasing alkalinity in the body is relatively straightforward; however, the benefits are enormous and can begin immediately. Not only that, they can improve your health in many different ways, strengthening your body from within.

CHAPTER 4

TAKE OUT THE TRASH: BACTERIA, VIRUS, AND PARASITE REMOVAL

We have looked at toxins and how to rinse away some of the most toxic substances in your colon. We have addressed how to increase the oxygenation and pH inside your body to create an environment where anaerobic viruses, bacteria, and parasites cannot exist. In this chapter, we'll cover how to rid yourself of toxins that have settled throughout the rest of your body.

By taking control of your health, you can bolster your immunity to all diseases, including all forms of the flu virus, coronavirus, and other infectious diseases. To give you even greater assurance, this chapter will explain how to quickly, safely, and affordably rid your body of the effects of harmful viruses, bacteria, or parasites.

CLEAR THE TOXINS

Picture your body as a bag of water. This shouldn't be a stretch since your body is about two-thirds water. Now, imagine that this bag of water has accumulated a great deal of silt or debris over the years. Much of the debris will have settled into your fatty tissue, as most chemicals are produced from petroleum and are fat-soluble. For many of us, the debris will have also settled into our joints and may be contributing to arthritis. For others, the debris may have settled in another area, contributing to another specific health concern.

We have to stir things up to get the toxins out of the areas where they have settled. As we stir the water, the silt will begin to get mixed into the water – this is the result we want, as it will allow your body to clear out the toxins. As with many things, though, when it comes to detoxification, faster may not necessarily be better. We only want to stir things up as quickly as our bodies can comfortably clear the toxins.

AVOID A HEALING CRISIS

If you stir up settled toxins faster than your body can eliminate them, you can experience an uncomfortable process known as a detox reaction or healing crisis. A healing crisis can often involve temporary worsening of existing symptoms, headache, fatigue, or flu-like symptoms. While a healing crisis is a good sign that detoxification is occurring, it is not a pleasant experience and can be avoided.

When it comes to this topic, prevention is key. One of the best ways to prevent a healing crisis is to keep your channels of elimination functioning optimally and support your immune system while detoxifying. However, if detox

symptoms are ever experienced, a way to reduce the symptoms is to perform an Internal Body Wash to rinse out your colon. Taking activated charcoal capsules can also help by absorbing excess toxins.

To ensure you are clearing toxins from your body optimally, follow the guidelines in Chapter One so that your frequency of bowel movements is increased to two or preferably three times daily. Regular bowel movements are essential since your colon is the primary elimination channel and is closely tied to your liver function.

Another way to ensure you are optimally clearing toxins is to drink plenty of water. Also, encourage perspiration through exercise, steam, sauna, or baths with baking soda and salt in the water as other ways to increase the rate at which your body clears the toxins we are stirring up.

SUPPORT YOUR IMMUNE SYSTEM

Supporting your immune system throughout detoxification is another way to ensure your comfort.

Consider reducing your intake of sugar, alcohol, wheat, caffeine, and deep-fried foods, and increase your intake of water, organic produce, grass-fed beef, and wild-caught fish. Sugar intake disables the immune system for several hours every time it is consumed. Alcohol is poisonous, acid-forming, and a depressant—all good reasons to reduce its intake. Caffeine is acid-forming and can burden the nervous system and adrenal glands. Deep-fried foods and anything cooked in seed oils strain digestion, and their fats harm the body. Make healthy food and beverage decisions to support your immune system on your path to ultimate health.

There are also many excellent herbs and supplements that support your immune system—such as Moducare and herbal blends, which include the herbs echinacea, golden-seal, and astragalus. Increasing your vitamin C intake may also prove helpful throughout the detoxification process.

Taking several grams of vitamin C daily along with Moducare is an excellent choice. Vitamin C is an excellent antioxidant, supports tissue repair, and can create a laxative effect.

Moducare is an excellent choice because this product modulates the immune system, meaning it can adjust immune activity up or down. Most other immune-related products only stimulate your immune system, which can be detrimental if you have an overactive immune system. Moducare was nothing short of a miracle when my health hit rock bottom. Two pleasant side-effects of taking Moducare are that it can boost sexual stamina and reduce allergy symptoms.

Another great product is a peptide called Thymosin Alpha-1, which is the best for optimizing your immune system.

TAKE OUT THE TRASH

Now that we've addressed how to make your detoxification process comfortable, let's take out the trash. We'll start by knocking out any unwanted viruses, bacteria, and parasites that might be undermining your health.

VIRUSES AND PARASITES

Viruses have been a hot topic since the pandemic, and the AIDS virus is still killing hundreds of thousands of people every year. And since the introduction of antibiotics, many people know that the body often harbors detrimental bacteria. What most people don't realize is how prevalent

parasites are. Many believe parasites are only a problem in impoverished countries or may associate them exclusively with large parasites such as tapeworms. That is not the case. We all have parasites living within us, many of which are microscopic, and reducing their numbers is critical to your health.

Best-selling author of the book *The Cure For All Diseases*, Dr. Hulda Clark, identified and extensively documented the prevalence of parasites in today's society and how particular parasites relate to disease. For instance, in all cancer cases, Clark found one specific liver fluke present. According to Clark, malignant cancers are immediately rendered benign by ridding the body of the relevant parasites.

Herbal products that include black walnut hull and wormwood extracts are known to be effective in removing parasites, as is an affordable practice developed by Clark known as "zapping." Dr. Clark generously allowed free copyright on all her books for non-commercial purposes as a service to humanity. Clark's books also include ones specific to cancer and HIV/AIDS treatments.

If you're okay with taking drugs, ivermectin is not only a brilliant "horse dewormer" but also knocks out parasites in humans and has been safely doing so for millions of people over many decades. I took ivermectin to help quickly overcome Covid. I believe every household should have ivermectin on hand to be prepared for new viruses. It's also known to knock out flu and colds as well.

Fenbendazole is another common anti-parasitic drug. This one is only approved for animals but has been used effectively by many people to rid themselves of cancer. It's available in most pet stores and on Amazon. I've fortunately never

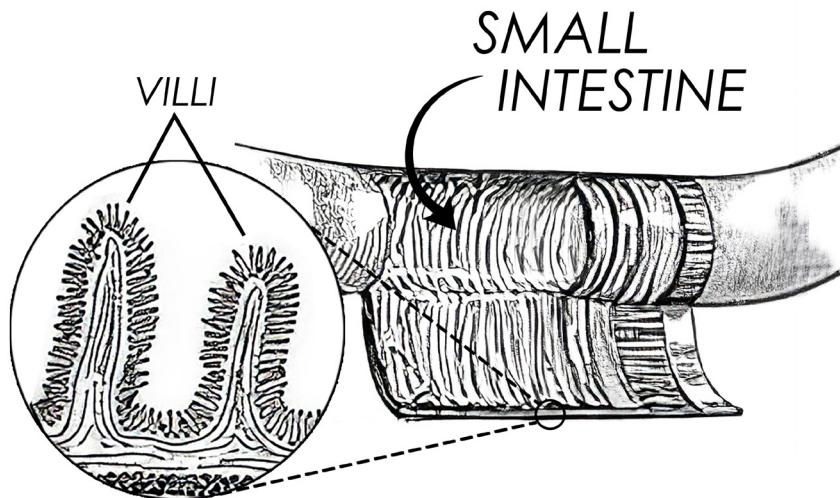
been diagnosed with cancer, but I have taken fenbendazole preventatively.

CANDIDA YEAST

A parasite that we all play host to—whether we like it or not—is called *Candida Albicans*. *Candida* is a yeast organism (in other words, a fungus) and is kept in check by a healthy immune system and a healthy digestive tract. Unfortunately, healthy digestive tracts have become the exception rather than the rule. Standard American diets, combined with high levels of stress, antibiotics, pesticide and herbicide use, chlorinated water, artificial sweeteners, and other chemicals in food, have left us vulnerable to candida overgrowth.

A healthy digestive tract will have a high population of good bacteria. These *good* bacteria are essential to your health. Unfortunately, as little as one round of antibiotic use can knock down the population of good bacteria and allow candida to get the upper hand. The more antibiotics you've taken and the poorer your diet is, the more candida will flourish.

What's so bad about candida? For starters, candida and mucus coat the inside of your small intestines, preventing you from absorbing nutrients from the food you consume. This leaves you nutrient-deficient and susceptible to disease. The overgrowth of candida and the lack of nutrients also add to weight problems by giving you cravings for more food.



Above is what the inside of your small intestines should look like. Villi are designed to increase surface area to maximize nutrient absorption significantly. Unfortunately, most people's small intestines are inflamed and coated in mucus and candida, which is an underlying cause of many health problems.

Candida organisms also excrete waste, increasing toxicity levels, which can inflame your small intestines and further undermine your health.

Candida roots itself deeply in the gut lining and, if left unchecked, can cause your small intestines to develop holes, leading to leaky gut syndrome. Glyphosate, found in non-organic foods, is also known to cause this issue.

A leaky gut is what I suffered from in my early twenties and explained my poor immunity, my fatigue, and my chronic sickness. Leaky gut has also been found to be strongly correlated to the conditions of fibromyalgia and Chronic Fatigue Syndrome. If you or a loved one suffers from either of these conditions, I suggest you consider a treatment for

candida and treatments to heal the gut, which are set out in the next chapter.

Remember how I said that your brain chemistry is affected by the health of your digestive system? Again, this is because neurotransmitters are manufactured and stored in the gut. Improving the gut's health by reducing candida and healing the inflamed tissue is very helpful in improving your emotional health.

Most people would benefit from getting tested and treated for candida overgrowth by a naturopathic physician or integrative doctor. Alternatively, you can assume that you have candida overgrowth and start taking the remedial action in this chapter. I've yet to meet a person who, when tested, did *not* have candida overgrowth, so if you think this doesn't apply to you, think again.

KILL YOUR CANDIDA

Ridding your body of excess candida is easy, safe, and affordable.

While dietary changes are helpful, they are not necessary to get started. As you reduce your candida levels, you'll notice your cravings subside, and adhering to a healthier diet will be easier. In the meantime, you can begin knocking out your candida using supplements.

My hands-down favorite supplement for killing candida is oregano oil in capsule form. Oregano oil is most commonly found as a liquid but is exceptionally spicy and has an unpleasant aftertaste, which is why you'll prefer capsules. Another reason I like oil of oregano so much is because it is a strong immune system stimulant, helping to support your body as it detoxifies.

I consider oregano oil to be the bazooka of cold and flu remedies. If you're prone to or concerned about the flu, you'll want to keep it on hand. Oregano oil effectively kills harmful viruses, bacteria, and parasites, giving you many benefits in one source.

It often takes two to three months to reduce candida to a healthy level. Like all organisms, candida is adaptive. Therefore, changing supplements every couple of weeks is advisable when killing it off. After about 14 days of taking oil of oregano capsules, try taking another candida elimination product such as black seed oil capsules, grapefruit seed extract, caprylic acid, or another product known for this purpose. You can return to oil of oregano capsules after 14 days of taking another product and keep going back and forth.

Killing off candida in your system is best taken at a comfortable pace. Candida creates toxicity inside your body while the organisms are alive and as they die off. If you ever experience symptoms of a healing crisis, reducing your daily dosage of candida killer is advisable.

Drinking lots of water and keeping your bowels moving two or three times daily throughout this process is essential, too. If you begin to experience symptoms of a detox reaction, activated charcoal can help, as can doing another Internal Body Wash (described in Chapter One) to overcome this condition.

Once you reduce your candida levels, you'll likely feel better in all areas of your life, including your mental and emotional health. Candida has such a systemic effect in undermining your overall wellness that removing it from your body is something you'll truly be happy you did.

BACTERIA

Bacteria get a bad rap. These organisms are generally associated with germs and sickness. However, like most things, bacteria are neither good nor bad in absolute terms.

Harmful bacteria and small intestinal bacteria overgrowth (SIBO) are common problems today, similar to candida yeast overgrowth. William Davis, MD, and his breakthrough book, *Super Gut*, thoroughly addresses the issue of SIBO, how to test if you have it, and how to overcome it. I cover many of the same remedial steps in this chapter.

It's also important to know that your body is covered with *beneficial* bacteria inside and out. For instance, as mentioned earlier in this chapter, health-enhancing bacteria in your gut are essential to support proper digestive health and a robust immune system. Your skin and other areas of your body also need beneficial bacteria to be healthy.

ANTIBIOTICS

Antibiotics kill bacteria, but many are non-specific—in other words, they kill all bacteria, whether good or bad. This is like spraying a non-selective weed killer on your lawn to kill a few dandelions—you kill the dandelions, but all the grass dies, too. My cousin did this when we were younger. My aunt and uncle weren't amused by their brown lawn.

I took the antibiotic tetracycline for several months in high school to keep acne in check. After that, my immune system had difficulty healing a simple scrape or cut. I was also sick more often than not and living with chronic pain and unmanageable anxiety levels.

For me, it was a simple process to reduce my candida, which had risen due to my use of antibiotics, poor diet, and other factors. This reduction had such an incredible and immediate impact on my health that I understand why reducing candida overgrowth is often the first thing naturopathic doctors address.

PROBIOTICS

Simply killing off the candida in your digestive system is insufficient to allow good bacteria to flourish. Good bacteria must be replenished.

You might have noticed yogurt in the supermarket, which is listed as having active bacterial cultures. These bacterial cultures are some of the good bacteria we are talking about. Unfortunately, according to Dr. Davis, store-bought yogurts are made with types of probiotics that are not overly helpful for your body.

Besides yogurt, probiotics are also found in other fermented products such as kefir, sauerkraut, and its Asian equivalent, kimchi. Pasteurization kills probiotics, so these two products must be raw or unpasteurized to be helpful. Yogurt and kefir, on the other hand, may be made with pasteurized milk but are generally not pasteurized after the fermentation process, leaving their probiotics in an active state.

Probiotic supplements can be purchased in most health food stores and online. There are many milk-based and non-dairy options to choose from that contain billions of live bacterial cultures per serving. Another type of probiotics that can be helpful are called “Soil-based organisms”.

I touched on this at the end of Chapter One, but I was so impressed with Dr. Davis’ book, *Super Gut* and its results

that I decided to create the Ultimate Probiotic Yogurt Maker, which you can find here: www.amazon.com/ultimate.

In *Super Gut* Dr. Davis teaches readers which probiotic species to use for specific health purposes and how to take any one or a blend of them and culture your own at home. This effectively turns billions into trillions of live probiotic cultures, significantly increasing their strength and efficacy. It also stops you from buying expensive probiotics every month, as you can use a spoonful of the probiotic yogurt you have already made to make subsequent batches.

ARE YOU READY TO TAKE OUT THE TRASH?

It is fundamental to your well-being and basic common sense that you remove harmful toxins and organisms from your body. You wouldn't knowingly eat a sandwich full of parasites and chemicals, so why would you tolerate their continued existence in your body? And like so many treatments in this book, the action you need to take is relatively straightforward, but the results can be dramatic.

In this chapter, we have focused on knocking out some of the worst health offenders. Next, we'll focus on healing your gut and detoxifying specific organs—specifically cleansing your lymphatic system, kidneys, liver, and fatty tissue. LFG!

CHAPTER 5

HEAL FROM THE INSIDE OUT

If you have taken action on the suggestions found in previous chapters, chances are you're already feeling better than you previously did. Let's use this positive momentum to continue on your path toward greater wellness.

By now, your symptoms have likely lessened, your energy levels are probably higher, and your weight and appearance may have already started improving. You are probably enjoying improvements in your mental and emotional health as well. Congratulations!

There's no time like the present to revisit the health assessment in the front of the book to quantify your progress and identify the areas you still wish to improve.

I'd love for you to share any successes you've had on social media. I also encourage you to share any strategies you've

learned in this book with your friends. You probably already know, but helping others feels great.

Once you've begun rinsing yourself out and taking out the trash, you're ready to heal yourself from the inside out.

As I suggested in Chapter Two, if you started taking MSM (organic sulfur), you've already started knocking out inflammation and repairing tissue throughout your body. Let's take this further now.

UNDERSTAND ENZYMES

Previously, your colon was coated with compacted fecal matter, and your small intestines were covered in excess mucus and candida. Now that you've stripped out much of this junk, you may find your digestive tract more sensitive than it once was. Not to worry! Your insides will soon be coated with immune-boosting good bacteria, the inflammation will be soothed, and you can even become desensitized to substances that may currently be allergens.

One of the easiest things you can do to bolster your digestion and begin healing from the inside is to understand the importance of enzymes and take them. Enzymes are proteins that help you digest your food—without enzymes, you cannot properly extract all the necessary energy and nutrients from what you eat.

In the absence of sufficient enzymes, additional strain is put on your body to produce them, particularly your pancreas. This is compounded by the increased amount of food you consume to compensate for poor energy and nutrient extraction, which means the pancreas has to do *even more* work.

However, enzymes have much greater significance than their role in the digestion of food. Specifically, enzymes are

necessary for every chemical action in your body, including detoxification and immune system function. Enzymatic processes are involved with all of your tissue. They are vital in every cell of your muscles, bones, and organs. Enzymes also govern your stamina and energy levels. Strong evidence suggests that the rate at which you age and even your lifespan could be governed by enzymes. Life expectancy may be significantly reduced when the body has exhausted its enzyme potential.

Many factors affect enzymes; for instance, cooking destroys them. Temperatures above 116° Fahrenheit (47° Celsius) kill all enzymes.

So, the answer is raw food, right?

Not necessarily. Even the raw vegetables and fruits you eat may be enzyme-deficient. Raw produce can be an excellent natural source of enzymes, but unfortunately, they contain few enzymes when they are picked green, which is often the case because of long-distance transportation. Enzymes develop as plants ripen in the soil. The common industrial food practice of irradiation also destroys enzymes in raw produce.

But all is not lost; there are many things you can do to increase your enzyme levels. For instance, plant-based digestive enzyme capsules can be taken before meals to aid digestion and assimilation of the nutrients. Unpasteurized apple cider vinegar, fresh lemon, and lime juice are also rich in enzymes and can help digestion, especially if taken before or with meals. And if you suffer from heartburn or acid reflux, you might need to take even more acid in the form of betaine HCL capsules before meals. Lastly, if you have issues with your pancreas, I suggest using a product that includes pancreatic enzymes.

Another good idea to consider is limiting how much liquid you consume with meals to avoid diluting your stomach acid and enzymes.

Also, you can emphasize raw produce, seeds, and nuts more. To ensure that your raw food has those beneficial enzymes, you can look to buy locally grown produce, which is likely to have stayed in the soil longer since it won't have been transported as far, and if purchased at a farmers market, it is unlikely to have been irradiated. Locally-grown organic produce picked ripe is not only the best tasting but is also the most enzymatically active—more reasons to support your local farmers and even have your own garden.

Digestive enzymes can eliminate bloating, gas, and digestive discomfort. If taking digestive enzymes before meals doesn't eliminate the discomfort, then there are two other things to consider:

- food sensitivities
- food combining

Let's look at both of these in a bit more detail.

FOOD SENSITIVITIES

Food sensitivities are subtle allergies.

While known allergies may cause a dramatic response, such as skin rashes or sneezing, food sensitivities generally do not. For this reason, you've likely been consuming foods you are sensitive to for many years and have not even known it.

Rather than create a dramatic response, food sensitivities more subtly undermine your health. They can aggravate your known disease symptoms and strain your immune system unnecessarily. Food sensitivities also cause you to

retain excess water, which makes a person look puffy and less attractive than they usually would look.

Now that we've cleaned out most of the slimy, toxin-laden mucus that was coating your digestive tract when you consume foods you are sensitive to, your response may become more apparent. Common responses are bloating, burping, gas, or a more obvious aggravation of your disease symptoms.

In the short term, the best course of action is to avoid the foods you are sensitive to temporarily. The good news is that it's common for people to quickly lose five to ten pounds of puffy water weight simply from doing so. Avoiding food sensitivities also helps you avoid digestive discomfort, gives your immune system a much-needed break, and stops aggravating your disease symptoms. All these benefits give your body more resources to heal.

The other good news is that food sensitivities will lessen and sometimes disappear entirely just by giving your body a break from the constant burden and allowing your gut to heal. You could think of food sensitivities as a mildly annoying person. If you allow an irritating person to hang with you day in and day out, they are bound to cause you grief. However, if you give yourself a break, a few weeks away might be enough for you to find humor in their behavior and develop strategies for dealing with the person so they no longer bother you.

Later in the chapter, I'll share two secrets that can be used to desensitize your body to food sensitivities and, in many cases, permanently eliminate full-blown allergies. In the meantime, let's discuss how to quickly and effectively determine what foods you are sensitive to.

While medical doctors can determine strong allergens using a standard scratch test, food sensitivities are generally too subtle to be detected this way. Fortunately, the advanced field of energy medicine also offers quick, safe, and affordable assessment methods.

- A holistic allergist or naturopathic doctor practicing electrodermal testing can quickly scan your body for dozens of everyday food and environmental sensitivities.
- If you do not have access to electrodermal testing, muscle biofeedback testing can be used to go through your fridge and pantry to quickly determine which foods to avoid. This technique uses a simple biofeedback mechanism to determine what things weaken you and which do not.
- A less subjective yet more expensive method to determine food sensitivities involves sending a blood sample to a lab for blood antibody allergy testing. One such test is called ImuPro.

Some common allergens you'll want to test are dust, dust mites, mold, pets, dairy products, wheat, gluten, and sugar. Also, test anything you consume regularly, as the body often has difficulty processing things it doesn't get a break from. For instance, while sensitivity to rice is uncommon in North America, sensitivity to rice is far more common in Asia due to its regular consumption there.

If emphasizing raw foods in your diet, taking digestive enzymes with meals, and avoiding food sensitivities is not enough to address all your digestive concerns, then we need to look at "food combining."

WHAT IS FOOD COMBINING?

Food combining is a concept that may be helpful to understand if you're still experiencing digestive issues. Some food combinations are best avoided when preparing a meal to ensure optimal digestion and comfort. For instance, eating a meal with both protein and starches makes for a challenging digestive burden. Eating proteins and starches in different meals makes them easier to digest.

Eating a sugary dessert right after a meal would be another example of a food combination that can cause gas, bloating, and discomfort for someone whose digestive system is on the mend. Once your gut has been fully healed, these issues should be less of a concern.

Taking probiotics and enzymes, avoiding food sensitivities, and following food combining guidelines will help reduce inflammation in your gut and allow your digestive tract to heal.

WHAT SHOULD YOU EAT?

This is a hotly debated subject that many health professionals have difficulty agreeing on.

While there are solid arguments for keto, paleo, vegetarianism, vegan, raw food, diets based on one's blood type, "The Zone Diet," and other concepts, there are many conflicting opinions. However, there are some common-sense approaches where there seems to be something of a consensus:

- Drink two or more quarts of pure water throughout each day.
- Reduce your intake of caffeine, alcohol, sugar, and simple carbohydrates, especially wheat products, seed

oils, and highly processed and fried foods. Nightshade vegetables may also need to be avoided for a while.

- Emphasize intake of alkaline-forming foods, especially organic vegetables and fruit. Keto dieters skip fruit, as should those who are diabetic, insulin-resistant, or battling cancer.
- Pasture-raised organic eggs, 100% grass-fed meats, and wild-caught fish are excellent protein sources.
- Omega-3 fats are proven to help reduce inflammation in the body and increase cell permeability.

What's important is to get your ratio of omega-6 to omega-3 fatty acids as close as possible to a 3:1 ratio. Inflamed individuals can have a ratio of over 20:1. You can buy an affordable home blood test on Amazon to determine your omega balance.

Regarding omega-3, the body utilizes the DHA and EPA forms found in fish oils better than the ALA form derived from plant sources.

- Take time and relax at mealtime and chew your food thoroughly.

Family meals used to be a common tradition. Nowadays, people usually eat alone, often wolfing down food while driving or using their phones—anything but relaxed.

Chewing each bite 20-30 times makes it much easier for the rest of your digestive tract to do its job and makes weight loss easier. When you eat quickly, it's much easier to overeat. (If you're trying to lose weight, stop eating when you feel about 80% full.)

- And again, while your digestive tract is recovering, minimize beverage intake—even water—during meals to avoid diluting your stomach acid and digestive enzymes.

It is essential to emphasize certified organic products. I highly recommend watching the movie *Food Inc.* if you question this logic. Remember that glyphosate (*Roundup*) is in most conventional food products and it is a poison that harms you.

I also suggest you do your homework about microwave ovens. A great deal of evidence indicates that microwaved foods can be detrimental to your health. Microwaves work by pumping the food with radiation, which causes the food molecules to rub against each other violently, causing friction. It is this violent intermolecular friction that heats the food. This rapidly heated food may be fast and low fat, but as you'll learn below, fat is *not* our enemy. The molecular structure of microwaved food is unnatural and unhealthy, based on all the research I've seen.

Of all the diets I've studied and tried, the ketogenic and paleo diets make the most sense and work for me.

I highly recommend watching a lecture by Gary Taubes, best-selling author of the book *Why We Get Fat and What to Do About It*. I also suggest subscribing to Dr. Eric Berg's YouTube channel. My trainer put me onto this information, which I've found very effective in maintaining high energy levels and avoiding fat gain.

The idea of the keto diet is to convert your body from burning sugar/glucose/carbohydrates to burning fat for energy. Once that is achieved, life becomes easier and healthier, based on my research and experience.

Contrary to conventional "wisdom," consuming fat is not what makes your body fat. Carbohydrates trigger an insulin release, which is necessary for storing fat. Drastically reducing or eliminating carbohydrates and moderately increasing the intake of healthy fats is the key to eating less, feeling full

longer, and not gaining body fat. Guacamole, almonds, and sunflower seeds are great snacks. As for cooking, healthy fats such as grass-fed butter, coconut, avocado, olive, or macadamia oils can help fill the void left by carbs.

Best-selling author Dr. Joseph Mercola calls it making your body “fat adapted” (adapted to burning fat), which appears to be its natural state based on research I’ve seen.

If you’re worried about saturated fats, heart disease, or obesity, don’t. Search Dr. Berg’s YouTube channel for any question, and you’ll likely find a solution related to the keto diet and how it benefits most health issues.

The good news is that it’s difficult to gain body fat without carbs. When transitioning to eating little or no carbohydrates, I’d suggest focusing less on calories or portion sizes. High-fat foods fill you for hours, so it’s tough to overdo it too much on them. Do what you need to do to avoid carbs. So be it if that means eating extra macadamia nuts, almonds, or sunflower seeds.

If you prefer sweet things, stevia and monk fruit extracts appear to be the best solution, with allulose and the sugar alcohols erythritol and xylitol being less tolerated but also decent options.

Try making a shake with whipping cream for fat, unflavored collagen peptides and/or raw organic eggs for protein, chia seeds (or ground flax seeds) for fiber, stevia or monk fruit extract for sweetness, and cocoa powder, cinnamon or ginger for flavor. Shake this in a blender bottle with some ice cubes and enjoy. If you like eggnog, try replacing the chia seeds with xanthan gum and use nutmeg and vanilla for flavor instead. If you don’t do dairy, consider using unsweetened nut milk and your favorite oil to add richness and lasting power.

If losing weight is important, you can reduce your overall calorie intake once your body has adapted to burning fat as its primary energy source. Since your body is now burning fat instead of sugar, any caloric deficit will come from your excess body fat, helping you lose the pounds and inches you desire. Intermittent fasting is another excellent way to drop fat more quickly and give your digestive system a well-deserved break.

To lose fat without losing muscle mass, keep your protein intake up and exercise regularly to stimulate your muscles and keep your metabolism up. According to Dr. McGuff, what you eat is responsible for at least 80% of your weight loss results.

A great way to know if you are burning body fat is to buy ketone test strips from your local pharmacy and test your urine every morning for the presence of ketones. When ketones are present, you know you're burning body fat, regardless of what the bathroom scale might say. There are certainly more accurate and expensive ketone and blood glucose monitoring devices you can consider if you're interested.

If, with intermittent fasting and in the absence of carbs, you're still gaining weight or find that you're not staying in ketosis, then you need to know that, to varying degrees, proteins also convert to glucose in the body. A remedy for this is to replace some of your protein intake with essential amino acids.

Another good thing to remember is that candida feeds off of sugar, so avoiding carbohydrate intake creates a challenging environment for candida to flourish, further enhancing your overall health. Sugars and starches also feed cancer

cells and can cause so many health problems that I truly believe they are best avoided or at least drastically reduced.

If you fall off the wagon and do happen to consume carbs, consuming cinnamon can reduce their fat-gaining impact. Taking alpha lipoic acid 30 minutes before eating meals with carbs can also help in this regard. Metformin and berberine are other popular choices. Doing some exercise immediately following the carb intake can also help reduce glucose levels and minimize gaining body fat. The best option, of course, is to avoid carbs as much as possible.

One final thought to share about food is to avoid overeating as much as possible. Instead, only eat until you are about 80% full. To further save on calories, consider eating your salad and vegetables first and your protein second.

Adding more fiber to your diet is a smart play, too. As just one example, Psyllium husk powder has next to no calories but is very filling and has other health benefits.

Diet sodas with artificial sweeteners are offside as they destroy your microbiome. If you like carbonated drinks, choose Zevia brand sodas and sparkling water instead. I like flavored sparkling waters and have even found organic ones. The food industry can sneak in some nasty stuff under the ingredient name “natural flavors,” so it’s always a good idea to avoid “natural flavors” when you can. You can add a few drops of stevia or monk fruit to flavored sparkling waters to change things up. If you’re not into bubbles, try fresh-squeezed lime or lemonade sweetened with stevia, monk fruit, or allulose. Add some raw apple cider vinegar to water with cinnamon and one of these sweeteners to change things up. Or make organic herbal teas and drink them hot or cold.

Next time you're in the grocery store, look in the frozen vegetables section to see if they have organic riced cauliflower. That's a decent rice alternative and can even be thrown into the blender to make an alternative to mashed potatoes with some organic cream or grass-fed butter and salt. I also blend in a touch of monk fruit with garlic and black pepper.

A keto-friendly alternative to pasta are shirataki noodles. I like the angel hair version the best, but they make other pasta types also. You can even get shirataki rice, too. I'll warn you now that none of these taste as good as the real deal, but I like them when cooked into a fried dish.

Regarding flour, organic almond and coconut flours are worth trying. They make a nice coating for fish or chicken, and some people even bake with them. Both are low-carb.

Some keto-friendly snacks are coconut butter, unsweetened beef jerky, chicken skins, salmon skins, and pork rinds. Most can be found without monosodium glutamate (MSG) but likely have glyphosate, antibiotics, and other chemical residues if they are not organic. But they're certainly better for you than potato chips or ice cream. Pick your poison. And know that if you ever eat at a restaurant, you're consuming toxins from their non-organic food. Furthermore, using glycine along with other detox, gut-healing, and microbiome-enhancing activities can offset the effects of these residues.

I'd personally love to be able to buy certified organic versions of keto-friendly snack products. If you have entrepreneurial skills or aspirations, there's a market there. For instance, 100% grass-fed beef jerky with organic flavors and low/no carb sweeteners would be like crack for a keto dieter, as would certified organic pork rinds, chicken skins, and

wild-caught salmon skins, all cooked in healthy fats, with organic flavors and low/no carb sweeteners.

In the meantime, some products I enjoy and buy are People's Choice beef jerky, Munk Pack bars, Body Health brand bars, and Choc Zero products, which are deadly.

The final secrets for grocery shopping are arriving at the store feeling well fed and keeping to the outside aisles. When you arrive feeling hungry, it's easy to cave into buying unhealthy food. And most processed, refined foods are located in inside aisles, so you can avoid most of them by keeping to the perimeter. I don't consider myself to have high self-control, so keeping junk food out of my house is my primary key to success. Ice cream, potato chips, and even bread stand no chance of survival in our house with me around.

WHAT SUPPLEMENTS SHOULD YOU TAKE?

Once you've taken out the trash and your gut is in repair, your nutrient absorption will be much higher than it was previously. It is, therefore, now a good time to discuss supplementation.

If your gut has been inflamed or damaged (and that is likely with the amount of trash that most of us have had to get rid of), you can speed recovery by supplementing with aloe vera juice and high doses of the amino acid L-glutamine, which will help to soothe and repair your gut. ION from Intelligence of Nature is another highly regarded product, as is activated charcoal. Using digestive enzymes and probiotics as I've previously mentioned is also important while your body recovers.

Looking at nutrients, some quick research on soil mineral depletion, the source of conventional fertilizers (hint: it's petroleum), the prolific use of poisonous chemicals on our crops and GMOs can lead one to believe that our food supply could be deficient in some critical nutrients and perhaps could provide more harm than good. Integrative medical or naturopathic tests can uncover your specific nutritional deficiencies. However, even without knowing the specifics, there are some supplements that most people can benefit from replenishing.

MINERALS

As mentioned earlier, organic sulfur (MSM) is my top supplement recommendation for anyone and everyone due to its many benefits.

If you are too acidic and have pain, anxiety, depression, or constipation, you are likely to be magnesium deficient. Calcium levels are likely depleted if your body has depleted its magnesium stores. Both symptoms are related to acidosis (see Chapter Three).

If your metabolism or thyroid are known or suspected issues, you need more iodine and selenium. A quality multi-vitamin will have both in it, but additional supplementation will likely be necessary.

Potassium, sodium chloride and phosphorus are other major minerals in the body. Zinc, copper, manganese, chromium, and many other minerals found in nature in trace amounts are also very important.

As mentioned in earlier chapters, ionic minerals are the most absorbable for supplementation. Concentrace is an excellent product for trace minerals. Powdered Cal/Mag products

that you mix with hot water are amazing also (I take mine before bed with glycine with a few drops of trace minerals).

Potassium and sodium chloride are commonly found in electrolyte products. Dr. Berg makes excellent electrolyte drink powders that my family and friends enjoy. Zinc and copper are in many multivitamins, but you may need to take more on their own if deficient.

VITAMINS

Fresh squeezed organic juice is a great way to get enzymes and vitamins. Whole food supplements such as powdered green products are an excellent way to get a full spectrum of vitamins in natural form. Most multivitamin products consist of artificial vitamins and are a less desirable alternative.

Regarding RDAs (recommended daily allowances), forget about these! Take supplements as directed on the bottle or by a competent healthcare professional who will often recommend higher doses initially to overcome years of accumulated nutrient deficiencies and gain the full benefits.

If you drink alcohol or often feel stressed out, you are likely deficient in B vitamins. B vitamins are water-soluble, meaning they must be taken daily since they aren't stored in your system like fat-soluble vitamins. Most B-complex vitamins are artificial, some manufactured from coal. Unfortified nutritional yeast is an excellent source of natural B vitamins. They include all the important B vitamins except B12, which I take separately in the form of methylcobalamin.

Dr. Joseph Mercola presents a great deal of research that suggests most people are deficient in vitamin D and benefit from maximizing exposure to sunlight in addition to further supplementation. Vitamin D is essential to immune system

function and is something you want in adequate supply. I used to live in southern California, where it's often sunny. Yet, when I was tested for nutrient deficiencies, I was most deficient in vitamin D. I now supplement with 5,000 IU of vitamin D daily, which keeps my D level in a healthy range. And if you are very fair-skinned and burn easily, look into the peptide, Melanotan, which I used to increase my skin melanin and thus improve my sun tolerance. Melanotan can be taken by injection or nasal spray. It comes in two forms, I and II. I prefer Melanotan I.

ANTIOXIDANTS

Antioxidants are a common buzzword these days. If you research antioxidants online or get invited to an MLM (network marketing) meeting, you'll find many products claiming to be the best antioxidants available to humanity. When you encounter these claims, I suggest backing away as the products are usually overpriced, the health claims overstated, and the "business opportunities" questionable.

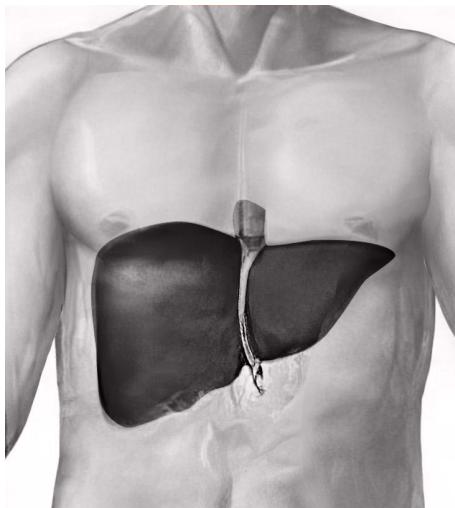
Oxidation Reduction Potential (ORP) is an objective way to measure a product's ability to reduce oxidation. Alkaline water from a good-quality water ionizer provides ORP readings in a league of their own compared to most other antioxidants. Continuing to supplement with vitamin C may also be a wise choice. Further antioxidants will be gained from juicing, whole food supplements, and other supplements. Two newer antioxidants that show promise are Carbon 60 and molecular hydrogen.

INTRAVENOUS NUTRIENTS

When your digestive tract is coated with mucus, harmful bacteria, and candida, your nutrient absorption is severely inhibited, so even if you swallow high doses of nutrients and vitamins, their effect can be low. Intravenous vitamins and minerals benefit terminal cases or anyone wanting faster results because they get the nutrition into your cells quickly and directly.

24-HOUR LIVER FLUSH

I want to tell you how you can reduce allergies and chronic pain by flushing your liver. This procedure is based on the book *The Cure for All Diseases* by Dr. Hulda Clark.

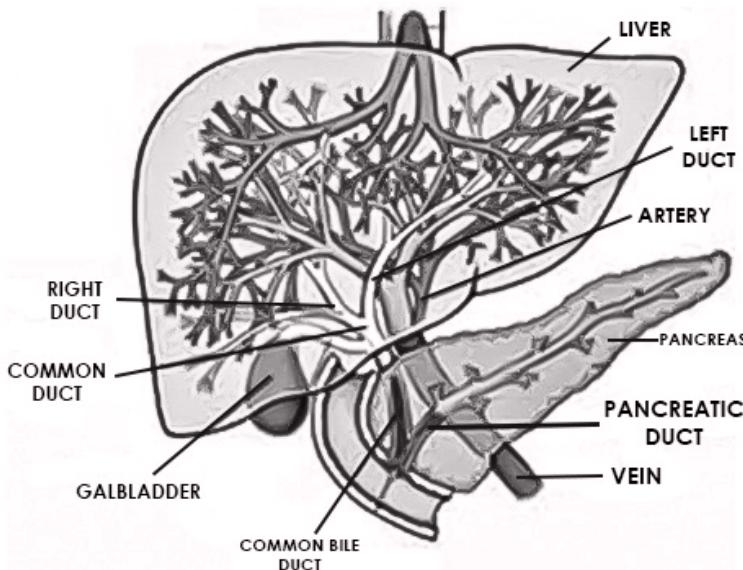


Of all the organs inside your body, your liver is the largest—and for good reason. Your liver is a vital organ. It plays a significant role in metabolism and has several other functions, including detoxification, digestion, and more.

Unfortunately, in today's world of toxins and poor nutrition, your liver can easily become overloaded and clogged. And when an area of your liver is blocked and not functioning correctly, you can develop health problems such as allergies and chronic pain.

Cleansing your liver of toxins and removing clogged passages improves digestion, which is the basis of your overall

health. You can expect your allergies to lessen, too—more with each cleanse you do! Incredibly, it also can reduce shoulder, upper arm, and upper back pain, giving you more energy and increased wellness.



It is the liver's job to make bile: 1 to $1\frac{1}{2}$ quarts per day! Bile is a bitter-tasting, dark green to yellowish brown fluid that aids digestion. The liver is full of tiny tubes that deliver the bile to one large tube (the common bile duct). The gallbladder is attached to the common bile duct and is a storage reservoir. Eating fat or protein triggers the gallbladder to squeeze itself empty after about twenty minutes, and the stored bile finishes its trip down the common bile duct to the intestine.

For many people, including children, the tubing of the liver is choked with lumps or stones. As a result, some people develop allergies or hives, but some have no symptoms. Nothing is seen when the gallbladder is scanned or X-rayed because the stones are not in the gallbladder. Also, most

are too small and not hardened, a prerequisite for visibility on X-ray.

There are over half a dozen varieties of stones, most of which have cholesterol crystals in them. They can be black, red, white, green, or tan colored. The green ones get their color from being coated with bile. A clump of bacteria is found at the center of each stone, suggesting that a dead bit of parasite might have started the stone forming.

As the stones grow and become more numerous, the pressure on the liver causes it to make less bile. It is also thought to slow the flow of lymphatic fluid. Imagine the situation if your garden hose had marbles in it. Much less water would flow, decreasing the hose's ability to squirt out the marbles. With liver stones, much less cholesterol leaves the body, and cholesterol levels may rise.

Additionally, liver stones are porous, so they can pick up bacteria, viruses, and parasites passing through your liver. In this way, "nests" of infection are formed, which can forever supply the body with fresh bacteria and parasites. According to Clark, stomach infections—such as ulcers or intestinal bloating—cannot be cured permanently without removing these blockages from the liver.

One way to remove these gallstones is by following this 24-hour Liver Flush.

INGREDIENTS

You will need the following ingredients:

- Epsom salts—4 tablespoons.
- Apple juice (or water for diabetics)—3 cups. Apple juice hides the taste of the Epsom salts and contains malic acid, which is known to help soften gallstones.
- Stevia or monk fruit (to taste)—optional to further improve the taste of Epsom salts.
- Your favorite nut, seed, or olive oil— $\frac{1}{2}$ cup. My favorite is organic peanut oil.
- 1 or 2 grapefruits or 3 to 6 lemons (enough to squeeze between $\frac{2}{3}$ and $\frac{3}{4}$ of a cup of juice).
- Ornithine or herbal sleep aid (available at most health food stores). You need to have enough to ensure you sleep: don't skip this, or you may have an uncomfortable night.
- A large plastic straw (to help you drink your mixture).
- A Blender Bottle or pint jar with a lid.

DIRECTIONS

Choose a day for the liver flush when you will be able to rest on the following day.

Take no medicines, vitamins, or pills you can do without, as they could prevent success. Eat a no-fat, low-protein breakfast and lunch, such as cooked cereal, fruit, fruit juice, vegetables, bread with jam, or honey (no butter or milk). This allows the bile to build up and develop pressure in the liver. Higher pressure pushes out more stones.

Start the process 8 hours before you go to bed. For this example, I'm assuming a 10 pm bedtime.

2:00 pm. Do not eat or drink after 2 p.m. It's best not even to drink water, so you will want to ensure you are well-hydrated before this time. You could feel quite ill later if you do not follow this rule. I sometimes have small sips of water throughout this cleanse with no adverse effects, but I suggest waiting to down a whole glass of water until *after* your final dose of Epsom salts mixture the following morning.

Mix the four tablespoons of Epsom salts with 3 cups of apple juice (or water) and pour this into a container. Add a small amount of stevia or monk fruit to taste. This makes four $\frac{3}{4}$ cup servings. Set the container in the refrigerator to get ice cold (this is for convenience and taste only).

6:00 pm. Drink one $\frac{3}{4}$ cup serving (one-quarter of the ice-cold Epsom salts mixture).

8:00 pm. Repeat by drinking another $\frac{3}{4}$ cup (one-quarter of the Epsom salts mixture). You haven't eaten since 2 pm but shouldn't feel too hungry.

At this time, it is best to get your bedtime chores done – the timing of the process is critical for success.

9:45 pm. Pour the oil ($\frac{1}{2}$ cup, measured) into your Blender Bottle or pint jar. Wash your grapefruits (or lemons) in hot water and dry, then squeeze into a measuring cup and remove the pulp with a fork. You should have at least $\frac{1}{2}$ cup, but $\frac{3}{4}$ cup is better. If you're using lemons, you may add the juice of one orange for better taste. Add the grapefruit (or lemons and orange) juice to the oil. Close the Blender Bottle or jar tightly and shake hard until the mixture is watery.

Now, visit the bathroom one last time, even if it makes you late for your ten o'clock drink, but no more than 15 minutes late, as you will get fewer stones out.

10:00 pm. Drink the oil and citrus mixture you have just prepared. Take ornithine or an herbal sleep aid with the first sips to ensure you sleep through the night.

Drinking through a large plastic straw often helps the mixture go down more easily. Pinching your nose while drinking can help lessen the unusual taste if you don't have a straw. You may also use honey, brown sugar, or candied ginger to clear any aftertaste of the mixture. Get it down within 5 minutes (fifteen minutes for elderly or weak individuals).

Once you have finished the mixture, lie down immediately. If you don't, you might not see complete success (in other words, you may fail to get many stones out). The sooner you lie down, the more stones you will get out.

Be ready for bed ahead of time. Don't clean up the kitchen... don't waste time doing anything else—as soon as the drink is down, walk to your bed and lie flat on your back with your head up high on a pillow. Try to think about what is happening in your liver. Try to keep perfectly still for at least 20 minutes. You may feel a train of stones traveling along the bile ducts like marbles. There is no pain because the bile duct valves are open thanks to the Epsom salts.

The next step should be easy: go to sleep. However, if falling asleep is sometimes challenging for you, consider the sleep strategies found in Chapter Seven of this book.

Next morning. Take your third dose of Epsom salts mixture upon waking, but don't take this before 6:00 am. If you have indigestion or nausea, wait until this has passed before drinking the Epsom salts. You may return to bed or get on with your day, but always stay close to a bathroom. If you are feeling dehydrated, sip water.

2 hours later. Take your fourth (the last) dose of Epsom salt mixture. You may go back to bed again if you so choose.

30 minutes later (optional). If you want to rinse your digestive tract thoroughly, now is an ideal time to begin drinking more water.

The water you drink over the next hour will flush right through your body, exiting quickly. This creates a similar effect and benefit to the Internal Body Wash explained in Chapter One. Every 10 to 15 minutes, you can drink another large glass or two of water and thoroughly rinse your body from the inside out. Within an hour, you'll eliminate almost entirely clear water!

After two more hours, you may eat. Start with fruit juice. Half an hour later, eat fruit. You may eat regular food one hour later, but keep it light. By supper, you should feel recovered.

HOW WELL DID YOU DO?

Expect diarrhea in the morning.

Use a flashlight to look for stones in the toilet with your bowel movement. Look for the green kind since this indicates genuine gallstones, not food residue. Only bile from the liver is pea-green. The bowel movement sinks, but gallstones float because of the cholesterol inside.

Count them all roughly, whether tan or green. According to Dr. Clark, you will need about 2,000 stones before the liver is clean enough to rid you of allergies or chronic pain permanently. The first cleanse may rid you of them for a few days, but as the stones from the rear travel forward, they will give you the same symptoms again. Hence, you

will likely need to repeat this liver detox several times, with a minimum recommended two weeks between treatments.

Sometimes, the bile ducts are full of cholesterol crystals that do not form round stones. These appear as “chaff” floating on the toilet bowl water. They may be tan-colored and harboring millions of tiny white crystals. Cleansing this chaff is just as important as purging the stones.

CONGRATULATIONS

You have detoxified and unclogged your liver of stones without surgery! While Dr. Clark popularized this liver flush protocol, herbalists invented it hundreds if not thousands of years ago.

BUT IS IT SAFE?

You may be wondering whether this liver cleanse is safe. According to Dr. Clark, it is very safe, and this assertion is based on hundreds of documented cases, including many people in their seventies and eighties. None went to the hospital, and none even reported pain.

Most people feel great immediately afterward, but a few can feel ill for one or two days. If you feel sick afterward, completing a parasite-cleansing program is suggested before your next liver cleanse.

While the program is safe, you should never consider a liver flush when acutely ill. For instance, if you have a cold or flu, make sure you are over that before flushing your liver.

TAKE ACTION!

Of all the topics I have mentioned, the 24-hour Liver Flush often gains the most interest.

Most people understand the importance of their liver in detoxifying their bodies. Those who like to indulge in alcohol from time to time especially appreciate the idea of cleaning out their liver. Although the 24-Hour Liver Flush gains so much interest, I've found that very few people follow through and try the protocol. I hope you take action and clean out your liver—you'll be glad you did. It is a potent action that should help you break free from your health issues and move towards ultimate health.

FAST AND LONG-LASTING ALLERGY IMPROVEMENT

Although completing several 24-hour Liver Flushes over the next few months is something you'll be glad you did, you may wish to fast-track the reduction of your food sensitivities and allergies. The benefit of this action is that you will remove an underlying burden on your immune system and reduce the aggravation of your symptoms without significantly changing your environment or eating habits.

For instance, it's one thing to know you're sensitive to wheat or dairy, but consistently avoiding these foods can be challenging. And if you are allergic to dust, dust mites, or your pet, avoiding these allergens may not be a reasonable expectation. Thankfully, solutions exist.

If you have a few hundred dollars to invest in your health, I highly recommend getting treated by a holistic allergist. There are two advanced holistic allergy elimination protocols. The better-known of the two is NAET.

A newer and more direct approach is called Bioenergetic Intolerance Elimination or BIE. I chose BIE over NAET because BIE requires fewer visits to reduce one's allergies—often four visits or fewer to handle them all.

BIE has been an absolute miracle for my family. Before BIE, my sons were sensitive to wheat, dairy, and even our dog. Keeping them healthy was a challenge. After just one BIE treatment, we noticed a dramatic improvement in their health. It was also great not to have to watch their diets as carefully. Treat foods like pizza and ice cream, which would trigger symptoms previously, were less of a concern.

If you have the resources available, I highly recommend you get treated by a holistic allergist as soon as possible since allergies and sensitivities are detrimental to the healing process. There's no need to complete anything else first.

An excellent study conducted at Weber State University conclusively proved the effectiveness of holistic treatment for patients with severe peanut allergies. If you or someone you know has severe allergies, know there is hope.

CLEAN YOUR LYMPH

The lymphatic system is your body's sewer. Believe it or not, you have more lymph fluid than blood, so this is a significant part of your body that we're talking about. However, your lymphatic system has come under increased pressure due to the toxic world we live in, with the incidence of lymphoma rising.

One of the best treatments to support your lymphatic system is exercise. The most beneficial exercises for this are jogging, jumping rope, and rebounding (bouncing on a mini-trampoline).

Another approach is taking a homeopathic lymph diarreal, which is a diuretic to drain your lymphatic system. Lymphatic drainage massage has become more prevalent in recent years, too. You can even learn to give yourself one of these messages through a short YouTube video.

REBUILD YOUR ADRENAL GLANDS

If you've been under a lot of stress, your adrenal glands are likely exhausted.

As a first step, you will probably find reducing the intake of coffee, energy drinks, and other stimulants helpful. You should also check out Chapter Seven for strategies to help make life less stressful. Consider also taking bovine adrenal extracts or herbal formulas for adrenal support to speed the recovery of your adrenal glands.

CLEAN YOUR FAT

Not all toxins are created equal.

Some toxins are water-soluble and effectively flushed from the body using the techniques mentioned. Others are fat-soluble and stored in your body's fat reserves. Unfortunately, many chemicals today are produced from petroleum and are fat-soluble. These toxins are best cleared through a sauna detox program.

A sauna detox program is a profound treatment everyone would benefit from doing. This is highly effective for helping individuals get drug and chemical residues out of their fat tissue using high doses of vitamin B3 (niacin), jogging, sauna, and supplementation.

Vitamin B3, or niacin as it is more commonly called, can be an absolute miracle for anyone with a heart or circulation condition. When taken in higher doses, Niacin can reduce cholesterol and create a desirable “flushing” effect, temporarily supercharging your circulation. Niacin is also one of the best ways to clean your fat. Another straightforward approach is sweating through exercise and sauna, which wash away the toxins.

In many ways, this sauna protocol may be the ultimate detoxification program. In addition to clearing toxins from the fat and lymph, it's excellent for your skin. It's like showering the entire surface of your body from the inside out, with all the sweating involved.

The specific sauna detox program I'm familiar with was successfully used in Manhattan after 9/11 to return to health the firefighters and NYPD, who were incapacitated by the toxic exposure at ground zero.

Since then, the program was successfully used after the 2010 BP oil spill in the Gulf of Mexico to save the lives of those who had been debilitated by the chemical dispersant Corexit. The documentary film *The Big Fix* depicts how harmful this chemical is, making it clear that we need to outlaw it (like we did the deadly chemical Agent Orange) and hold oil companies accountable for cleaning up oil spills instead of just trying to hide them.

If you're looking for this life-saving detox program, an easy-to-read book explains it in more depth. The program has been around for decades, has been completed by millions, and is available in most major cities worldwide. In addition to me, many of my family and friends have completed the program. Rave reviews and amazing success stories are routine. For instance, one of my close relatives entirely rid

themselves of all symptoms of Parkinson's after just a few weeks of using this program. You can find the details at www.craigbrockie.com/resources.

REMOVE YOUR METALS

It is an accepted fact that heavy metals have a detrimental effect on your health.

Aluminum is particularly poisonous to the nervous system, with a range of symptoms that can include disturbed sleep, headaches, nervousness, emotional instability, memory loss, and impaired intelligence. Aluminum toxicity is also correlated with dementia, Alzheimer's disease, and infertility.

The primary way aluminum is introduced to our bodies is through aerial spraying. You're not alone if you've ever looked up in the sky and wondered what those ugly white streaks are. Millions of others and I have been investigating and reporting on the chemtrail phenomenon for decades.

Conclusive research has uncovered that the main component of chemtrails is aluminum. This aluminum falls to the ground where it is inhaled; it contaminates our water supplies and the soil our food grows in. The must-see film, *What In the World Are They Spraying?* measured drinking water samples with 2,000 times the normal level of aluminum. I am outraged about this, and you have every right to be too. Something can be done about it, and it all begins with increasing awareness.

Another seriously toxic metal is mercury. Many people still have amalgam fillings that contain mercury in their teeth. The documentary *The Beautiful Truth* scientifically demonstrates how the discharge of gas from mercury-based fillings continues for many years after the filling has been put into a

cavity. The film goes on to illustrate the link between mercury and infertility. Ironically, the fluoride that dentists claim to be good for our teeth has also been linked to infertility.

In addition to the mercury that may be in your mouth, there can be infection under your teeth. When an infection is trapped under a tooth, your immune system is constantly fighting the infection, leaving fewer resources available to heal the rest of your body. To get your health under control, it is essential to address both issues if they exist in your mouth. A qualified biological or holistic dentist offers the best solution for *safely* replacing amalgam fillings and addressing chronic dental infections. I stress the word safely here, as removing mercury fillings without the utmost care can ruin your health.

Intravenous chelation with a compound known as EDTA is a standard therapy for removing heavy metals from your body. Chelation therapy is affordable compared to most conventional medical treatments, but unfortunately, it is not covered by health insurance. Fortunately, several oral chelation options exist, including cilantro, apple cider vinegar, chlorella, and other safe and natural substances.

CLEAN YOUR KIDNEYS

Other organs you'd benefit from cleaning up are your kidneys. Besides filtering your blood, your kidneys play an essential role in the urinary system and other functions. Fortunately, there are several herbal formulas for detoxifying them. Visit a naturopathic clinic, health food store or search Google or Amazon for a "kidney cleanse" to find one.

MY INSIDES ARE CLEAN. NOW WHAT?

Some of the suggestions in this chapter are more dramatic than the other treatments we looked at earlier in this book. We have covered a lot of different treatments, which are all significant processes to move your health forward.

Again, you are reminded to take things at your own pace, research, and implement what's true for you. In the next chapter, we will shift our focus from looking at internal cleaning to looking at pain and, more particularly, the causes of pain.

CHAPTER 6

ELIMINATE PAIN

When it comes to pain, I can relate.

I lived with chronic pain for most of my twenties and know just how much it sucks. Fortunately, chronic pain is now a distant memory for me, and it can be for you, too. Whether you have arthritis, back pain, or a “bum” knee, you’ll find helpful solutions in this chapter.

There are three main causes of pain:

- biochemical
- structural
- energetic

We’ll discuss all three causes and how to quickly, safely, and affordably rid yourself once and for all of your chronic pain.

BIOCHEMICAL CAUSES OF PAIN

We've already discussed biochemical health—the main concepts we looked at were:

- oxygenation and pH
- toxicity
- nutrition

Let's briefly revisit these concepts, starting with oxygenation and pH.

If your blood becomes too acidic, you can die. Thankfully, your body is too smart to give up and die. Unfortunately, when it becomes too acidic, your body begins to rob your muscles and bones of minerals such as magnesium and calcium. This deficiency of calcium and magnesium often contributes to pain.

Both minerals are alkaline, which helps neutralize the acidity, but they also have other vital functions within your body:

- Calcium creates a tightening effect, which helps make bones denser. We've all heard the hype over the past few years about the importance of women taking calcium to help reduce the risks of osteoporosis. It's not surprising then that naturopathic medicine has found strong links between osteoporosis and acidosis, a condition where the body is chronically acidic and robbing the bones of calcium.
- As mentioned before, magnesium has a loosening effect. It helps muscles and nerves relax, which explains the relaxing effect of taking a hot bath with magnesium sulfate, otherwise known as Epsom salts. Painful muscles are invariably tight and represent areas of the body that are likely to be magnesium deficient.

Having acidosis is like the inside of your body being on fire. Consuming calcium and magnesium supplements sometimes seems like trying to put out a fire with a squirt gun and doesn't address why your body is on fire in the first place. But if you are suffering from pain, in the short term, I highly recommend supplementing with high doses of both minerals. To address the cause of your acidosis though, we need to solve what is causing you to be acidic in the first place, and if you check back to Chapter Three, you can follow the steps to becoming more alkaline.

As you would expect, toxicity is also a major cause of pain within the body. Take arthritis as one example – this disease results from toxic deposits settling in your joints and causing inflammation. So, rather than treat the inflammation with painkillers, it is far more practical to address the toxins that caused the problem in the first place by removing them from your body. Often, the act of removing toxins from your body will reduce or eliminate the symptoms of arthritis.

Toxins are also typically acidic, so while they remain within your body, they can contribute to a vicious cycle of pain and illness.

As I've mentioned in other chapters, when your body is under a lot of stress, it is usually nutrient deficient, and this deficiency can go beyond the basic vitamins and minerals. Again, this is another cause of pain, which can be addressed by healing your gut to improve nutrient absorption, as well as juicing and supplementation. If you have the financial means, vitamin IVs are amazing. If you don't, turmeric is a popular anti-inflammatory herb, and other herbs and supplements help reduce pain.

We looked at enzymes in the last chapter. In addition to nutrients, enzymes are incredibly important in dealing with

pain. When more enzymes are in your body, all its processes work better: inflammation is reduced, toxins are cleared more swiftly, and tissue can recover faster. Specifically, bromelain and an enzyme blend called Wobenzym can help reduce pain and inflammation.

MY SULFUR MIRACLE (MSM)

Here I go again, beating my MSM drum. It's because methylsulfonylmethane (aka MSM or organic sulfur) truly is a miracle supplement in my book.

Those who suffer pain are usually both oxygen and sulfur-deficient. MSM is not only an excellent antioxidant, but when taken in therapeutic doses, it dramatically reduces inflammation, speeds up tissue repair, and creates an environment that allows higher oxygen saturation within your cells.

I liken a therapeutic dose of MSM to giving your muscles a bath from the inside out, washing away years of accumulated junk. Even scar tissue begins to soften noticeably within a few days of starting a high dose, as outlined in Chapter Two. Other benefits of MSM supplementation include improved respiratory health and increased athletic endurance. If you exercise or play sports, you'll love organic sulfur.

MSM is a close relative to DMSO (dimethyl sulfoxide), which I also introduced in Chapter Two as an excellent topical remedy, especially for those with cold sores. DMSO is also great for relieving sore joints and muscles.

ACUTE PAIN? TRAUMEEL TO THE RESCUE!

Traumeel is an amazing homeopathic product that should be in every first aid kit.

My friend, Dr. Swetlikoff, introduced me to Traumeel after I fell off my son's skateboard. I landed badly on the pavement with all 200+ lbs of my weight concentrated on my elbow and my hip. My body was in shock, and it was the most severe injury I'd had in years.

Dr. Swetlikoff instructed me to take one Traumeel tablet every 10 to 15 minutes for the first two hours and then one tablet every three to five hours until I was healed. He also gave me Traumeel cream to apply topically. Immediately upon taking it, the shock subsided.

The next day, I awoke expecting to be bedridden with pain—I had never heard of Traumeel before and had not even applied ice to my injury. Instead, I was only slightly uncomfortable and went on a lengthy bike ride that day.

While I would generally expect severe and long-lasting bruises, I barely bruised and recovered completely in about half the time with less than half the pain. Dr. Swetlikoff explained how these results are routine, and from my ongoing research and experience, I agree.

Athletes, parents, and all first aid kits need to have Traumeel. I'm not compensated by the manufacturer of Traumeel and voluntarily provide this endorsement. If you're unable to find Traumeel, T-Relief offers very similar products that also work great.

WANT TO HEAL LIKE WOLVERINE?

I've mentioned peptides a few times now earlier in the book. Peptides are simply small chains of amino acids with specific structures and effects on the body. The peptide medication with the longest history of use is insulin, which many people with diabetes use daily. The most common peptide food supplement, collagen peptides, is believed to help rejuvenate skin and tissue.

Some peptide medications that assist in weight loss are semaglutide and tirzepatide. There are dozens of other excellent peptides that can safely boost human growth hormone (HGH), increase mental function, and even give you a great skin tan.

I absolutely love peptides. They are the most significant medical breakthrough in recent history that I have experienced.

A peptide called BPC-157 is the most common for healing pain and injuries. BPC stands for "body protective compound," and it is produced naturally in your gut. BPC-157 is a synthetic version with an excellent safety profile.

BPC-157 is usually injected subcutaneously (under the skin) for healing injuries. BPC-157 can also be taken orally to heal your gut, but oral administration is believed to have limited to no effect outside of helping the gut.

I have a couple of friends who eliminated long-term shoulder injuries within a few weeks using BPC-157 alone. But if you have the financial means or want to take your peptide game to the next level, consider combining BPC-157 with another peptide called TB-500. This combination is nicknamed the "Wolverine Stack" due to its ability to speed healing.

One other peptide worth mentioning here is ARA-290. Its secret power is reducing or, in many cases, eliminating nerve pain.

In 2017, I wiped out on my motorcycle on the 405 Freeway on my way up to LAX airport. I rode my motorcycle daily in Los Angeles for many years and often split lanes in traffic. I feel fortunate that this was the only mishap I had, but since then, I've had chronic nerve pain in the heel of my right foot.

With ARA-290, I only took the minimum recommended dosage of 1.33mg per day for about two weeks, and that pain completely disappeared.

The dosage shown to be most effective in studies is 4mg of ARA-290 per day for a full 30 days. Since I ended my mini-trial mentioned above, some (but less) of the pain returned to my heel, so I've now purchased enough to do a full course of 4mg for 30 days. I'll share my results with my free email newsletter subscribers. To get on that list, send an email to craigbrockie@aweber.com.

OTHER INJECTION THERAPIES FOR PAIN

Before moving into structural causes of pain, I'll quickly mention some other great pain and injury treatments for you to consider for your own research. I've personally experienced neural therapy, which involves releasing chronically tight muscles, "trigger points," and scar tissue with a mixture of a local anesthetic and a blend of anti-inflammatory and healing nutrients like liquid Traumeel and vitamins.

Prolozone is the same as neural therapy but immediately followed by injecting ozone gas into the same area that received the neural therapy injection. I've had moderate bruxism (teeth grinding) during sleep and a TMJ issue for as

long as I can remember. Both neural therapy and prolozone treatments have helped release extremely tight muscles in my jaw and temples.

Lastly, while I haven't personally received stem cell injection treatments, I know others who have had great results with them, eliminating pain and repairing injuries.

STRUCTURAL PAIN: LOOK AT YOUR FEET

Moving on to structure-related pain, I like to take both a bottom-up and top-down view of the body's structure. Since a solid foundation is most important to the stability of a building and since it is less expensive to work from the ground up, let's start with your feet first.

When you look down at your feet, consider how much they do for you: they take you everywhere. Even more than your car, they are your transportation.

If your tires are not fully inflated, there is more friction as you roll down the road. This is especially obvious when riding a bicycle with tires that aren't fully inflated, as more effort is required. A similar concept holds true for your feet.

STRENGTHEN AND ALIGN YOUR FEET

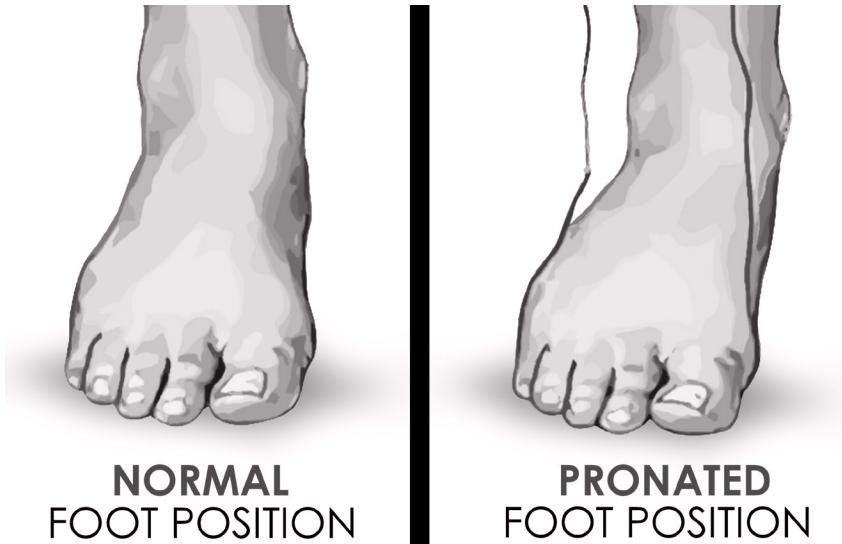
An important issue worth considering is the alignment of your feet and ankles, which is similar to the alignment of your car wheels.

If you are driving down the road and your car veers off to one side, you would perceive that problem through your steering wheel. However, you wouldn't blame the problem on the steering wheel—instead, you would understand that something related to the steering wheel, for instance, your

wheel alignment, is the cause of the problem. The steering wheel would be the symptom, but the misaligned wheels on the road would be the root cause.

With your body, you may have a similar kind of situation. You might feel pain in one part, but that pain may be caused somewhere else. Doctors call this “referred pain”.

For instance, you might be feeling pain in your knees, lower back, or neck, but these pains may be related to the alignment of your feet. If you go to a podiatrist, they can analyze your feet. Often, podiatrists take a mold of each foot and point out indicators of how flat or weak your feet are. But let's take a step back—we are dealing with feet, after all. Stand up and take a look at your feet. Are they close to parallel, or do your feet angle out significantly? Remember what your feet look like as we continue this chapter.



*With the normal foot position (on the left), weight is distributed evenly. When your foot arches collapse due to weakness, it leads to **pronation** (the image on the right), where the weight of your body is placed over the inside edge of your foot and ankle. No bene.*

FLAT FEET

Some of the most common foot-related conditions include weak or fallen arches and flat feet, which lead to “pronation” in your ankle.

When your arch is less than ideal, your foot collapses inwards towards the inside of your body, which puts stress on your ankle, and your feet often angle towards the outside of your body to create a V-shape. Your feet should ideally be nearly parallel, and your ankles should be aligned directly above your heels (so that the center of your shin is over the center of your foot).

However, you might see that your feet angle out and your ankles seem to roll inwards. When this is the case, your condition is called pronation, the most common scenario for foot dysfunction. Pronation is far more common than supination, another dysfunction that occurs when your arch is too high.

Having your ankles rolled in due to pronation puts a great deal of stress on your knees. Your feet are like the wheels, and your knees are like the axle of your body: the pivot point for your walking and running. When there is stress on your knees, it continues upwards into your body and adds stress to your hips. Your hips are like your suspension—the shock absorbers for your body. So, when your hips are tight, it is often due to stress in your feet, ankles, and knees, leading to your hips becoming misaligned.

Whenever there is misalignment, the body typically tightens things up to try to provide support, but that creates more tightness in your muscles, and tight muscles are often painful. That's why it feels so much better when a massage therapist gets to work on your muscles and loosens them up.

Taking this back to the car analogy, having tightness in your hips is like having shock absorbers that are stiff or seized. When your feet are flat and out of alignment, that is like having underinflated tires and wheels out of alignment. This would create the symptoms that you'd feel in the steering wheel and a more jarring ride.

When your hips are tight, any kind of jarring movement (such as walking, running, or jumping) transmits directly upwards through your body into your back and can even affect your neck, shoulders, and arms.

FIX YOUR ARCHES

There are two ways to deal with foot-related issues: the first is to visit a podiatrist, who will usually analyze your stance, your feet, and how you step. The podiatrist may then custom-make what are called orthotics. These are essentially braces that go inside your shoe to hold your foot at the correct angle and create an arch for you. Health insurance sometimes covers custom orthotics.

I have gone this route, and they do offer temporary relief. However, this approach does not address the root cause; it merely introduces a brace, and the arch formed this way is artificial. When you remove your orthotics, your foot goes flat again. Strengthening your feet and regaining your natural arch and ankle alignment is a far better solution. In my case, I initially had flat feet that were size 14. My arch was almost completely gone, which explains the length of my foot—it was mashed out because it wasn't correctly aligned.

I tried custom orthotics first, spending around \$300 for one pair. Unfortunately, it is a rather inconvenient technology; you can't use orthotics with sandals or flip-flops, and when you walk barefoot, there is no support. You will likely feel some benefit from orthotics, but my experience and research have led me to believe that orthotics do not treat the cause.

A less expensive and better solution trains your foot to work without orthotics. This particular foot-strengthening shoe insole is sold under the brand name Barefoot Science. If you search the web or YouTube for this product, you'll find videos that explain this technology.

While you still have to wear the insoles with shoes, they are only about \$100 per pair and they actually train your feet to regain their natural arches through a very simple but bril-

liant foot-strengthening system. I prefer the $\frac{3}{4}$ length model as they are easier to move from one pair of shoes to another.

Barefoot Science insoles offer several stages of foot strengthening and work by stimulating the ball of your foot with an insert or spacer under the insole. You start with a small insert that is very soft. After a few weeks, you will no longer feel that first insert, and that is when you move up and begin to use the second-level insert, which is a little higher and firmer.

You go through stages, wearing each insert for a few weeks or as long as it takes before you no longer feel it, and then you move on to the next level of insert. Eventually, you reach the final level: a thick, firm insert. Once you no longer feel this insert in your shoe, you will be able to stand normally, look down at your bare feet, and find that:

- your natural arch has been regained, and your foot is stronger,
- your feet are more parallel,
- and the alignment of your ankles has improved tremendously

I went from a size 14 shoe down to a size 13 when I regained my natural arch and foot strength using this fantastic product. In just months, you can recover your natural arch and take tremendous strain off your feet, ankles, and knees, which will take a lot of stress off your hips and lower back.

Treating flat feet is like inflating flat tires and getting a wheel alignment for your car. If you address the root cause directly, you experience reduced symptoms further up the system in the steering wheel or in terms of your body, in your knees, hips, neck, and shoulders.

If you have a healthcare plan that includes podiatry, you can see a podiatrist to be assessed. A less expensive option to confirm if you have pronation is to visit a store that specializes in running. They can analyze your arches for free. Just don't buy the shoes they try to sell you for pronation, as wearing Barefoot Science should eliminate it.

In addition to helping reduce pain throughout your body, strengthening your feet significantly improves athletic performance. Pronation is a severe handicap for most sports, especially those involving foot speed, skating, or balance.

Try watching people's feet as they walk by. I guarantee you will see many people's feet angled out, creating a V-shape, and with ankles that are improperly aligned (suggesting fallen arches). This seems to have become more of the norm than the exception, so once you get an eye for this, you will start noticing this condition more and more often, and now you will understand one of the reasons why many people feel pain in their everyday lives.

Barefoot Science drastically improved my arches and feet but didn't make them perfect. I've had to do some additional things to fix them further. Rolling a lacrosse ball under your foot is an excellent way to release the fascia and other chronically tight muscles. Foot massages are great, too. You can find foot exercises and even "Toe Yoga" videos on YouTube. I'm still working on my right foot and get some discomfort occasionally. When that happens, soaking my foot in ice water helps a lot.

KNEE PAIN? GET 'EM OVER YOUR TOES

Do you have "bad knees"? I sure did, and it's a major drag. My knee pain was so bad at one time that I had to gingerly walk down stairs, often with both my feet angled to the

left of my body to get down. I also used to suffer from shin splints whenever I tried to jog.

I wish I had known the “Knees Over Toes Guy” Ben Patrick back then. Ben had much worse knee trouble than I ever did, including two knee surgeries gone wrong. Nowadays, he’s got extreme knee flexibility and can effortlessly launch himself to slam dunk basketballs and, more importantly, repeatedly land without any issues.

Ben recommends three basic but highly effective exercises: “tibialis raises,” pushing and pulling a weighted sled, and exaggerated lunges he calls “split squats.” Ben has excellent videos on YouTube demonstrating these and many other tactics to overcome pain and achieve ultimate health. Check them out!

Before I go on, you’ve probably never heard the word tibialis, so I’ll clarify that. Your tibs are the muscles that run along your shin bones and get inflamed and sore when a person gets shin splints. When you raise your foot towards your shin, you flex your tibs. Tibialis raises strengthen your tibs, which can help runners say goodbye to shin splints and can help those suffering from knee pain, too.

Lastly, two supplements can help improve joint health. These are glucosamine and chondroitin. You often find them paired together or along with MSM.

TIGHT HIPS ARE A PROBLEM TOO

Let’s move upwards through your body and look at your hips.

Hopefully, you’ve already decided to improve your hips indirectly by correcting your feet with Barefoot Science shoe inserts. This will lessen the strain on your hips, but if

you've been walking around with flat, unaligned feet for many years or sitting for hours on end like many people these days, there will likely be alignment issues with your hips as well and the muscles in that area chronically tight.

When you want to improve your hips, an excellent place to start is to get a really good deep tissue massage in your hip area from just below the rib cage down to the top of your thighs, front and back. The therapist will get deep into your abdomen and release your hip flexor muscles, among other things.

Another simple step to help release a lot of that tension is to lie on top of a basketball or medicine ball, roll it around the inside of your rib cage, and press it right into your upper thighs, or use a foam roller for that. This is similar to the technique I suggested in Chapter Two but involves applying pressure to a broader area of your body.

Performing core strengthening and stretching exercises is also recommended. Remember, your hips are like your suspension in your car, so when you are walking, jogging, or doing any sport, you want your hips to be loose and strong so that they can respond well to whatever you are doing with your body.

You want your hips to absorb much of the shock your feet, ankles, and knees are experiencing. Otherwise, that shock will go right up your body and affect your lower back, mid-back, neck, and even your shoulders. And if there is a dysfunction in your shoulder that can easily contribute to a dysfunction in your arms—the whole body is truly connected.

According to Chinese medicine, the body's energy center is located right below the navel, so strengthening this area of your body can also benefit your overall well-being. There

are many benefits to strengthening your abdominal area and hips and keeping these muscles loose.

Another (physical) exercise you can try is lying face down on a mat, pushing your upper body up, and then looking up and behind you. This helps you stretch the front of your body. A back bridge is another great exercise. Many people feel pain in their backs, but many times, it is not the muscles in their back causing the pain but rather weak feet and core muscles, poor posture, and tight muscles in their legs and the front of their body.

If you ever get the chance to visit Tampa, Florida, be sure to book ahead for an appointment at Free Motion Physical Therapy in Clearwater. The owner and lead physical therapist, Rob Collewijn, is in a league of his own regarding loosening up and rebalancing your body and focuses a lot on mobility. Free Motion has several videos on YouTube you can watch to see stretches you can start doing today to loosen up your core, lower and upper body. After your visit with Rob or one of his other excellent physical therapists, they will give you stretches and exercises specific to your body to leave you in the driver's seat for your structure.

STRUCTURAL PAIN: SPINAL ALIGNMENT IS CRUCIAL

When it comes to structural alignment above the waist, there are three common scenarios:

- kyphosis
- lordosis
- scoliosis

These all have to do with spinal alignment.

KYPHOSIS

Kyphosis is the least common condition and is informally referred to as hunchback. While it is the least common, it is the easiest to notice—essentially, the top of the body and the head lean too far forward.

LORDOSIS

Lordosis (swayback) is far more common than kyphosis. With this condition, the lower back is too far back or posterior, as a doctor would describe it.

SCOLIOSIS

Lastly, there is scoliosis, which is a twisting of the spine.

A MAJOR CAUSE OF BACK ISSUES

We've already talked about your feet and hips, so let's go right to the top: your head. The head typically weighs eight to ten pounds, and if your head is out of alignment, your body structure compensates; in particular, your spine and hips will move to compensate.

If you look into a mirror, you may see that your head is tilted to one side or that your posture is not ideal. Think about the amount of strain that is being put on your body. A good way to illustrate the issue is to take a ten-pound dumbbell, extend it over your head, and keep the weight centered above your shoulder.

Notice that when the dumbbell is centered, it puts little strain on your shoulder. Now, hold the dumbbell a bit off to one side. You will notice more strain in your shoulder as

your muscles compensate underneath for the off-centered weight. Put the weight back to the center, and strain will be removed from your shoulder. The same holds true with your head. Even if it is slightly out of alignment, it begins to strain your body below and can lead to many issues down to your hips and feet.

With kyphosis (hunch back), the head is slightly too far forward, which leads to the hips moving forward. These two actions cause the spine to bend, giving the characteristic appearance. If you take a kyphosis sufferer and move their head back into proper alignment on top of their spine, their hips will move back into the right spot. Their butt, which has been hiding forever, will also magically reappear.

With lordosis, the head is slightly too far back – it's not centered on the top of the spine. Here, the hips compensate by shifting back, putting strain on the lower back as it is caused to arch too much. So again, by moving the head – in this case, just a little bit further forward – and centering it atop your spine, the muscles in your body will be allowed to relax.

NEUROCRANIAL RESTRUCTURING (NCR)

You may notice when you look into the mirror that:

- your eyes are not level, and your head might be tilted to one side
- one shoulder may be higher than the other
- your eyes and ears might be out of alignment

These all indicate subtle imbalances in your cranial structure that can affect your entire body.

The best treatment I've discovered for back and neck pain, which corrects scoliosis, kyphosis, and lordosis is called NeuroCranial Restructuring (NCR).

NCR realigns the bones of the skull and properly rebalances your skull on top of your spine. NCR provides lasting, cumulative benefits rather than the way chiropractors often loosen up the same areas of tightness in your spine visit after visit, offering only temporary relief.

You may have already addressed the issues related to your feet and hips, and you may no longer have pain issues after doing that, especially if you have also addressed the toxicity and nutrition issues to help eliminate the pain. However, if your head is out of alignment, that will still strain your neck, shoulders, and back, translating down through your body.

NCR is typically a series of four treatments over four days. For moderate to severe cases of kyphosis, lordosis, and scoliosis, I'd highly recommend you consider this top-down approach, especially if you have not received sufficient benefit from improving your feet and hips from the bottom up.

One of the good things about NCR is that it not only puts your head on straight and corrects neck and back pain issues, but it also improves facial symmetry and facial structure. Most people know that facial symmetry adds to beauty. However, that is only one of several components. Someone considered to be a beautiful person will usually have :

- symmetrical, oval-shaped face
- broad forehead
- broad smile
- high cheekbones
- "large" eyes (let me elaborate, as large eyes could look odd. What I mean by this term is wide-open, innocent-appearing eyes – sometimes called "doe-eyes")

It is widespread, especially for people who were born with the use of forceps, for there to be compression in and around the temple area of the head. With many people, their eyes could be more open than they are, or one eye appears larger than the other. Similarly, one ear may be lower than the other. Cheekbones are often sunken, which alters the dimension of the face. In addition, your forehead may be narrower than it should be ideally.

NCR is wonderful if you are considering improving your appearance. Plastic surgery is much more expensive, and a more natural way to enhance the beauty of your face is to improve the alignment of the bones in your head, which NCR can achieve very well. If you have ever considered a nose job or similar facial surgery to improve your appearance, consider NCR, which can help your appearance and structure.

NCR can also help to improve your mental and emotional self because as the bones in your head become ideal, this can help improve the flow of cerebrospinal fluid within your brain. In addition, the bone you are adjusting through NCR is right above the hypothalamus, an important hormonal and emotional center, and can, therefore, positively affect one's hormones.

NCR also routinely improves ear, nose, and throat conditions, reduces snoring and eliminates ear and sinus drainage issues, and can even benefit one's hearing. Also related to sinus issues, another treatment worth mentioning here is called balloon sinuplasty. I've not experienced this personally, but watched a demonstration video online which appeared effective.

Also, migraine headache sufferers who believe they have "tried everything" routinely benefit from as little as one series of four NCR treatments.

Another thing that NCR routinely handles are symptoms of concussion. Head injuries are a major issue in professional sports, especially football and hockey. Many NHL players have experienced career-ending concussions. Neural Therapy, which I mentioned earlier in this chapter, and its “crown of thorns” injection protocol has reportedly provided relief. That said, NCR is the *only* treatment protocol I am aware of that can push the bones of the skull *outward*, away from the brain they are supposed to be protecting. This returns the skull bones to their natural position, removing compression from the brain and returning a cushion of cerebrospinal fluid, just as nature intended. If you happen to know someone suffering from concussion symptoms or have contacts with any sports teams where concussions are an issue, please share this information with them.

You are optimizing all of these things with one great treatment. I can’t say enough great things about NCR. While it is an outstanding treatment, it is not widely available. I know one doctor who specializes in NCR and travels to multiple locations treating patients. There are other doctors trained in NCR, but if you’re still unable to access it, you might consider some alternatives.

Right below your skull and atop your spine sits your atlas. When it comes balancing your structure, aligning your atlas is an excellent treatment. Most chiropractors unfortunately are not trained in aligning the atlas, so look for a practitioner who is specifically trained in upper cervical treatments. Associations specializing in this field are Orthospinology, NUCCA, Atlas Orthogonal, and Atlasprofilax. If neither NCR nor upper cervical chiropractic care is available, you may want to consider structural treatments such as Muscle Activation Technique, osteopathy, chiropractic, or Rolfing, which can also be helpful.

POSTURE MAKES PERFECT

The result we're seeking through addressing your structural alignment is optimal posture and mobility. Chronic pains generally dissipate when your body maintains optimal posture and mobility is restored.

However, even if a person were to have near-perfect structural alignment, postural habits need to be addressed to ensure pain-free living for years to come.

Muscle Activation Technique (MAT) is an excellent treatment for keeping your body fine-tuned and posture straight. A good MAT therapist will straighten you out and give you a few quick daily exercises to correct the issues specific to your body so you can maintain an optimal state.

The Alexander Technique is also worth studying if you want to stand tall and live pain-free into your golden years. If you're not keen to explore the Alexander Technique, here are some common sense things I've learned when it comes to posture:

- Avoid "tech neck." Excessive smartphone use, computer use, and gaming have left many with terrible postures. The secret to avoiding this is not just to cut down on the amount of screen time but to position your screen as close to eye level as possible. That means holding your phone higher and positioning computer monitors so that you are looking forward, not down.
- Stand tall with your shoulders back and your head above your spine as if suspended on a string from above.
- Get a hydraulic desk that allows you to sit or stand. And stand as much as you can. And if you want to be in better shape, throw down some air squats and push-ups now and then.

- When sitting, avoid slouching. Keep your feet flat on the floor and your upper body upright with your shoulders open (back). Also, ensure you get up and move around every 60 minutes.
- The ideal sleeping position is on your back. Lying on your stomach is the worst, as it encourages lordosis (swayback) and stretches your neck to one side. Lying on your side can encourage scoliosis by rolling your bottom shoulder inward and rotating your hips out of alignment.

If lying on your back is uncomfortable on your lower back, it indicates that your hip flexors are tight. While you work on improving their flexibility, consider placing a pillow or bolster under your knees.

I used to have moderate scoliosis, and when I laid in bed, my legs liked to make a figure four shape with one knee bent to the side and the other leg straight. I realized this sleep habit was not helping, so for a time, I wore a loose-fitting belt around my legs at night to keep my legs straight and get used to that position. Yup, pretty weird, I know. But it worked.

As for pillows, after trying many different types and brands, my chiropractor turned me onto what I now believe is the ultimate pillow. The brand is Pillo-Pedic. It takes a bit to get used to at first, but man, it does make my neck happy.

ENERGETIC AND EMOTIONAL PAIN

Acupuncture is increasingly being accepted in the West. There is a good reason for this: for many people, acupuncture can demonstrate positive results for dealing with many ailments, including pain.

There are other treatments for energetic pain; take headaches as an example. One of the most effective techniques for headaches are the acupressure techniques, which I discuss in greater detail in the next chapter.

The homeopathic remedy Traumeel, introduced earlier in this chapter, is another example of the effectiveness of energetic medicine for pain. Homeopathic medicine is another branch in the advanced field of energy medicine, as its function is based on vibration.

Some pains are psychosomatic. One example can relate to an old injury. Suppose the mental and emotional trauma related to that injury is left unchecked. In that case, it can be reactivated and contribute to the sensation of pain at the site of the old injury.

It's even possible that pains can be directly related to feelings of guilt. This is not as strange as it may sound. When one feels guilty about something, they may subconsciously believe that they should suffer. In the next chapter, I cover ways to improve emotional and mental health.

LIVE WITHOUT PAIN

So there you have it.

In this chapter, I touched on the importance of detoxification and how supplements like magnesium, MSM, and others can help reduce pain. I also introduced peptides, which can help you heal old injuries, speed healing, and eliminate pain.

As for your structure, we started from the ground up, as fixing your foundation is affordable and achieves quick results. For about \$100, the Barefoot Science foot strengthening system can help rebuild your natural arches. Your feet and ankles will improve their strength and alignment, and

your knees will start feeling better, taking the strain off your hips and lower back.

Then, you'll want to strengthen and loosen up your core muscles and perhaps get your "knees over toes" with Ben Patrick.

If you still have neck and back pain, have issues with your posture, or would like to optimize your facial features, then look into NCR or some of the other treatments mentioned. At the very least, you can take action to improve your posture and avoid having "tech neck" and its associated pain.

CHAPTER 7

HOW DO YOU FEEL?

It is widely understood that stress and your emotional state can significantly impact your physical health and well-being. The reality of dealing with the problems we face in our everyday lives such as debt, ill health, challenging relationships, too much to do in too little time, past traumas, anxiety, depression, or all of the above—can make feeling calm and happy seem unattainable. I know I felt this way at one time.

Before we look at the actions you can take to improve how you feel, let's look at some of the effects your mind can exert on your physical health.

THE PLACEBO EFFECT

You're probably familiar with the placebo effect. It's widely accepted that patients unknowingly prescribed a simple sugar pill commonly experience an improvement in their health based on their positive expectations alone.

What most people don't realize is this phenomenon was found to be equally prevalent in patients who received "mock" surgeries. The placebo effect is so powerful that double-blind studies are necessary to validate any treatment protocol scientifically. The saying, "mind over matter," certainly has truth.

Another interesting example of the power of the mind was observed in patients suffering from dissociative identity disorder, formerly known as multiple personality disorder. In Michael Talbot's book, *The Holographic Universe*, he gives a fascinating example of a clinical study where a patient with dissociative identity disorder had diabetes in only one of his identities. That's right. Medical doctors confirmed the same patient had diabetes at one moment but didn't the next after he had undergone a change in identity.

Think about that for a moment. Many people are told their disease or ailment is genetic or incurable and something they have to live with for the rest of their lives. Well, maybe it's not. If you have strong intentions and take the necessary actions, any unwanted condition can be improved if not entirely handled.

STRESS

Many safe, affordable, and practical ways exist to reduce stress and increase happiness. Before we look at these, let's first look at some things that happen in your body when you experience anxiety.

Among other detrimental effects, when you experience stress, it is common for:

- your breathing to become shallow
- your blood pressure to increase
- your heart rate to become erratic
- your hormones to get out of balance

SHALLOW BREATHING

As mentioned before, shallow breathing reduces the amount of oxygen you absorb and the amount of carbon dioxide you expel. Oxygen is the most essential requirement for your body.

Not only can you not survive without oxygen, but cells deficient in oxygen become acidic and weak, creating an ideal environment for disease. Cancer, pain, viruses, parasites, and harmful bacteria all flourish in the absence of oxygen. As I covered in Chapter Two, you want to flood your body with oxygen, not deprive it.

Breathing deeply is also very calming. As few as five consecutive deep breaths can instantly reduce stress. Best of all, it's free and available to you any time.

INCREASED BLOOD PRESSURE AND ERRATIC HEART RATE

Emotional stress also puts undue strain on your heart. Not only can blood pressure increase due to stress, but your heart rate also becomes erratic, adding additional strain. With heart disease being such a common killer, reducing stress is as important as ever.

RAGING HORMONES

Hormones are a popular health topic these days. When it comes to wellness and stress, two hormones take center stage:

- DHEA
- cortisol

DHEA is a healing hormone as well as a precursor to other hormones, including estrogen and testosterone. Cortisol increases blood pressure and blood sugar and suppresses immune response. When you are experiencing stress, cortisol overwhelms your body and suppresses DHEA levels, which can disrupt your hormones, make you more susceptible to disease, and reduce your ability to heal.

RESULTS OF A STRESSFUL LIFESTYLE

When thinking about a stressful lifestyle and the implications that this may have for you, it's essential to consider how excessive stress contributes to poor eating habits and poor decisions in life. Even if you don't notice it yourself, you probably see it when others make questionable life decisions under stress. For instance, do you recognize any of these behaviors in the people you deal with in your everyday life?

- Taking out anger on a spouse, children, co-workers, etc., or getting angry with people in traffic.
- Smoking, drinking, taking drugs, overeating, gambling, and other outlets for stress. Ironically, these often contribute to increased stress.
- Racking up credit card debt from buying things to feel better.
- Wasting hours a day on social media or video games instead of creating the life you want. Ouch. That one hurts. I've wasted SO much time on social media myself. I deleted the Facebook and Twitter apps from my phone to help curb my addiction. I've even turned my phone display from color to greyscale to discourage

wasting time on my phone, which works incredibly well but is so dull that I turn the color back on within a few days at the most

Whether these examples apply to you or not, you recognize the behavior. And we all recognize how we can crave a beer, glass of wine, bag of chips, or container of ice cream when feeling stressed out. I found it interesting when it was pointed out that the word “stressed” spelled backward is “desserts”—of course, it’s got to be plural! And one of my favorite Homer Simpson quotes is a toast he made, “To alcohol! The cause of.. and solution to... all of life’s problems.”

THE INTERRELATION BETWEEN HEALTH AND STRESS

Now that we’ve covered some of the physical effects of stress, let’s briefly discuss the relationship between your emotions and specific conditions.

As I mentioned in the last chapter, physical pain can relate to past trauma or feelings of guilt and a belief that one deserves to suffer.

Since cancer is so common and deadly, let’s take a closer look at “the big C” and its relationship with emotions. After twenty years of research and therapy with over 31,000 patients, Dr. Ryke Geerd Hamer from Germany has empirically established how cancer can be reversed, and a patient returned to health simply by assisting the patient in resolving deep-rooted inner conflicts.

If you are still determining if thoughts, feelings, and beliefs can have such a predictable effect on the body, consider the work of cellular biologist and best-selling author Dr. Bruce Lipton. In his book, *The Biology of Belief*, Lipton lays out exactly how the mind/body connection operates at the cellu-

lar level and how the environment we create for ourselves has far more influence on our health than the genetics we are born with.

ADDRESSING MENTAL ILLNESS

In the West, treatment of mental difficulties primarily consists of administering psychotropic drugs. And while any drug can appear effective in reducing the symptoms of stress or mood in the short term, no mind-altering substance addresses the root problem, whether physical or mental.

For example, alcohol and illicit substances have been abused for hundreds of years by those seeking escape or as a means of forgetting their troubles. But the underlying problems remain, and the “escape” often leads to addiction. While some are quick to judge alcoholics and narcotics abusers for self-medicating, it has become socially acceptable for people to regularly take prescription sleeping pills, anti-anxiety medications, and antidepressant drugs to cope with emotional or behavioral problems.

Unfortunately, most people on these drugs continue to struggle with feelings of sadness and worry. The documented side effects of these drugs can cause a myriad of problems, including sexual dysfunction, worsening depression, anxiety, hostility, aggression, suicidal ideation, and a wide range of health issues, including diabetes, blood disorders, seizures, liver problems, and others. Moreover, people suffering from distress usually do not first get a complete physical examination to rule out any medical issues that may be causing or minimally contributing to their distress.

If you or someone you care about are seriously considering taking psychiatric drugs, please first visit the Citizens Com-

mission on Human Rights International website and find the documented side effects of these drugs (www.cchrint.org).

Also, watch the free educational videos at the Citizens Commission on Human Rights documentary website (www.cchr.org) for a balanced perspective.

One company that routinely helps people both avoid and safely get off of psychiatric drugs is called True Hope (www.truehope.com). It was founded by a Canadian man who lost his wife to suicide. He also lost two of his children to severe mental illness and was determined to save them before they met the same tragic fate as his wife. He succeeded and has since helped thousands of others break free from mental illness using natural means.

SLEEP SOUNDLY

A good night's sleep is essential to allow your body to heal and keep stress in check. Few things make a person more susceptible to feeling upset than fatigue. Just one poor night of sleep is enough to have a bad day, and some people are regularly sleep-deprived.

Here are some things I've found effective for sleep:

- There's a saying, "If you can't measure it, you can't manage it." While I don't agree with this completely, I think measuring your progress is a good idea. And when it comes to sleep, this isn't always the easiest thing to do since you're unconscious.

Two popular products can measure your sleep and give you a "sleep score" every morning. One is called the Oura ring, and the other is the Whoop watch. I don't use either, as I like to have my fingers and wrist bare

while I sleep, but I'm interested in trying them. Many people, including elite biohackers Ben Greenfield and Bryan Johnson, the founder of Blueprint, track their sleep score nightly.

- Sleep grounded. Learn how Tour de France champions, pro athletes, and everyday people sleep more soundly, reducing stress and boosting their performance and overall health by electrically grounding their bodies while they sleep. I will discuss this further later in this chapter.
- Avoid consuming caffeine after noon or altogether. Some people say that caffeine doesn't affect them, but that's just an indication that their liver is clogged and their adrenal glands are shot. Suggestions to improve both these conditions are covered in Chapter Five.

While caffeine may not be obviously perking you up at night, it could still affect your ability to fully relax and fall asleep. Caffeine has a half-life of up to five hours in the body. That means you can still have half of the caffeine in your system after five hours.

For instance, if you have a cup of coffee at 2 pm, you can still have the caffeine equivalent of half of that cup of coffee affecting you at 7 pm and a quarter of that cup affecting you at midnight. Even if you only drink coffee in the morning, if you down two cups by 9 am, the math is the same as the last example, with the caffeine equivalent of a quarter cup of coffee in your system at midnight. As 10X Health founder Gary Brecka says, "It's just science."

- Take a break from the nightly news. Seeing the worst of what has happened today and might happen tomor-

row is not conducive to relaxing and falling asleep – quite the opposite.

- Take a walk before bed. After you've turned off your TV and cell phone for the night, consider going outside for a walk and looking around to extrovert your attention and relax.

Looking at things in the distance is also great for your eyesight and is especially important if you use reading glasses or want to avoid needing them. We spend so much time focusing on phones and computer screens close to us, it's important to exercise your eyes by looking at things in the distance to keep your eyesight healthy.

- Read fiction on paper with incandescent light. Reading non-fiction can engage your mind in applying what you're reading, whereas fiction does not. A good story helps children get to sleep, and you might find it helpful, too. If you want a great book, my friend Jeremy Russell wrote an excellent novel called *Four Leaf*.

And be sure you're reading an actual book, not a phone or tablet, to avoid their blue light emissions. Also, ditch the LED bulbs in your bedroom in favor of good ol' incandescent ones. LED light can mess with your ability to sleep. If you insist on keeping an LED bulb for your reading light, at least wear blue light-blocking glasses.

- Wear earplugs. Noise can interfere with falling and staying asleep. Whether you live on a busy street, have a noisy neighbor, or your partner snores, earplugs can help. My favorite ones are made of silicone and can be formed to any size to get the perfect fit for maximum comfort (I only use half of one in each ear). Mack's brand is widely available online. I prefer CVS brand,

which is stickier. That might sound bad, but it isn't for silicone earplugs when you want them to stay in your ears.

One caution about earplugs is that wearing them can affect your ear/nose/throat system and create sinus congestion during sleep, leading to mouth breathing, which you don't want. Some people even tape their lips at night to prevent mouth breathing. While some swear by it, I tried tape and it wasn't for me. Now, when I use earplugs to sleep, I usually put them in without fully sealing my ear canal so that they have less effect on my sinuses.

- If you sleep with a partner, consider a foam mattress. It can be disruptive to share a spring mattress with a restless partner. A high-quality foam mattress makes your partner's motion almost undetectable. And if you share a bed with a cover hog, you could try sleeping with separate bedding to see if that helps.
- On the subject of snoring, I could write a whole book on that subject alone. I went through a period where I wasn't welcome in my own bedroom due to my snoring. And while I've only had mild sleep apnea at best, I know that's a serious issue for many.

What helped me, was downloading the free SnoreLab app on my phone to monitor what made my snoring better and worse. You might also find that if you lose weight, address your allergies, and get healthier overall, it can only help reduce snoring. It's crucial to ensure the air in your bedroom is well-filtered, and your HVAC isn't full of dust and mold. Beyond that, the SnoreLab app has many other suggestions you can try along with their SnoreGym app, which provides simple exercises to reduce snoring. If you have an

adjustable bed, you can raise the head of your bed to reduce how much your lower jaw and tongue fall back toward your throat and cause snoring.

If you still can't figure out a solution or have sleep apnea, consider researching Vivos DNA or its competitor, Homeoblock dental appliances, which widen your airways permanently and give you a great smile. This is an expensive solution. A more affordable route is to practice Mewing or myofunctional exercises, which you can learn for free online. Fundamental concepts are to breathe through your nose and keep your tongue against the roof of your mouth as much as possible. Mouth breathing and a lazy tongue cause many issues, including snoring.

- Focus your attention on your breathing—making it slow and rhythmic. This simple tactic can help relax your central nervous system and also help take your mind off of whatever it's preoccupied with.
- If you still find your mind racing or worrying, you'd probably benefit from recording what's on your mind so you can take your attention off of it. Use a voice recording app on your phone or a notepad to record what's on your mind. AI can transcribe your thoughts into "to-do" lists if you do the former.
- Dovetailing on that, New York Times #1 best-selling author and business tycoon Grant Cardone writes down his goals twice a day. First thing in the morning and last thing before sleep. It certainly works for him. Why not try the same to shift your attention from what you don't want to happen (your worries) to what you do want to create in your life?

- Prayer is an excellent practice as well. And if you don't consider yourself a religious person, then focusing on what you are grateful for is another good way to shift your attention off your worries and improve your life.
- Another secret to calming your mind is focusing on fully relaxing your tongue. As a thought comes to mind, you'll notice that your tongue tends to tense as you begin to subvocalize the idea and have "inner dialogue." Relax your entire tongue, and the thought magically goes away, returning you to a deeper state of relaxation.
- Try acupressure techniques mentioned later in this chapter. Simply put, they can be highly relaxing.
- Make your room darker and cooler. Sleep masks are great for blocking any remaining light once you've done everything to eliminate light from outside and inside your bedroom.

For temperature control, I love my "Ooler" mattress pad. It has silicone tubing and circulates water between me and my foam mattress, which holds more heat than a spring mattress. Ladies experiencing hot flashes will also love an Ooler for helping regulate their body temperature. Oolers are expensive but last for years and can save you money on your AC bill by allowing you to leave the thermostat higher than you would without. I see that a newer model called "Dock Pro" is available now and a more expensive competitor is "Eight Sleep" if you want to consider similar products.

- Other helpful ideas are to exercise regularly, eat low carb, put your phone on airplane mode at bedtime, unplug the WIFI in your house and use a white noise maker.

Some people have difficulty falling asleep, while others have trouble staying asleep. Some people wake up early and can't fall back asleep. For these issues, there are many helpful natural sleep aids. Some are homeopathic, some have vitamins, and others are herbal.

Most nights, my wife and I have cal/mag powder mixed with hot water and sweetened with glycine. Melatonin, ashwagandha, B vitamins, and tryptophan are common ingredients in sleep-enhancing supplements. Delta sleep-inducing peptide (aka DSIP) and peptides that boost the production and release of human growth hormone can also help. Ipamorelin is often paired with Mod-GRF (1-29) or Sermorelin.

If you've tried all the things above and still have difficulty sleeping, you might need your hormones balanced. DHEA helps offset cortisol and calm the body. So does the product I mentioned earlier in the book, Moducare. For women, hormone replacement can eliminate or at least reduce hot flashes if that's an issue. For men, having your testosterone in a higher range can help you sleep better and definitely can help reduce anxiety. Oxytocin is another hormone which is great for sleep and so much more. I discuss oxytocin in more detail later in this chapter.

EAT WELL, FEEL WELL

One of the reasons our bodies get so out of whack is because of what we put in them. If you tried putting sugar into your car's fuel tank, you'd soon run into trouble.

Sugar doesn't do your body or mood any favors, either. Consuming sugar and simple carbohydrates (which quickly break down into sugar) is one of the primary reasons people

experience energy highs and lows, which can lead to caffeine dependency and a host of other health issues.

Your sleep quality can also be improved by reducing sugar and carbohydrate consumption and increasing the intake of healthy fats, organic produce, and protein. More healthy eating habits were explained in Chapter Five.

EXERCISE

Exercising is a great way to boost your energy levels and mood. I love jogging for the “runner’s high” that kicks in after a few minutes as endorphin levels elevate. I feel great for hours afterward. Many prefer sporting activities like basketball or soccer, and if you haven’t yet played pickleball, you must. Simply taking a walk and looking out at what there is to see (rather than staring at your cell phone or the ground) is an excellent way to de-stress and is great for your eyes. Whatever exercise you enjoy, make time to get out and do it. You’ll be happy you did.

If weight loss and fitness are your goals, I suggest combining weight training and aerobic high-intensity interval training (HIIT). Based on the research of Dr. Doug McGuff, these two types of exercise appear to provide the best fat-burning effects long after the workouts are complete, as well as boosting human growth hormone levels, which can reduce the effects of aging and help you sleep better.

In addition to some walking and sports activity, two workouts per week can be enough to keep your metabolism fired up throughout the week. Having a trainer or workout partner is a great way to gain motivation and accountability, which has been a challenge for me most of my life regarding working out. To remedy this, I pay my employees for two hours of weekly workout time and join them in the gym. I

don't believe in the reactionary, symptom-focused systems of health insurance or allopathic medicine. Instead, my staff are encouraged to be healthy, so they don't need insurance, drugs, or surgery to get through life.

Exercising shouldn't seem like a chore; any exercise is better than none. After trying some of the suggestions in this book, I hope you feel more energetic and inspired about life and adopt a more active lifestyle.

NUTRITIONAL SUPPLEMENTS FOR STRESS

Naturopathic medicine offers some of the best sources for fast relief of stress. For instance, many years ago, the herb Kava Kava was instrumental in helping me get the upper hand on my chronic anxiety. Those who suffer from anxiety or depression may also want to research and consider taking essential amino acids, theanine, glycine, inositol, choline, ashwagandha, St. John's Wort, valerian, SAM-E, GABA, and 5-HTP. I'm not suggesting you take all these things at once, but one or more might help you feel calmer and happier as your body gets healthier.

Supplementing B vitamins, especially B1 and the mineral magnesium, can also be helpful. Magnesium has many applications. When addressing emotional issues, magnesium has a relaxing effect on the body, the nerves, and, therefore, emotions, which is especially beneficial for those who suffer anxiety. As for B vitamins, I use nutritional yeast to get their natural form and supplement with B12, which it is missing.

Completing a candida reduction program (explained in Chapter Four) and healing your digestive system (described in Chapter Five) are also helpful in reducing stress. The gut contains 100 million neurons—more than the spinal cord

and is commonly referred to as the body's second brain for good reason.

Furthermore, an estimated 95% of the body's serotonin levels, the neurotransmitter commonly attributed to feelings of happiness, are located in the gut. GABA, the neurotransmitter associated with feelings of anxiety when deficient, is also produced in the gut. Among others, the gut also plays host to the neurotransmitter dopamine. In case you're unfamiliar, the primary function of Ritalin, the drug prescribed to children with ADD and ADHD, is to increase dopamine levels. We can all agree that putting children on drugs should be the last resort. Let's first focus on returning them to optimal health first. A healthy alternative is getting them more active and outside playing. Why not join them instead of constantly sitting around looking at screens?

BALANCE YOUR SEX HORMONES

A lot can be said about having your sexual hormones in a healthy range. Women going through menopause are often prescribed hormone replacement with excellent results. For men, even young men, testosterone has rapidly declined in recent years, which is vital to address.

Hormone therapy isn't a "do it yourself" activity. Working with a competent doctor to monitor your blood work and response to treatment is essential.

For men, testosterone replacement therapy (TRT) may be a good solution. Having your testosterone in a higher range has many systemic benefits, including how you feel about yourself, your confidence, and how you manage stress.

Before jumping right into TRT, though, it's important to know that body fat can raise estrogen levels, and by losing

fat, detoxifying your body, healing your gut, filling any missing nutrient gaps, exercising, and even sleeping better, you're likely to increase your testosterone levels naturally. Ladies, these things are likely to improve your hormonal balance too. There are even specific vitamins and supplements that support hormonal health.

And men, if you're still interested in fathering children or would like to maintain your natural production of testosterone, then there are better places to start than TRT. Instead, it may first be worth considering the peptides Kisspeptin-10, gonadorelin, the hormone hCG, and the drug Enclomiphene.

I increased my "T" by about 25% by dropping body fat and taking DHEA and Kisspeptin-10 for several weeks. Then I did a cycle of Enclomiphene, which got my testosterone up to nearly 1,000, which is in a healthy range and feels great.

I'm not a doctor, and I don't play one on TV, so again, be sure to consult a competent physician before using any of the above compounds. I emphasize this again as you can buy all of them online without a prescription as "research chemicals," which retailers explicitly state are "not for human use" for legal reasons. While many of these sellers do third-party testing to validate the purity of their products and sell them for much less than the cost from a pharmacy, you want expert guidance from a doctor and blood tests when it comes to balancing your hormones.

GET MORE "LOVE HORMONE"

One hormone most people are unfamiliar with, which deserves much more attention, is oxytocin.

Oxytocin is nicknamed the "Love Hormone" for good reason. It is associated with trust, relationship building, and

sexual arousal. Other benefits of oxytocin are that it can help build muscle, reduce wrinkles, relax the body, and improve sleep, among many other positive effects.

Your body naturally produces oxytocin. It is released through physical contact such as a hug, during childbirth, breastfeeding, and during orgasm.

As we age, our oxytocin levels decline. Poor gut health also interferes with the production of oxytocin (as well as other important neurotransmitters).

To get an instant boost of oxytocin, consider trying a nasal spray, which can be purchased online with or without a prescription. The results are immediate and noticeable.

A good time to use oxytocin nasal spray is right after a workout to increase your anabolic response and reduce muscle soreness. Oxytocin can also be used 20-30 minutes before sex to increase intimacy and arousal.

Another good time to use oxytocin is right before bed to relax your body and enjoy a deeper sleep. Millions of people take the hormone melatonin. Rather than popping a melatonin to sleep better, why not try oxytocin?

Rather than depending on external sources of oxytocin, you can increase your body's production by optimizing your gut health, as outlined earlier in this book. You can do this by making your own probiotic yogurt at home.

Specifically, you want to culture the probiotic species *L. Reuteri*, which can increase your body's production of oxytocin. And while you're working on getting your gut to produce more, you can increase oxytocin through hugs and cuddling. And if you don't have a partner and hugging strangers feels awkward, cuddle your dog or cat. Oxytocin feels great!

CONSIDER “NOOTROPIC” PEPTIDES

There are so many amazing peptides that create positive effects in the body. There are even some that can improve brain function and mood as well. This branch of medicine is known as “nootropics”.

For instance, selank is known to improve anxiety and depression. Other well-researched and promising nootropic peptides are semax, dihexa, cerebrolysin, orexin A, FGL, and PE-22-28.

The benefits of these peptides range from sharpening focus, to improving memory, and even repairing brain damage. Anyone with autism, dementia, Alzheimer’s, or mental decline following a stroke could benefit from researching these peptides and considering their use.

SURROUND YOURSELF WITH HAPPY PEOPLE

If you want to be happy, surround yourself with happy, supportive people. Be aware of people who regularly complain, spread rumors, constantly disagree with you, and “negative people” in general. Also be aware of people who seem pleasant, but for some reason always seem to make you feel bad or uncomfortable in some way. Please do your best to limit your exposure to them as much as possible. Let me know if you’re unsure how to spot them and I can share my strategies. I can also tell you where I find happy, honest and productive people.

FAST... FROM THE NEWS AND EXTERNAL DISTRACTIONS

Some of the best advice I have ever implemented came from Andrew Weil, MD. He suggested taking what he calls a “news fast,” which means avoiding consuming the news.

The news exists to create chaos and confusion and sell advertising, not inform us of valuable information for our survival and happiness. What’s worse is that it’s often a source of propaganda, misinformation, and outright lies. It truly is often “fake news.”

Another objective of the mainstream media is to focus your attention on what to be afraid of day after day. What other reason exists for propagating the worst of what’s happening on a given day?

I’m of the no-news-is-good-news camp, and my life has been much happier since I began tuning out the news. I’ve taken this concept much further and avoid watching television as much as possible. The reason for this is simple: while not all television programs are harmful, most commercials are not only misleading, but they advocate drugs and communicate the message that we are somehow incomplete or not good enough, regardless of the product. That’s the advertiser’s way of manipulating us to buy it.

If that’s not bad enough, these sophisticated commercials are designed to communicate to us while we are “zoned out” and relaxing in a very susceptible, almost hypnotic state as we wait for our favorite show to return. Fortunately, with DVRs, you can bypass most of the commercials, but even the shows and movies often have degrading programming.

I also often take “computer fasts” on weekends to allow me to focus on personal development and enjoy time with my family. I also suggest becoming more aware of cell phone

texting, mobile email, and social media addictions as distractions from being present and enjoying life. Consider turning your mobile device off or occasionally putting it in airplane mode.

I've noticed that many smartphone addicts are in denial, so I'll be more specific. If you are at the dinner table with family or friends and allow an incoming message to interrupt, that's a yellow card. If you're out throwing a ball around with your child and whipping out your phone for anything other than taking photos or recording video, your priorities are out of line.

I am not the poster child of smartphone constraint, but I turn off most notifications and use airplane mode to gain freedom from the otherwise constant distraction. Set some limits and stick to them as best you can. You deserve some time to yourself, and your loved ones deserve your undivided attention at least some of the time.

WHAT IS ENERGY MEDICINE?

There are other ways to manage stress naturally. Energy medicine is probably a term you're unfamiliar with. Many have heard the concept that everything is energy. Most, however, are unfamiliar with how these concepts relate to the human body.

My purpose is not to convert you into a believer of homeopathy, Chinese medicine, or anything else but to share some concepts I've learned through studying the treatment of the human energy system that I feel you can easily substantiate on your own and benefit from, should you choose to.

As you follow the suggestions in this book, your energy levels should increase and become more balanced. The following few topics discuss energy in more detail.

VOLTAGE AND CANCER

First, you'll find it interesting that Nobel Prize winner Otto Warburg discovered that healthy cells in the body have a voltage of 70mV or higher. He also identified that aged cells have a voltage of about 50mV and cancer cells have a voltage of 15mV or lower. Keeping your body in a high-energy state and keeping the energy balanced and flowing throughout your entire body is therefore essential.

ENERGY IN WESTERN MEDICINE

It's important to realize that the concept of energy is undoubtedly present in conventional Western medicine. For example, it is common for dieters, bodybuilders and some athletes to obsess about calories, which measure energy. Western medicine also uses energetic diagnostic equipment like X-rays, MRI, and CT scans. There are also energetic treatments in Western medicine. For instance, lasers are commonly used in surgery, and you can even kick-start your heart with a defibrillator.

EASTERN INFLUENCE IN ENERGETIC MEDICINE

While less understood in the West, the flow of energy throughout the body has been widely recognized for thousands of years in Eastern medicine. The Chinese mapped out the body's energy meridians over five thousand years ago.

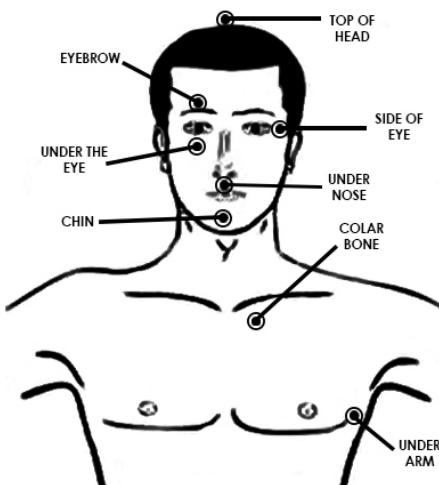
Gamma-ray technology has recently proven these meridians do exist. Ancient Indian knowledge of the body's energy vortexes has also been verified with modern biofeedback devices.



This is a computer-enhanced image of the body's meridian system detected by a gamma camera after radioactive tracers had been injected into acupuncture points. This is the body's circuit board or meridian system. Energy is intended to flow freely through the entire system. When the system is short-circuited, it can manifest as illness.

ACUPRESSURE: CHINESE MEDICINE AT YOUR FINGERTIPS

This next concept is used by millions of people and is advocated by several best-selling authors and doctors. Acupressure is similar to acupuncture, except instead of needles, specific points on your body are tapped or rubbed with your fingers to help calm and balance your body. It can even be used to stop food cravings.



Unless you've studied Chinese medicine or experienced its benefits, it probably isn't realistic that you could relax your nerves with this type of treatment. I understand if that's the case, as I shared the same opinion initially.

To give you more understanding and an opportunity to try it for yourself, to the right, you'll see a diagram showing you the common points that, when tapped or rubbed, help bring calm to the nerves and body, often within minutes.

GOOD, GOOD, GOOD...GOOD VIBRATIONS

There are also many excellent homeopathic remedies within the energetic medicine field. Homeopathy is a system of medical practice that treats a disease by administering minute doses of a remedy that would produce symptoms similar to those of the disease if taken in more significant amounts. Your body reacts to the tiny signal from the ho-

meopathic remedy and in doing so, handles the larger issue you are suffering from.

For instance, say you had a headache from too much screen time. A homeopathic remedy would give your body a tiny amount of something that would cause eye strain and headache if taken in a larger dose—in this case, a plant called Ruta Graveolens. Your body reacts to that tiny signal from the homeopathic remedy and, in turn, eliminates your headache in the process. The doses are so minute; the remedies are truly vibrational.

Rescue Remedy is a product I suggest for every glove box, first aid kit, and purse. While not technically homeopathic, it is a vibrational remedy and offers immediate relief from many common stresses and upsets. It is excellent for children too.

Once Rescue Remedy has proven itself to you, you'll be interested to know that you can get customized remedies to address your particular needs. Bach, the company that produces Rescue Remedy, provides an online questionnaire you can use to identify which other specific remedies might help you.

...AND BAD VIBRATIONS: ELECTROMAGNETIC POLLUTION

The topic of electromagnetic field (EMF) pollution is critical to understand. In my early twenties, when I was sick, I was susceptible to EMFs. My eyes would quickly turn red and hurt from working at a computer screen. I resorted to wearing tinted glasses to reduce the radiation reaching my eyes so I could remain productive as I grew my first Internet marketing business. Computer screens are much easier on the eyes today, and my health is much better. While my eyes no longer react as they did, I remain aware of the effects of

EMFs and do my best to reduce their harmful effects and educate others.

Nowadays, we are bombarded by unnatural frequencies and fields that didn't exist just thirty years ago. Most people now carry a cell phone and are surrounded by 5G and WIFI almost everywhere, whether awake or sleeping. Add to this the radio waves, microwaves, satellite signals, and who knows what else is hitting us. Remnant radiation from nuclear bomb tests, nuclear reactor disasters, and other unnatural fields all contribute to a very disruptive, energetic environment, which can adversely affect your stress levels and overall wellness.

Several studies link cell phone use with brain cancer, infertility, stress, headaches, and more. It's important to know that cell phones emit both radio waves and microwaves. If you've ever noticed your ear getting hot and sweaty after talking on your phone for a while, you have to wonder what's going on. I don't suggest microwaving food, let alone your brain and pelvis area.

The cell phone manufacturers themselves do not deny that they radiate their customers. Instead, it's a question of not if, but how much their product can fry your brain and reproductive organs. Every cell phone is tested for what is known as the Standard Absorption Rate (SAR), which measures the amount of radiation the device passes through to the user. If you're curious about your cell phone's score, you can look it up online.

Some people work on the logic that "seeing is believing," and since they can't see electromagnetic fields, they remain skeptical that radiation is affecting them. This is a foolish conclusion. First, you must realize that the human eye can only perceive a tiny fraction of the electromagnetic spec-

trum. I suggest skeptics buy an EMF meter instead to “see” the fields.

I also suggest studying the work of Dr. Masaru Emoto, author of the best-selling book *The Hidden Messages in Water*, to understand the effects of vibrations better. Dr. Emoto’s work is fascinating. He studied the impact of various energies and even one’s intentions on water, and the results are clear—bad energies have a very disruptive effect on water, and good energies have a harmonious effect. Considering our bodies are 60% water, I think it’s wise to take heed.



Above are photos of ice crystals formed from various water samples. The top row shows how positive words and intentions improve water's structural pattern. The bottom row shows ice crystals formed from water with negative messages placed before freezing.

[Source: The Hidden Messages In Water, by Dr. Masaru Emoto]

The good news is that many products are designed to remedy electromagnetic pollution. Some bracelets and pendants can be worn on your body, as well as products that can be

applied directly to cell phones and other wireless devices to help minimize their harmful effects. Some products can be placed within your home to make it safer.

EMF-shielding underwear is available to help protect your reproductive organs. Quality brands I'm aware of are Lambs and Bon Charge.

There are even cupcake-sized products made of a substance called Orgonite that are believed to reduce the detrimental effects of cell phone towers. I once bought thousands of these "Tower Busters" and, with the help of a friend, distributed them near all the cellular towers in my city and all around my property. I even owned an Orgonite "Cloudbuster" years ago, hoping it'd help reduce the harm of the chem-trails sprayed above. I've proudly worn my "tin foil hat" for decades and was a "conspiracy theorist" WAY before it became fashionable these last few years of the "plandemic" and fake news awareness.

GROUND YOUR BODY

I've invested well over \$100,000 into various energy-based health technologies. That said, one of my favorite ways to improve your overall wellness is a unique concept that is highly affordable and takes no effort on your part. It even works while you sleep.

This simple yet effective concept is clinically proven to:

- Reduce inflammation
- Reduce or eliminate chronic pain
- Improve sleep
- Increase energy
- Lower stress by calming down your nervous system and stress hormones

- Normalize your body's biological rhythms
- Thin blood and improve blood pressure and flow
- Relieve muscle tension and headaches
- Lessen hormonal and menstrual symptoms
- Speed healing
- Reduce jet lag
- Accelerate recovery from intense athletic activity
- Protect your body against health-disturbing electromagnetic fields (EMFs)

This technology has been around for many years now. It has been featured on television by Dr. Oz, embraced by Tour de France champions and pro athletes, and (perhaps unknowingly) used by millions worldwide for millennia.

All that is involved is (electrically) grounding your body. It can be as simple as walking barefoot outside or sleeping on a silver-lined bed sheet connected to a ground wire. We all know that the sun emits life-enhancing energy. Many may have yet to consider that the earth also emits life-enhancing energy. After reviewing all the research studies in the book *Earthing: The Most Important Health Discovery Ever?* and grounding myself, I'm a strong supporter.

The problem is that most of us are no longer "plugged in" to the ground. Rubber-soled shoes and multi-storied buildings have (electrically) insulated us from the earth, whereas our ancestors were mostly grounded. It's natural to be grounded, and today's society rarely is.

Until you do the research and experience sleeping on a grounded bedsheet, I understand if you are skeptical. See for yourself. You be the judge.

AROMATHERAPY: SMELL GREAT, FEEL BETTER

This next idea may not be the be-all and end-all of stress relief, but it is worth mentioning. Our sense of smell is more sensitive than other senses, and smell recognition is immediate. Other senses, like touch and taste, must travel through the body via neurons and the spinal cord before reaching the brain, whereas the olfactory (smell) response passes directly to the brain.

Your sense of smell directly exposes your central nervous system to your environment. That is why inhalation of essential oils can directly affect the central nervous system. The olfaction response bypasses the conscious brain and goes straight to the limbic system in the brain. The limbic system is closely involved with our emotions and memory.

Lavender oil is a familiar scent known to have a calming effect. I'm generally not a fan of multi-level marketing brands, but I do like Young Living products. They have many blended essential oils with different purposes and themes. My favorite oil blend is called Valor, which can be worn in place of cologne.

There is a specific aromatherapy protocol that is worth mentioning. The Raindrop Technique is incredibly relaxing and offers a massive benefit by boosting your immune system. This is a massage therapy where lots of pungent oils such as oregano, thyme, and basil are spread down your spine so the body picks them up through the massage. Oregano oil, which I previously mentioned, is my favorite immune system booster, which I refer to as the bazooka of cold and flu remedies.

UNDERSTAND WHAT YOU READ

I grew up moderately dyslexic and functionally illiterate, not reading a book in its entirety until the twelfth grade and struggling at that. Reading was always difficult and frustrating for me, so I avoided it. It wasn't until my thirties that I finally discovered why. Since then, my reading comprehension and study speed have significantly increased.

When I was younger, I remember how common it was for me to be reading, and my attention wandered off to some random thing, or I got to the end of the page and didn't remember what I just "read." Often, when reading, I'd yawn or even feel anxious. And having to read out loud in front of my classmates in school was mortifying due to my inability to get through a sentence or two without fumbling.

I finally learned it was all caused by going past words I didn't understand! Now when I see a word I don't know or am unsure about, I look up its definition in a children's or learner's dictionary app on my phone. (I use simple dictionaries as I find more complicated ones introduce more words I don't know, which drives me up the wall.) If that fails, I use Google.

Now that reading doesn't confuse and frustrate me, I don't get anxious when studying either. And when I'm reading and find my attention wandering, or I don't remember what I just read, or I yawn; I look to find the word I didn't "get" and make sure I "got" it before continuing.

DO WHAT YOU LOVE

Another idea is to schedule time without distractions to be in the moment doing whatever you love.

Turn off your cell phone to avoid distractions and have fun. When I was young, almost every spare moment was spent playing. Most adults have forgotten how fun life can be when we stop taking ourselves so seriously. Some of the best advice I'd ever received was to follow my young children's lead when it came to having fun. Playing with children is a great learning experience for children and adults.

Whether you like to draw, write, play music, run, play a sport, or do other activities, make time for it. If it's what makes you happy or excited, it's essential. Make time for it.

CHOOSE TO BE HAPPY EVERY DAY

You can use many other simple techniques to reduce stress and make you feel happier in your everyday life. Here are some examples:

- I find that one of the best ways to stay happy is to stay in action and productive. I like to relax and enjoy life, but sitting around and wasting time doesn't make me feel good. What does is having a purpose, things to do and getting them done.
- Focus on a happy memory and relive the moment in your mind.
- Adopt an attitude of gratitude. You're more fortunate than most if you can afford this book or any of the products mentioned. Make a list of all the things you're thankful for and keep it with you. I keep my list on my iPhone for easy reference.
- Write and send a heartfelt letter (on paper) to someone you love, appreciate, or admire. Not only will you be making the recipient's day, but you will likely be mak-

ing their month or at least their week. While it feels good to write the letter, the positive feedback I receive from the recipient is priceless.

On a related note, I read every book review and success story I receive from my readers and customers. Hearing your successes and how you've helped others improve their health is the greatest gift you can give me. It inspires me to do what I'm doing, provide even more solutions, and help as many people as possible. So please do write to me.

- Focus more on what is right in your life than what is not. Many people consider themselves *perfectionists* and rarely seem to be truly happy. While they may have most things going right for them, they tend to focus primarily on what's wrong.

I was guilty of this myself. I remember shortly after moving into my oceanfront dream home in West Vancouver, Canada, standing out on the deck overlooking the water with a snowcapped mountain in the background, and all I could focus my attention on was the little things that still needed to be fixed or upgraded to be "perfect" in my mind. Buying the house was a significant achievement and something I should have fully appreciated. Instead of enjoying that and the breathtaking view, I was focused on landscape tasks and other minor "issues" that I thought needed to be addressed.

A few years later, I had an epiphany. It occurred to me that, in reality, I wasn't a perfectionist; I was an *imperfectionist*. In my quest to make everything "perfect," I was focusing more attention on what was imperfect, and it was ruining my happiness.

Who wants to be an imperfectionist? Not me.

There are far more good things than bad, more kind people than evil ones, and more love than hate in this world. I now focus on what's good about things and highly recommend you do, too.

- Focus your attention on making the people around you feel good about themselves. The good vibrations are contagious and come back to you amplified. Besides showing your appreciation for others, another great strategy is the three-part compliment. Have you ever complimented someone only to have it bounced back to you, dismissed, or perhaps even questioned for its sincerity or intent? Using the three-part compliment, you're guaranteed to have your compliments sincerely accepted and appreciated every time. You'll find a short demonstration video for the three-part compliment on my YouTube channel.
- Make eye contact and smile at strangers. Although some people don't smile back, those who do make up for all those who do not, and then some.
- Consider reading *How to Work a Room* by Susan Roane and Dale Carnegie's classic, *How to Win Friends and Influence People* for more strategies to raise your confidence in social situations and advice about turning strangers into friends.
- The truth is that most people feel shy and hate being the first to introduce themselves or even say hello. Life becomes much more exciting and fun by gaining the know-how and confidence to turn strangers into friends.

HOW DO YOU FEEL NOW?

Once you've implemented some of the suggestions in this chapter and previous ones, your stress levels will be lower, and you will feel happier.

If you're still struggling with depression or anxiety, you're not alone. These emotions seem to be the norm in our society.

For me, I also used to struggle with feelings of guilt, shame, and regret. We've all made bad decisions, and mine really used to weigh on me.

If you'd like help with these issues, visit www.craigbrockie.com/help to learn more.

CHAPTER 8

LOSE YOUR FAT, KEEP YOUR MUSCLE

While I've never been obese, I've struggled with body fat and my self-image relating to that.

In my childhood, a lot of my friends were ripped. I wasn't like that. I always had belly fat and a little pudge under my chin. This progressively got worse as I got older, and then it became a relentless game of weight loss and weight gain. I've usually gone back and forth with fluctuations of about 20 pounds, but I've yo-yoed within a total range of 55 pounds my adult life.

I believe I've finally cracked the code of sustainable weight loss, and I want to share with you what I learned the hard way so you can learn from my mistakes.

First things first, it's critically important to maintain muscle during weight loss. If you're not mindful of this, you'll lose

a lot of muscle as you drop the pounds. Then, when you stop your diet, your body burns fewer calories, plus you're weaker, along with the other unwanted things that accompany muscle loss.

Keeping your body in an anabolic state as you diet is the key. The thing is that keeping your protein intake up where it needs to be to remain anabolic can be challenging, especially if you're using a product to suppress your appetite and speed weight loss.

TAKE ESSENTIAL AMINO ACIDS

This is where essential amino acids (EAAs) come into play. Amino acids are the building blocks of life. They not only make up the proteins that form muscle and collagen, but amino acids are also the building blocks for enzymes, neurotransmitters, hormones, and more.

EAAs are called "essential" because they are the nine amino acids your body cannot make on its own, and you, therefore, need to consume them. Furthermore, your body can manufacture all the other amino acids it needs from these nine essential amino acids. Cool, huh?

So, no matter what method you are considering for weight loss, I highly recommend supplementing your diet with an Essential Amino Acids product. My company, Ultimate Health Solutions, has created an EAA product that lives up to our ULTIMATE™ name. It's available in 1-gram tablets with no binders or fillers and a certified organic coating. They are sugar-free, gluten-free, non-GMO, and vegan, too. ULTIMATE™ EAAs also come in berry and citrus-flavored drink powders with no artificial sweeteners or flavors.

Other EAA drink powders use artificial flavors and artificial sweeteners to hide the bitter taste. Others are all-natural but have failed to mask the bitter taste. I'm biased, but I've tried all of our competitors' products and think our formulator did the best job in the industry, making our all-natural EAA drink powders taste good.

The other great thing about essential amino acids for dieting is that they are not filling and have very few effective calories, as your body utilizes the aminos quickly and efficiently to repair and build muscle, collagen, hormones, neurotransmitters, and enzymes.

When I'm leaning out my 6'4" body, I take 30-40g of EAAs throughout the day. Then I take up to 20g daily and a higher protein intake for maintenance. You can't overdose on aminos, so it's better to err on the side of more than less when dieting.

TRY FASTING, AT LEAST INTERMITTENTLY

According to "The Good Book," Jesus fasted for 40 days and 40 nights. How's that for some self-discipline?

I'm not suggesting you go over a month without eating, but how about limiting your eating window to eight hours daily?

There are entire books on fasting and its benefits, but let's focus on fat loss here.

When you're eating only eight hours daily, you typically consume fewer calories than you would otherwise. The extended period of having no food to process is also great for lowering your blood glucose levels and encouraging ketosis (fat burning). Intermittent fasting also tends to reduce your appetite so that when you eat, you eat less. It also is

a lifestyle change that you can continue in life or return to as needed without too much difficulty, unlike crash diets, where rebound weight gain seems almost inevitable.

I've seen countless success stories from people succeeding with intermittent fasting. Keto diet expert, Dr. Eric Berg of YouTube fame, has many great videos about how to lose weight successfully and keep it off. I highly recommend subscribing to and searching his channel with any weight loss questions you have.

If 16 hours per day of fasting doesn't seem doable, start by delaying breakfast each morning as much as you can comfortably. And once you get up to speed, by no means do you have to stop at just 16 hours a day. Some people get to the point where they can comfortably eat only one meal per day, and others find the self-discipline to achieve multi-day fasts.

SUPPORT YOUR THYROID

Your thyroid controls your metabolism. Hashimoto's and hypothyroidism have unfortunately become very common today. Supplementing with iodine, selenium, and indium sulfate can be helpful to enhance your thyroid function. There are many thyroid support supplements on the market to improve thyroid function. If these supplements don't get your thyroid markers where needed, desiccated thyroid would be my next suggestion before taking synthetic thyroid medications.

WHAT ABOUT DIET PILLS AND DROPS?

Many pharmaceutical and natural products are on the market to assist with appetite suppression. I've used hCG

injections, homeopathic hCG drops, other diet drops, and diet supplements. Most helped me lose weight, but I'd eventually gain it back again.

I don't necessarily think it was the fault of the products. At the time, I didn't understand the importance of remaining in an anabolic state during weight loss and had never heard of essential amino acids, so I don't think these weight loss products got a fair shake.

I usually also didn't end the diets as directed or follow the maintenance suggestions very closely. Over time, I would get into the bad habit of overeating and eating late at night, which made weight gain almost certain.

If you decide to use something to assist your weight loss, I'd suggest avoiding drugs in favor of natural alternatives since most of them do help suppress appetite. Furthermore, some weight loss drugs are basically forms of speed that can really mess you up.

ARE PEPTIDES WEIGHT LOSS MIRACLES?

If you're not in a rush to lose weight, I'd suggest against weight loss aids altogether, as the other suggestions in this book will help make you healthier, which often leads to healthy weight loss.

For instance, healing your gut, eating probiotic "Super Gut" yogurt daily, and cutting out wheat products may help you effortlessly drop weight. And if you find that intermittent fasting is something you can adhere to, your excess weight will undoubtedly begin disappearing.

The hottest and perhaps most significant breakthroughs in weight loss in years are found in the form of peptides.

Weight loss peptides in particular are strong and need to be used responsibly.

The most prevalent weight loss peptide is semaglutide. An arguably upgraded fat-melting peptide is called tirzepatide.

If you're obese or can't seem to lose weight any other way, I think these products are worth considering, but only if you are willing to do some of the other things outlined in this book to break free from your health issues and change your lifestyle long-term. The reason is that you don't want to depend on them for the rest of your life, and if you don't change your lifestyle, you're likely to regain the weight after you stop taking them, as with any appetite suppressants.

I've used semaglutide, tirzepatide, and a newer weight loss peptide called retatrutide, and I love how easy they make intermittent fasting. And when I did eat, I'd eat much less than usual and feel full for hours. My experience is that they genuinely do make weight loss easy.

What I don't like about semaglutide is how much the brand name versions of them cost. You can buy generic semaglutide online for under \$10 per mg that's third-party tested to be over 99% pure. That's enough semaglutide for your entire first month of treatment. US pharmacies charge many times this for the popular brand name equivalents.

Tirzepatide can also be found for under \$10 per mg online, but its dosage is higher, so in your first month, you take 10mg compared to just 1mg of semaglutide.

Some people complain about weight loss peptides making them feel nauseous. This usually occurs right after your weekly injection or after increasing your dosage. A way to reduce this unwanted symptom is to take half the dose twice a week instead and not increase your dose just because a

month has passed. If you are still getting results, increasing your dose is unnecessary. Another cause of nausea is overeating or eating rich foods. While on these weight loss peptides, focus mainly on eating lean proteins, vegetables, and a small amount of healthy fats.

Another complaint is that people lose fat from their faces, and their wrinkles become more pronounced. Well, it's true that fat plumps the face, so significant weight loss can have this effect. To help counteract this as much as possible, consider the suggestions in the next chapter to look younger and feel younger. There are also treatments to inject fat from other parts of your body into your face. And if all else fails, people have been getting facelifts for decades. Remaining overweight isn't healthy, and if you've failed to lose weight through other means, you need to decide what's best for you.

Another complaint is that people regain their lost weight after they stop taking the peptides. This goes for most diets though, and by supplementing with essential amino acids and adopting a healthy, active lifestyle, you can better maintain your muscle mass and metabolism, which can help you keep the weight off long-term.

Another thing to consider is to gradually reduce the dosage of the peptide at the end of your diet rather than stop cold turkey. Many people don't do that, as one of the most common reasons people stop is because they can no longer afford expensive brand-name peptides.

But, if you buy your peptides online, even at the maximum dose of 2mg per week, your monthly cost for semaglutide is under \$100. You can also take a break for a few weeks or months to let your body reset and start again at the beginning dose of 0.25mg per week.

And when you are not using weight loss peptides, you can do other things to help maintain your results. Metformin is highly affordable and has an excellent safety profile. Many longevity experts and biohackers take metformin prophylactically based on all the promising research surrounding it. Berberine and alpha lipoic acid are non-drug alternatives that can be taken in addition to or instead of metformin to help control blood sugar.

Hopefully, you successfully change your lifestyle using weight loss peptides and can continue intermittent fasting, avoid overeating, and enjoy a more active lifestyle without all that extra weight you once had.

The bottom line is that peptides can be used or abused like any other diet aid. If you use them to help yourself change your lifestyle and adopt better habits, they might be the miracle solution you've been looking for. They worked for me, Elon Musk, as well as many others.

WHAT OTHER PEPTIDES HELP LOSE FAT?

There are less controversial peptides that enhance fat loss. MOTS-c and AOD-9604 act less on appetite suppression and more on increasing metabolism. The former I've tried and liked. I've yet to try the latter, but I heard good things about it. Some people pair semaglutide with AOD-9604. Peptide "stacking" (taking more than one at any given time) is common.

I've also stacked weight loss peptides with HGH-stimulating peptides for additional body composition benefits. Common peptides for boosting human growth hormone are Ipamorelin paired with either MOD GRF (1-29), Sermorelin, or Tesamorelin. Tesamorelin is said to target visceral fat loss but is also the most expensive option.

WANT A NATURAL APPETITE SUPPRESSANT?

If you'd like the positive effects of weight loss peptides with fewer potential side effects, you might want to consider an oral supplement called Calocurb. It reportedly has a similar impact in terms of appetite suppression but is more natural. It is clinically proven to reduce hunger by 30%, cravings by 40%, and calorie intake by 18%. Calocurb has a significant amount of scientific research backing it up and is more affordable than even generic weight loss peptides, never mind the brand name ones.

CLOSING THOUGHTS

I've had many temporary weight loss successes and didn't even know the damage I was doing by not consuming enough protein and aminos.

In the past, I'd also have low energy while dieting and not be able to push myself in the gym. Now, it's the complete opposite. Now when I cut fat, my shoulders, arms, and legs keep their mass, and I continue getting stronger in the gym.

If you've struggled with your weight, there is hope. Intermittent fasting, essential amino acids, and peptides could give you the opportunity you've been waiting for to make a lasting change in your life.

CHAPTER 9

TERMINALLY WELL

There are many examples of terminal illnesses which provide rich fodder for the mainstream media and television dramas.

When I hear the term terminal disease, I like to think of two categories:

- Illnesses, we are told, will drastically shorten our life expectancy so that it can be measured in weeks or months rather than years.
- Illnesses that may not have an immediate effect on our life expectancy but which we are told are incurable or will be with us until we die.

I want to look at both of these types of diseases as terminal. However, rather than thinking only about illness, let's also look at wellness. So far, in this book, we have addressed non-fatal illnesses and life-enhancing treatments. If you have been following these ideas so far, then you will be enjoying a healthier life.

In this chapter, I want to look at possible treatments you could consider if you contract a terminal condition or if a family member or friend contracts such a condition.

My intention here is not to suggest that these are sure-fire, guaranteed cures but instead to point you at a range of treatments that could be highly effective. I believe in all these treatments. I am not asking you to believe in them, but instead, I am asking you to think about them and to conduct your own due diligence. In this way, you will be better informed in a less stressful environment if you or a loved one are ever in a position where they could benefit from one of these treatments.

IMMEDIATE LIFE-THREATENING CONDITIONS

Let's start by looking at the immediate life-threatening conditions. Some obvious candidates are cancer and AIDS. With the later stages of these conditions, life expectancy can often be defined in months and considerably less than a year. These are dreaded diseases, often described as being your worst nightmare.

When someone is diagnosed with a terminal, life-threatening disease, then this is the time to fast-track the healing process. A terminal disease also provides much greater motivation to try things you might not usually try — treatments that might be more drastic and protocols that may lead to more dramatic lifestyle changes. Let me offer some ideas.

EBOO

In Chapter Two, I talk about EBOO (extracorporeal blood oxygenation-ozonation), but it is worth mentioning again.

EBOO is a blood filtration process that is combined with the introduction of high doses of ozone.

If I were to become terminally ill with AIDS, leukemia, or Hepatitis C, I would do whatever possible to receive a series of EBOO treatments in conjunction with intravenous nutrient treatments. Lifeworks Wellness Center in Florida or Anatara Medicine in California would be my go-to choices as they offer many other life-saving treatments and expertise.

FASTING AND JUICE FASTING

Have you ever noticed that when you get sick, your appetite decreases?

Unlike humans, other mammals instinctively go without food when sick or injured. Not just wild animals either—domestic farm animals do, too. This is often how a farmer knows when his animal is sick because it stops eating.

Food nourishes our bodies but can also nourish disease. And like most things, disease also dies more swiftly when it is not provided with sustenance. Digestion also takes a lot of energy, so by fasting, more energy can be focused on healing your body.

Fasting also speeds up the healing of your gut, which is vital to recovery. Therefore, one of the first procedures to consider when diagnosed with a life-threatening condition is fasting. This may be water fasting or fresh, organic juice fasting. The latter should focus on vegetables as fruits have more sugar, which is food for cancer. You want to starve your cancer, not feed it.

This type of regimen is quite a significant change. However, this sort of dramatic change may be necessary if you're living with a life sentence. When it comes to fasting, self-discipline is the name of the game. Fortunately, there are fasting retreats under the guidance of doctors that provide an easier environment for people to succeed in. There is also a fasting app for your phone called Zero and plenty of fasting groups you can find on social media to find companionship and support.

I believe that a 4-6 week juice fast would cure most diseases, whether chronic conditions or terminal. I'd love to get your feedback if you choose to go this route and can stick with it.

GERSON THERAPY

Gerson Therapy emphasizes juicing and is intended explicitly for curing cancer. You can find it at www.gerson.org.

The protocol has been established for decades, and much evidence supports its effectiveness in curing cancers. Gerson Therapy has up to an 80% success rate in treating terminal cancers. As well as providing evidence for its efficacy, this demonstrates that non-conventional therapies can have a positive impact, even if the mainstream medical system has yet to adopt the practices.

Many of us—perhaps most, if not all of us—have met someone who has undergone conventional treatment for cancer. These patients are often loaded with drugs (chemotherapy) or radiation for weeks or months. Many times, the treatment feels worse than the illness, with their immune system getting destroyed, hair falling out, and so on. Not only can the treatment be terrifying for the patient, but often, the situation for family and friends is dire since they are unable to aid the patient. So, it is good to know that there are

treatment options, such as Gerson Therapy, which are not detrimental to one's quality of life.

Gerson Therapy is also featured in some detail in the documentary *The Beautiful Truth*, which was mentioned earlier regarding mercury fillings in dentistry.

DR. CLARK'S 21-DAY CANCER ELIMINATION PROGRAM

Earlier in the book, I mentioned how the anti-parasitic drugs ivermectin and fenbendazole have been successfully used to cure people of cancer. The late Dr. Hulda Clark popularized the connection between parasites and cancer.

In many ways, Clark is one of the most controversial people in the natural health scene. However, if you achieve the same results she did and start showing that more expensive conventional treatments are less effective, you'll ruffle some feathers.

If I were diagnosed with terminal cancer, I would immediately begin Dr. Clark's 21-day Cancer Cure, which boasts a success rate of 95% with advanced cancers (stage four and five cancers, including those with a prognosis of imminent death). Before her retirement, Clark was willing to accept any patient for treatment—irrespective of their condition—and her success rate was as close to a guaranteed cure as possible.

Clark recommends a package of supplements that covers the complete protocol. Within a few days, malignant tumors become benign, and after 21 days, you are cured.

Royal Raymond Rife was an inventor who was well documented in the 1930s to be curing cancer using specific energetic frequencies. Rife found that in the same way an opera

singer can shatter a wine glass by singing at the glass's resonant frequency, cancers could be destroyed by vibrating cancer at its resonant frequency.

Dr. Clark took Rife's work and further developed it. In addition to her frequency generator-based treatment (she calls it zapping), Dr. Clark also emphasizes vitamins and nutrients with supplements and detoxification protocols. Rife only worked with frequencies—he did not address nutrition or toxins.

Dr. Clark used a device called a synchrometer to scan the body. She could determine which toxin, parasite, or virus affected the patient's body from these results. This energy-based testing is similar to the process used by many naturopathic physicians today. The assessment seeks to determine whether the patient resonates with a specific frequency. The Vega Test, MORA therapy, and Orion Bioscan devices are similar assessment technologies.

BUT WAIT, THERE'S MORE...

If you're still wondering why you haven't heard of any of the above natural cancer treatments, there's a documentary film worth watching on Rumble.com. It's called "Cancer: The Forbidden Cures" and chronicles some of the protocols I've introduced as well as others that routinely cure cancer and have been violently suppressed by Big Pharma and its bought-and-paid-for regulatory agencies.

NEW KILLERS

Since the release of Covid-19 and its experimental vaccines, death has been sharply on the rise. Even elite athletes are collapsing on the playing field, often tragically. This appears

to be a situation where the “cure” is worse than the disease, as it’s primarily the vaccinated who are affected according to the Department of Health and Human Services Nevada.

I wouldn’t be surprised if another pandemic were to occur, so I think it’d be wise for us all to be prepared for that. Everything I’ve covered in this book will help you and your loved ones be more resistant to disease with stronger immunity and an improved mental state.

To prepare for another pandemic, visit www.covid19criticalcare.com to find protocols for prevention, treatment, and recovery from infectious disease. Hydroxychloroquine and ivermectin are proven winners to have on hand. Since these are zinc delivery vehicles, you’ll need zinc as well. Vitamin C, D and melatonin are also important. There are other supplements, as well as the drug Metformin, included in their recommended first-line therapies.

If you want a great peptide to bolster your immune system both now and in the event of infection, consider thymosin alpha-1, which I mentioned briefly earlier in the book.

If you or a loved one have “long COVID” symptoms or want to detox from the spike protein to reduce your risk of cardiac arrest, you’ll find protocols for that at www.covid-19criticalcare.com as well. I recently had my blood shown to me under a microscope, and spike proteins were clearly visible, so I was prescribed an enzyme-based supplement to address that. On a related note, I also discovered I had an undesirable substance called “biofilm” in my blood, so I was also prescribed a peptide called LL-37 to eliminate that. LL-37 is also the best peptide I’m aware of for fighting bacterial infection.

LIFE-LONG CONDITIONS

Some diseases are considered life-long or incurable conditions. These illnesses will not kill you immediately, but they are terminal conditions in that—according to conventional beliefs—once you have these illnesses, you have them until you die. Typical examples of these diseases include diabetes, heart disease, and mental illnesses.

PARKINSON'S SYMPTOMS

Let me tell you about a good friend of mine. He had been on several psychiatric drugs for decades. Side effects from his medications caused him to develop a tremor, memory loss, and eventually symptoms of Parkinson's disease. Although he was on anti-anxiety medication, he was one of the most anxious people I've ever known, so obviously, the drug wasn't achieving what it was prescribed to do.

My friend undertook a medically supervised detoxification program involving intravenous nutrient therapy. The doctors succeeded in getting him alcohol and (prescription) drug-free so that he could begin the sauna detox program, which I introduced in Chapter Five. After stopping his medications, his tremors disappeared, and by the end of the sauna protocol, all Parkinson's symptoms were gone, and his memory had improved.

Most conventional detox centers specialize in replacing street drug and alcohol addictions with addictions to prescription psychiatric medications. The result is that the patient is still addicted to mind-altering drugs with dangerous side effects. Ironically, these institutions call themselves detox centers but they usually have almost nothing to do with actually detoxifying their patients. We've discussed detox-

ification in great detail in this book so you can appreciate how replacing one drug addiction with another is anything but detoxifying.

Fortunately, there are holistic detox centers in several countries around the world that help alcoholics and drug users break free from their addictions. They have proven rehabilitation methods that get to the source of the problem. For nearly five decades, they have saved those who were thought to be lost to substance abuse forever. In addition to using the sauna detox program, they also address the causes of addiction—to get at what drove a person to drugs in the first place. Long-term success is achieved by helping students restore their self-respect and arming them with practical life skills. Visit www.craigbrockie.com/help for more information.

DIABETES

Insulin resistance is rampant today and left unchecked, millions of people develop diabetes.

On hearing the news, many patients assume this is a life sentence and that all they can do is monitor their sugar intake and take an appropriate amount of insulin to keep their blood glucose levels in check. However, Dr. Gabriel Cousens has proven that type 2 diabetes can be cured. I suggest you watch an excellent documentary called *Simply Raw: Reversing Diabetes in 30 Days*.

OBESITY

Many people think of obesity as genetic and a life-long condition, but it doesn't have to be.

I did my best throughout this book to provide solutions to make your body healthier, and as a result, those who take action are likely to experience fat loss as well.

The previous chapter even introduces the secret to maintaining muscle mass during weight loss and more aggressive weight loss approaches you can consider using peptides. And if all else fails, multi-day fasting or a few months on a carnivore diet could finally tip the scales in your favor.

ARE ANY DISEASES TRULY INCURABLE?

Advanced-stage cancer, Parkinson's, diabetes, and obesity are just a few examples of many diseases that have been widely diagnosed to patients as incurable. Perhaps you have been diagnosed with multiple sclerosis, fibromyalgia, or HIV. Maybe you've been diagnosed with clinical depression or one of the many anxiety disorders and given medication to take for the rest of your life.

It doesn't matter which disease or disorder you have been diagnosed with; you have a choice. You have the option of either believing your condition is incurable or not. If you choose the latter and take full responsibility for your health, you have an excellent opportunity to break free from your symptoms of the disease and live your best life. I sincerely hope you choose this option.

BE TERMINALLY WELL

The flip side of being terminally ill is being terminally well. Why stop at just eliminating your health issues when ultimate health is available to you? I'd love to hear about your successes in breaking free from unwanted symptoms. But I want more for you.

An area of medicine I find extremely exciting is that of anti-aging, or longevity, as I prefer to call it. I always like to be “pro” a good thing rather than “anti” a bad thing as I think it’s a better way of focusing my attention and intention. And aging isn’t a bad thing. We’re all doing it. I want us all to live long, healthy, productive lives.

I want us to be playing sports in our 80s, and I don’t think that living to 120 is out of the question.

LOOK YOUNGER

If you follow the suggestions in this book, you should be able to turn back the clock on your appearance. Skin elasticity should improve, and wrinkles should lessen as you detoxify and restore your gut microbiome with *L. Reuteri* and other probiotic species, thus increasing your oxytocin levels and other health-enhancing hormones—and neurotransmitters.

Other great things for your skin are red light therapy and supplementation with MSM, Vitamin C, hyaluronic acid, essential amino acids, omega-3, collagen peptides, and GHK-CU (copper peptides).

There are also great non-invasive skin treatments that rejuvenate your skin, remove age spots, tighten skin, and reduce wrinkles. There are also invasive procedures that can keep you looking younger.

And if you want to look more tanned, consider the peptides Melanotan-I and Melanotan-II. I prefer the former, but the latter is more widely available.

FEEL YOUNGER

Again, if you've followed the suggestions in this book, your overall health should be better, and you have more spring in your step. Sleep well, eat well, exercise, and life is good—especially if your hormones are in a healthy range. Men with testosterone pushing 1,000 are going to feel younger for sure.

Boosting your human growth hormone feels pretty wicked, too. Yup, I said it—wicked. Who grew up in the '80s? What a great time to be a kid.

High-intensity interval training (HIIT) is the all-natural way to increase human growth hormone. I'm a big fan of HGH-boosting peptides, too. Ipamorelin paired with MOD-GRF (1-29) or Sermorelin are great for increasing HGH. Consider Tesamorelin if you are willing to invest more to target visceral fat.

Elevating your HGH is also great for your skin health and can help you look younger, which makes you feel younger. See how this works?

DON'T GET MAD, GET NAD

NAD+ is another compound that can make you feel younger. NAD+ (nicotinamide adenine dinucleotide) is a coenzyme in all living cells and affects energy levels and cognitive function. By middle age, our NAD+ levels have plummeted to half that of our youth.

NAD+ can be taken by IV, injection, nasal spray, dissolved under the tongue, and transdermal patches. IV delivery is the most expensive and can take over two hours. Oral NAD+ administration is the least effective, but there *are* effective oral NAD+ precursors we can take, like NMN and NR.

You can use a home blood test to measure your NAD⁺ levels for \$250. If you're over 50, you can confidently expect to be low and would be better off investing that money into boosting your NAD⁺ level.

According to Jinfiniti, the leading provider of NAD⁺ blood tests, their oral NAD⁺ Optimization product is more effective than taking NAD⁺ itself, even by injection and intravenously. This is real to me as after injecting myself subcutaneously with 5,000mg of NAD⁺ over a few weeks while also using a NAD⁺ nasal spray, my intracellular NAD⁺ levels were still below the optimal range.

BE YOUNGER

I think we can all agree that generally speaking, older people are more prone to disease and death than young people, right?

Well, you already know what your chronological age is.

Wouldn't it be cool to know your cellular or biological age? And if you're aging at about the same rate, faster, or slower than expected? And how do you compare to other people the same age as you?

There are two blood tests to help answer these questions. One measures the length of your telomeres. Wait, what?

Telomeres are the protective end caps on your chromosomes. You want your telomeres to be extended as their shortening is a primary cause of aging, relating to the breakdown of your cells and organs.

Think of telomeres like the tread on your car tires. The more tread (telomere length) you have, the longer your journey/life can be. Our telomeres start long and shorten as we age.

However, as we age, from one person to the next, our telomeres shorten at different rates.

Maintaining and lengthening telomeres results in extended lifespan and health span, the latter of which is how far into your life you remain healthy. It also reduces age-related disease and frailty.

Shorter telomeres are not only associated with accelerated aging but with several preventable chronic diseases. These include hypertension, cardiovascular disease, insulin resistance, type 2 diabetes, depression, osteoporosis, and obesity.

Older people with shorter telomeres have a three-times increased risk of dying from heart disease and an eight-times increased risk of dying from infectious disease.

SpectraCell is a company that provides a blood test to determine your telomere length for \$325.

If your genetic age is lower than your chronological age, great. If not, you're in good hands, as my genetic age is much lower than my chronological age. That leads me to believe that I'm doing something right. That also aligns with how people respond when I tell them my age. Most people think I look 10-15 years younger. If that's different from where you're at right now, let's get you there!

Dr. Bill Lawrence is an expert in the field of longevity I recently began working with and he introduced me to the SpectraCell telomere test. He specializes in using specialized products called peptide "bioregulators" that routinely extend your telomere length and repair and optimize all the major organs throughout your body.

To understand what bioregulators are, it's worth looking at collagen peptides first since they're more mainstream.

Remember, a peptide is an amino acid chain with a specific structure that causes a specific effect in your body.

Collagen peptides are extracted from bovine hides (skin). Their structure is, therefore, similar to human skin. This is why people love collagen peptides so much. It's because these peptides repair and optimize your skin, and over time, people notice the difference when looking in the mirror.

But wait, it gets better...

There are also peptides extracted from bovine brain, eyes, heart, lungs, liver, kidney, thyroid, thymus, testes, prostate, ovaries, etc.

And just like collagen peptides repair and optimize your skin, so do these other specialized peptides (bioregulators) get assimilated into their target organ to repair and optimize them.

You can find some of Lawrence's peptide bioregulator presentations on YouTube explaining the science and decades of studies backing up his work. In addition to fine-tuning all your organs, these bioregulators routinely extend telomere length.

I'm a member of Lawrence's longevity research study. It requires a significant investment upfront to get started unless you're a medical professional. Then, it's about \$5,000 annually for the peptide bioregulators and follow-up blood tests. Lawrence is quite selective in who he works with, but I can make an introduction if you're interested.

If you'd like some do-it-yourself suggestions for extending your telomere length, consider a product called Endoluten by Garmonia. And if you want to start optimizing your organs, consider any of the peptide bioregulator blends from Vitual Labs. They are the same source and quality as the

Garmonia brand, but they combine several peptides that work synergistically in one capsule and are, therefore, a better value.

It is generally recommended to take one capsule of each peptide bioregulator twice daily for ten days, then take the rest of the month (or longer) off before hitting it again. This “pulsing” approach has shown the best results.

If you’re not ready to jump right into peptide bioregulators but want to give your internal organs some love, consider taking my ULTIMATE™ 100% Grass-Fed Beef Organs supplement. Male readers might also like to try our Male Optimization supplement, made of freeze-dried organs of 100% grass-fed and grass-finished bulls. Go to www.amazon.com/ultimate to find both products.

HOW ARE YOU METHYLATING?

Dr. Lawrence’s other blood test to determine your biological age is TruAge Complete from Tru Diagnostic. It’s a \$500 test.

This test relates to a critical process in your body called methylation. Methylation is your body’s equivalent of refining crude oil into gasoline. If you put crude oil into your gas tank, it wouldn’t work.

Like crude oil, all the vitamins, minerals, and amino acids you consume must first be processed or refined into a usable format your body can utilize. This process is called methylation.

Methylation is commonly dysfunctional to some degree and can be associated with symptoms such as anxiety, depression, insomnia, allergies, headaches, muscle pain, addictions, digestive issues, fertility issues, and miscarriage.

If you can't justify the financial commitment to work with Dr. Lawrence to optimize your methylation, I'd suggest you work with 10X Health Systems and do their DNA methylation test for sure. This test will tell you which of the common gene mutations you have that cause methylation issues. I have three.

10X Health founder Gary Brecka provides a good understanding of each of the common gene mutations in the report you receive with your test results. If you want to learn more, an interesting book on this topic is *Dirty Genes* by Dr. Ben Lynch.

On the topic of methylation, you may have yet to notice, but the full name for my number one favorite supplement, MSM, is methylsulfonylmethane. And those who know about B vitamins understand that the active and arguably best form of Vitamin B-9 is called 5-methyltetrahydrofolate (5-MTHF). Similarly, a high-quality, active form of Vitamin B-12 is methylcobalamin.

I find it interesting how this shortlist of high-quality, effective compounds all relate to methylation. Knowing how important methylation is to health and longevity, I continue to study this area.

And before leaving this topic, I'm currently researching and testing an exciting supplement called methylene blue. It has many health benefits, including cognitive enhancement, neuroprotective effects, mood elevation, pain reduction, and anti-aging benefits.

Unrelated to methylation but relevant to your overall wellness, 10X Health Systems also has an excellent blood test that will check your hormones, essential vitamins, cholesterol, and other health markers and tell you what you can do about any issues they find.

CHAPTER 10

PAY IT FORWARD AND MASTER THE ART OF WELLNESS

This chapter is inspired by the feel-good movie *Pay It Forward*. It chronicles a boy's launch of a goodwill movement to change the world for the better. The basic concept is that when someone does something meaningful for you, rather than trying to pay them back, you instead do something meaningful for others.

I hope you've found this book helpful, but more importantly, I hope you have already begun experiencing an improvement in your health.

I also hope this is only the start or a continuation of your journey to life-long health and happiness. As part of this journey, it is crucial that you:

- remember what you have learned and
- deepen your understanding of health-related issues.

Luckily, there is a way to do both! And it's simple to do both simultaneously: talk about what worked for you and share your successes with others.

Take a moment or two to reach out to someone who needs help—someone who will benefit from learning about some of the ideas you have found in this book, someone whose life could be radically transformed. You don't need to force these ideas on them. Instead, in a calm and non-judgmental way, you can explain what you've learned and share your firsthand experiences.

All you have to do is tell the truth. By teaching what you have learned, you will gain a deeper understanding of the principles in this book. Leading by example motivates you to improve your health even further. Also, by looking at a health issue from someone else's perspective, you will likely uncover information you had not seen before and learn even more.

By sharing what you have learned, you will also be part of the solution and part of a broader movement of people dedicated to working together to improve their health and the lives of those around you. If you're looking for something unique and easy to share, tell your family and friends about taking high-dosage MSM, the Internal Body Wash, or 24-Hour Liver Flush, which can provide noticeable positive results.

If you want to share this book with others, they can access an affordable Kindle version or get it completely free if they are Amazon Prime members and have opted to receive free promotional credits towards digital products in exchange for accepting slower shipping options. If you've never done this before, it's a great Amazon hack. Grouping your orders to be delivered together can also reduce wasted shipping materials and fuel.

So this is your call to action—help others help themselves! And enjoy all the positive things that come to you by doing so.

EPILOGUE

I want to add a few personal thoughts about the health-care debate.

CONVENTIONAL WISDOM?

The term “conventional wisdom” has been proven time and time again to be a combination of two words that truly do not belong together. Conventional wisdom is simply popular opinion, which is just that, opinion—and it’s often wrong.

Many of those who introduce novel ideas, like pointing to historical examples of former popular opinions which were way off the mark. For instance:

- At one time, the earth was believed to be flat.
- In the early 1970s, the phenomenon of global cooling was identified. This had a scientific basis—global temperatures did fall between the 1940s and the 1970s. However, the data was extrapolated that the world was entering a new ice age.
- Galileo spent decades convincing people that gravitational pull applied equally to heavy and light objects. This was hard for people to grasp as a feather falls slower than an anvil.

Regarding health, we can find many recent examples of conventional folly. For instance, if you take a moment to

think about it, we can recall the continuous flip-flopping of diet trends. Many “experts” once had us believe our main adversary was the almighty calorie. A few years later, fat became our fiercely-feared foe. I’ve tuned out most of the nonsense over the past few years, but I notice that Ozempic has been beaten up lately.

THE TRUTH

It is said that all truth passes through three stages. First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as self-evident.

Although I advocate in this book that you take full responsibility for your health, I would remind you to consult competent healthcare practitioners to assist you with your journey. You are also encouraged to do your due diligence about my suggestions rather than jump into them unquestioningly.

As you research the ideas I have introduced — particularly if you carry out your research on the Internet, you are likely to come across people discrediting the same ideas I’ve found to be effective. These sources often appear to be credible and well-intentioned. However, critics are seldom either.

Whether supported by vested interests or fueled by ignorance or arrogance, you’ll find that critics of the safe, affordable, and effective concepts I’ve shared with you like to use fear tactics to scare you away from them.

You will also notice that critics have yet to try the idea themselves. Instead, they prefer to tell you why, in their opinion, an idea won’t work or why they think it might be dangerous. It’s pretty ridiculous. A good example relates to a popular video I created on YouTube that taught people how to safely dilute food-grade hydrogen peroxide and use

it for dental hygiene. I regularly had people say that what I was doing was dangerous, yet I had been using hydrogen peroxide when I brushed and flossed my teeth daily for several years and knew firsthand how safe it was.

Even my dentist, the same man who was astounded by the excellent condition of my dental health *when I walked into his clinic*, said that hydrogen peroxide was bad for my teeth, according to reports from his dental association. Again, not because he had tried it himself—after all, who would want to do something that could be dangerous?

Despite being incredibly fit, this same dentist was sadly unable to have children. One can only speculate whether years of working with mercury-containing amalgam fillings affected this. But in my opinion, his dental association should have insisted he and his colleagues stop permanently placing mercury in people's mouths rather than worrying about water molecules with extra oxygen atoms (H_2O_2).

Now, ask yourself a question. Does the dental industry benefit from you coming in for regular dental cleanings and repairs or by you being perfectly fine without them? This is a simple conflict of interest, and remember, it's no big conspiracy; it's just business. Realize that this applies not only to dentistry but the entire health care system. Corporate interests dictate that profits come before people; unfortunately, it's far more profitable to maintain disease than prevent or cure it.

While these multi-billion dollar industries are unlikely to begin putting ethics ahead of profits, fortunately, some MDs understand the merits of holistic medicine and have started to use it in addition to their conventional practices. The “integrative medicine” field results from traditional medicine embracing natural practices.

POSITIVE SIGNS OF TRUTH

When a holistic health truth starts challenging the status quo, first, it is ridiculed, and its promoters are discredited. As ironic as it sounds, being featured on critical health-related websites usually indicates success in the holistic health field. It means the truth has helped enough people and gained enough attention that those with conflicting interests felt it necessary to discredit it.

If a holistic doctor is exceptionally effective, the FDA or state department comes in and pulls their license or drags them into court for some frivolous reason. Even if successfully defended, these actions are used as further evidence of the doctor's questionable character or their "hazardous" treatment. Meanwhile, prescription drugs and surgery are killing thousands of people, and it's business as usual.

Thankfully, there are also excellent websites like www.thetruthaboutcancer.com and others that bravely take a genuine interest in the well-being of their audiences by sharing the truth about holistic medicine—its benefits, success stories, and the scientific research backing it up.

As you break free from your health issues on your path toward ultimate health, your physical, mental, and emotional capacities increase. Your confidence rises, and your ability to think increases, allowing you to succeed in all areas where others fail.

Remember to use "the force" wisely by using your increased personal power to help others. Our world undoubtedly needs positive role models and leaders of high integrity. In the words of Mahatma Gandhi, "Be the change you wish to see in the world."

SCIENTIFIC PROOF AND DOUBLE-BLIND STUDIES

Another popular way to discredit holistic health truths is to say that no science proves them effective. And if a double-blind study has never been conducted, well, then it must be quackery.

In most cases, plenty of scientific research and clinical trials support holistic health treatments, but this data is dismissed. In some cases, sufficient scientific data may not exist, but only due to lack of research funding. I'd love to see the various disease societies, associations, and foundations fund this research, wouldn't you?

What if it was actually conventional medicine that is less scientific than we're constantly being told? For instance, in the multi-billion dollar psychiatric drug industry, the message is about one's brain chemistry being out of balance and the effectiveness of using drugs to restore the desired equilibrium. This "theory" was thoroughly debunked in a 2022 landmark study entitled "Serotonin and Depression: A Disconnect Between the Advertisements and the Scientific Literature," which definitively disproved the theory that a chemical imbalance is the cause of depression. Scientists at the University College London reviewed 17 significant studies published over several decades and found no convincing evidence to support the theory.

The fact is, in the entire field of psychiatry, there is not one medical test to verify any diagnosis of a mental disorder as a physical abnormality requiring the use of psychotropic drugs to treat it.

The film *Psychiatry: An Industry of Death* (www.cchr.org) is perhaps the most disturbing documentary I have ever seen. Seeing the torture psychiatric patients have been subjected

to throughout history and hearing the stories of parents whose children have committed suicide soon after being prescribed antidepressant drugs is alarming. Although some psychiatrists may genuinely want to help their patients, the tools they have are dangerous. If you or a loved one are on or considering taking psychiatric medications, please visit www.cchr.org to learn more about their harmful effects and the safer, non-drug alternatives. And visit www.truehope.com to learn about a viable alternative.

The affordable health solutions introduced in this book have years of clinical trials and, in many cases, double-blind scientific studies backing up their safety and effectiveness. And instead of making you want to end your life, you'll begin feeling so good people will notice and start asking you what your secret is.

WHERE CREDIT IS DUE...

I've purposely provided information in a concise form to avoid this book being overly technical and intimidating to read. The goal is for you to break free from your health issues, and for you to do so, you need to be an eager and discerning student.

On a related note, it is often said that there is no such thing as an original idea. While this may not be 100% true, original ideas do seem rare. I learned everything in this book from someone else and remain an eager student of health and life.

I have as much or more to learn from you as you do from me. I appreciate you sharing your success stories and suggestions for improving this book with me. Please get in touch with me through my www.craigbrockie.com website with your feedback. I wrote this book to help people, as others have helped me. Hearing your wins is the greatest reward.

FREEDOM OF CHOICE

In closing and on a more serious note, your support is critical to maintaining our freedom of choice in connection with our healthcare. If you have implemented some of the ideas presented herein, you will know firsthand that holistic healthcare solutions are far more than the quackery they are made out to be by those with conflicting interests.

Know that the current chemical, food, and medical interests are intent on eliminating many of our everyday health freedoms. For instance, the FDA is currently doing its best to stomp out the use of peptides, at least the ones its Big Pharma owners can't control themselves.

And if we're not vigilant, we may one day require a doctor's prescription to buy essential vitamins and supplements. Imagine needing a script for Vitamin C?

Now that you have taken action towards improving your health, you know the truth. There are viable solutions outside of the mainstream drugs-and-surgery paradigm.

Thank you for playing an active role in maintaining our freedom of choice and our health.

FURTHER RESOURCES

I hope you have enjoyed my book.

The benefits don't end here. Go to www.craigbrockie.com/resources to find links to the resources mentioned in this book to maintain and optimize your health. Among other things, you will find:

- My recommended books to read.
- My recommended viewing list.

- Details of some of the leading practitioners in the holistic medical field.
- Discounts on supplements and health products.
- Dietary suggestions.
- You can also sign up for my free email newsletter to receive more strategies to aid you in achieving and maintaining Ultimate Health.

I look forward to keeping in touch with you. Until then, be well.

Your friend,

Craig Brockie

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DO YOU WANT TO LOSE WEIGHT, LOOK YOUNGER, AND LIVE LONGER?

HOW ABOUT BEING STRONGER, CALMER, AND HAPPIER?



We live in a fast-paced, high-stress, toxic world ruled by food industry that's poisoning us and a medical system that profits from suppressing symptoms rather than preventing and curing disease.

Read this book if you seem to have "tried everything" yet still have nagging health issues. Haven't you suffered enough? Lasting relief may only be a matter of weeks or even days away for you.

After losing his health as a young man, Craig Brockie has invested three decades and more than a million dollars travelling the world, researching advanced health and performance-enhancing technologies.

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Not only are the solutions you'll find inside more effective, but also more affordable than what conventional medicine offers- in some cases, free.

So dive in. You be the judge of what's true. Not based on opinion or propaganda, but what works for you.